



MICE
Mental health Interventions for Children with
Epilepsy

My Negative Self and My Positive Self

What are the things you do to show the world that you are in a good or a bad mood? Make a list below of the ways you show your **Negative Self** and your **Positive Self**.

	Negative Self	Positive Self
How I <u>Look</u> (eye contact, posture, dress)	1. 2.	1. 2.
How I <u>Act</u> (how do I behave?)	1. 2.	1. 2.
What I <u>Say</u> (about myself, others, the world)	1. 2.	1. 2.