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# My Top 2s

## Activity Sheet



This activity helps you explore what makes you who you are and notice your strengths and interests. It can help you connect with yourself. Self-connection can help you feel confident to make choices about device use and substances.

### Instructions:

1. Fill in your Top 2s with words or drawings.
2. If working with a partner, share your Top 2s with them. What do you have in common?

	Top 2 snacks
	Top 2 beverages
	Top 2 things to do outside of school
	Top 2 places to hang out
	Top 2 songs or artists
	Top 2 things I'm good at doing
	Top 2 things that have been on my mind lately
	Top 2 people I'd like to meet (alive now or from history):



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.



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# Doodle Page



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