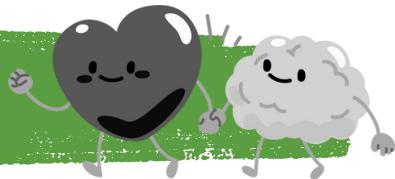


Mental Health Activity Book!

Partners



Strengthening Families *with*
Education • Empowerment • Encouragement

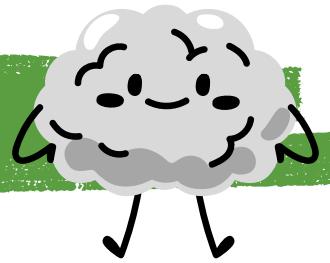


Nevada Institute For Children's Research & Policy



Washoe County
Children's Mental Health
Consortium

About Me!

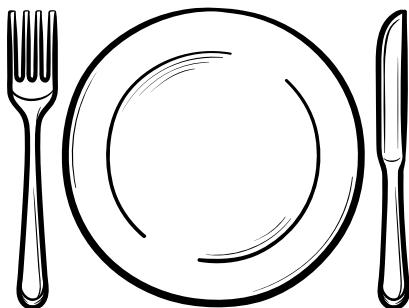


HELLO
MY NAME IS

Favorite Color

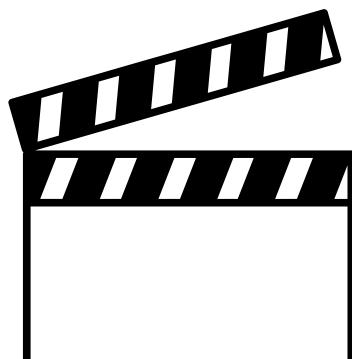


Favorite Food

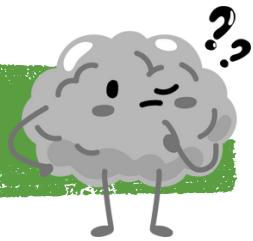


Draw You!

Favorite Movie



How am I Feeling?



Using the word bank, match the faces to the emotion being shown!

Sad

Happy

Excited

Neutral

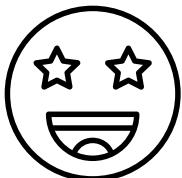
Angry











How do I calm down?

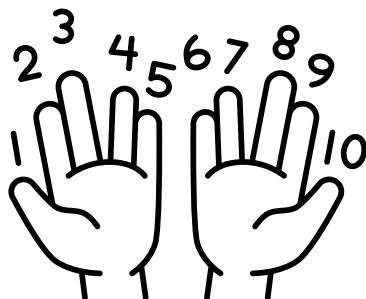
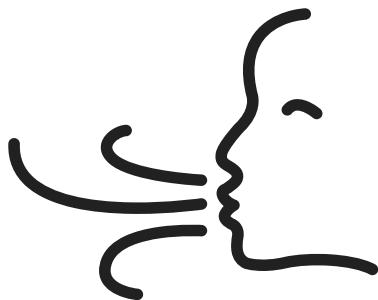


When you're feeling upset, anxious, sad, or mad you can try these ideas to help calm your mind.



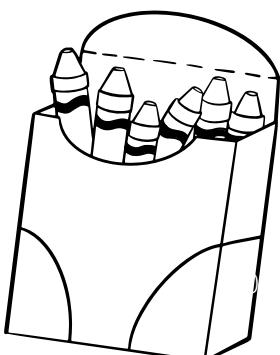
Write about your feelings

Take deep breaths



Pause and count to 10

Draw or color a picture



Write it out!



Today I feel...



Happy



Sad



Angry



Neutral



Excited



Make your own

Why do you feel this way?

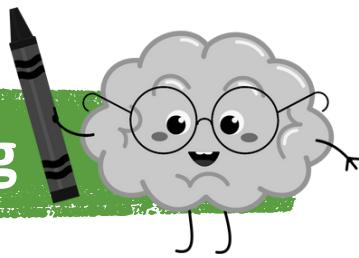


Handwriting practice lines consisting of three solid black lines and two dashed black lines for letter height and placement.

Write one thing you liked today!

