

# small steps start big things



## Sometimes, the biggest change starts with a small step.

Cut out the template to build your own small steps dice. When you're done, roll the dice and answer the questions to come up with healthy, simple day-to-day practices. You can play by yourself, or with family and friends.

Find more small steps at [headspace.org.au/smallsteps](https://headspace.org.au/smallsteps)