Handwriting practice lines consisting of two solid top and bottom lines and two dashed midlines.

Calming coloring



Positive affirmations



Here are some examples of kind things you can say to yourself!

I am loved

I matter



I can do this

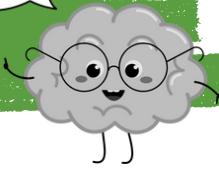
I am kind



I am brave

I believe in me

Speak kindly



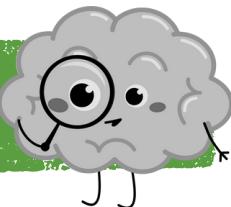
**It's important to speak to yourself with kindness.
Practice by writing three positive things about
yourself!**

I am...

I can...

I will...

Feelings word search



U	U	Y	N	C	Z	V	Q	G	U
L	E	F	S	A	L	Z	E	D	P
A	K	E	A	L	L	O	N	W	S
P	N	J	X	M	Z	Q	V	G	E
H	I	X	O	C	O	T	V	E	T
A	T	E	I	Z	I	P	S	S	D
P	T	K	L	Q	Q	T	W	A	F
P	J	O	Y	F	U	L	E	D	D
Y	R	R	Q	J	C	S	A	D	R
P	C	U	R	I	O	U	S	U	G

happy

upset

sad

joyful

calm

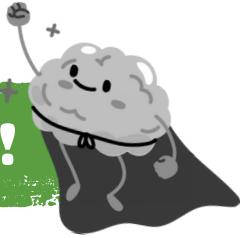
anxious

excited

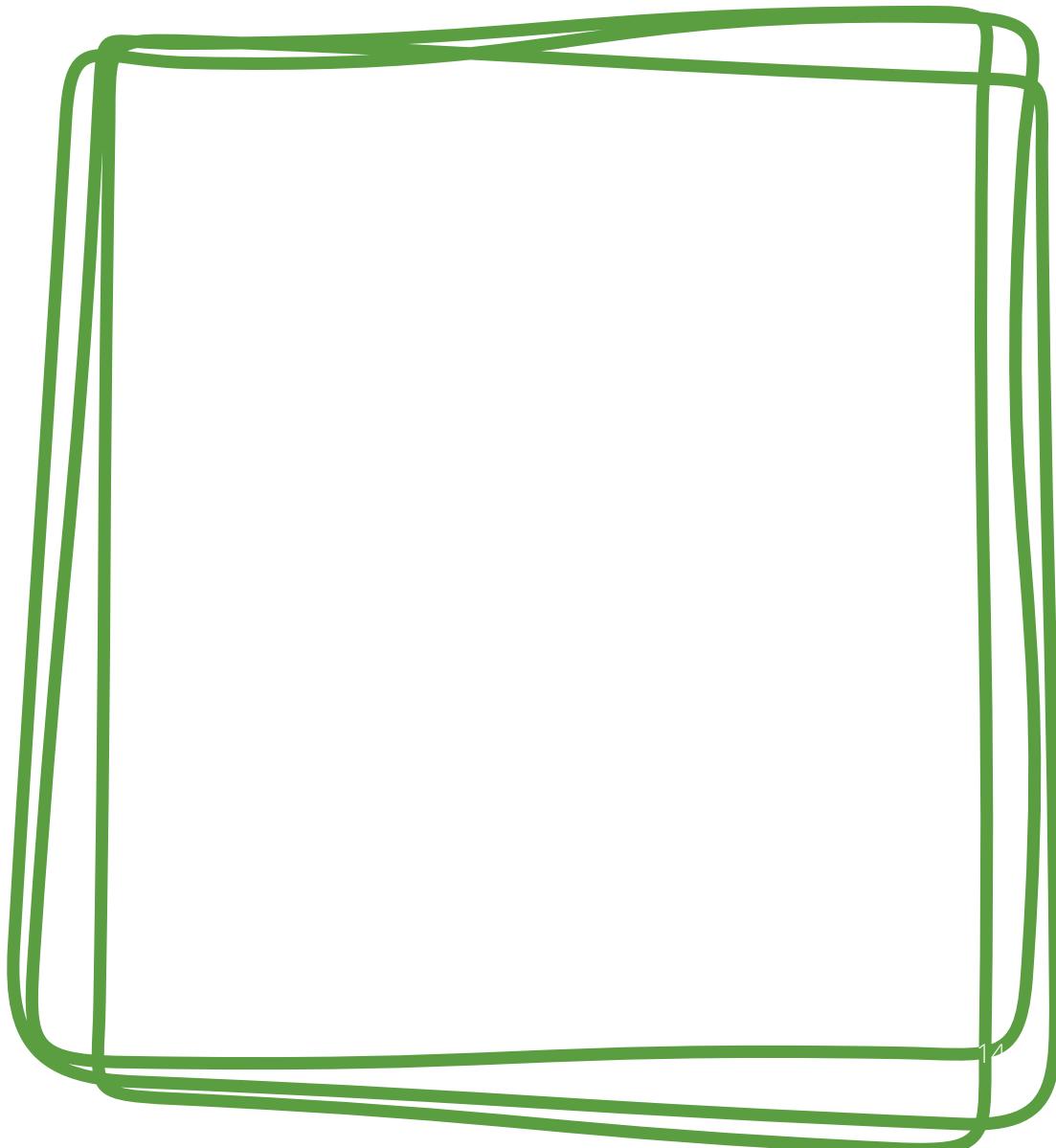
loved

curious

Think happy, be happy!



Your brain is super powerful! Sometimes, when we are sad, it can help to think of something happy. Think about a time you felt SUPER happy and draw it below!

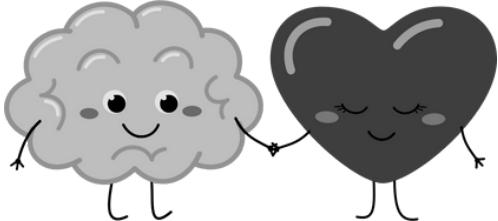


Wellness challenge

Try to do as many activities as you can throughout the month of May!



Stay Active!



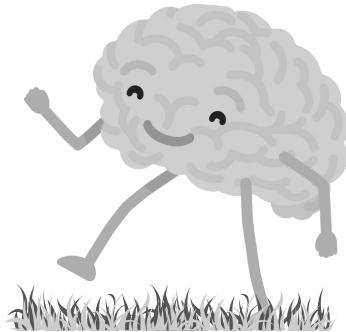
Spend time with someone you love!



Write about your feelings!



Take time to relax!



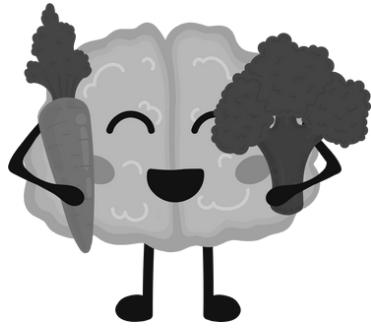
Get outside!



Read!



Do yoga!



Eat healthy foods!

Resources



988 Suicide & Crisis Lifeline

Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Call: 9-8-8 | 988lifeline.org

Mobile Crisis Response Team (MCRT)

MCRT supports youth and families of youth under the age of 18 showing signs of behavioral or mental health issues that pose a threat to the child's stability within their home, school or community.

knowcrisis.com

NAMI Nevada

NAMI Nevada is dedicated to the improvement of the quality of life for persons who are affected by mental illnesses, by providing education, support, and advocacy.

naminevada.org

Teen Text Line

The Nevada Teen Peer Support Text Line is a stigma-free, non-crisis peer support text service for adolescents and young adults ages 24 years and younger.

775-296-8336

Nevada 211

A program of the Nevada Department of Health and Human Services committed to helping Nevadans connect with the services they need.

Call 2-1-1 | nevada211.org

Tell My Story

Our mission is to give every parent the knowledge, tools, and resources they need to nurture their children's mental health.

tellmystory.org

Youth MOVE Nevada

We are a youth inspired and youth led organization that encourages and empowers our youth peers to unite together to engage with youth serving systems.

nupep.org/youth-move



Sponsors



**Showing Appreciation to our Sponsors for their
Contributions to Promoting Acceptance, Advocacy,
and Action for Children's Mental Health.**

