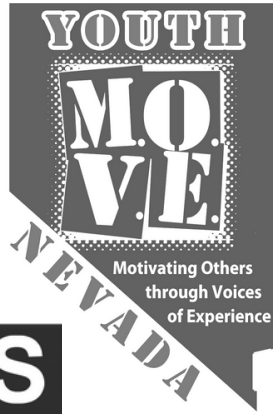


**Mental Health Activity Book!**



# Partners



Children's  
Advocacy  
ALLIANCE



Nevada Institute For Children's Research & Policy

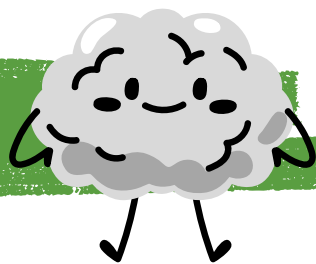


University of Nevada - Las Vegas



Washoe County  
Children's Mental Health  
Consortium

# About Me!



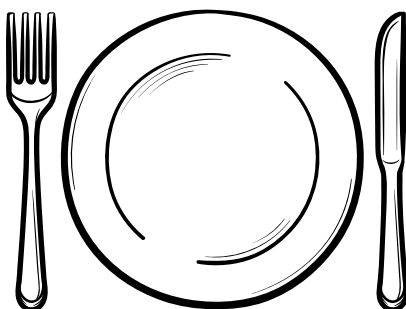
**HELLO**  
MY NAME IS

A large, empty rectangular box with a green border, intended for a child to write their name.

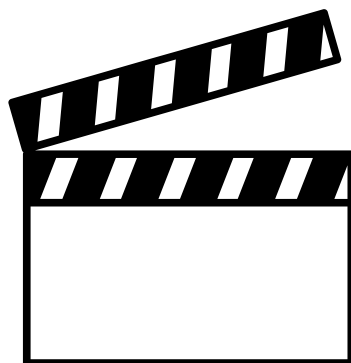
**Favorite Color**



**Favorite Food**



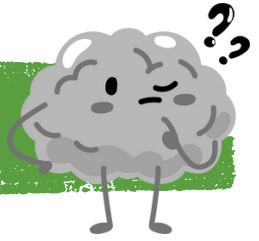
**Favorite Movie**



**Draw You!**

A large, empty rectangular box with a green border, tilted at an angle. It is intended for a child to draw a self-portrait. The text 'Draw You!' is written at the bottom.

# How am I Feeling?



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

**Sad    Happy    Excited    Neutral    Angry**



\_\_\_\_\_

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\_\_\_\_\_



\_\_\_\_\_

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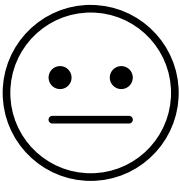
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# How do I calm down?

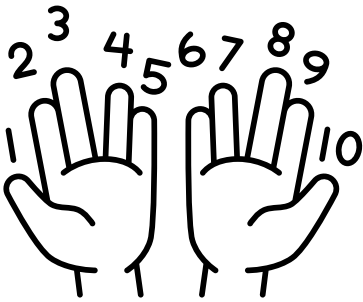
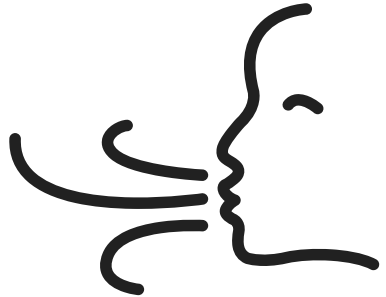


When you're feeling upset, anxious, sad, or mad you can try these ideas to help calm your mind.



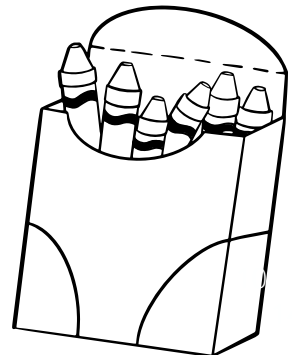
**Write about your feelings**

**Take deep breaths**



**Pause and count to 10**

**Draw or color a picture**



# Write it out!



Today I feel...



Happy



Sad



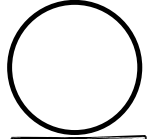
Angry



Neutral



Excited



Make your own

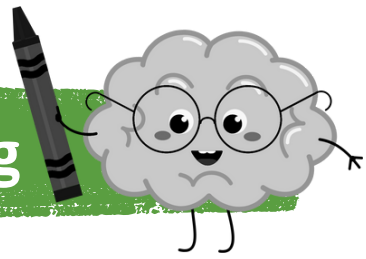
## Why do you feel this way?

Four sets of handwriting lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

## Write one thing you liked today!

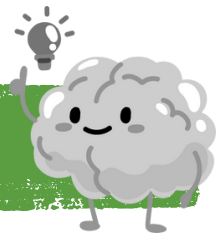
Four sets of handwriting lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

# Calming coloring





# Positive affirmations



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

I am loved

I matter 

YOU  
GOT  
THIS



BE KIND  
KEEP GOING

I can do this



I am kind

Positive  
Vibes  
Only



You are  
LOVED

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...**

---

---

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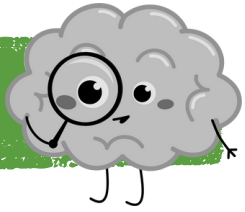
**I will...**

---

---

---

# 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 O 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

joyful

excited

upset

calm

loved

sad

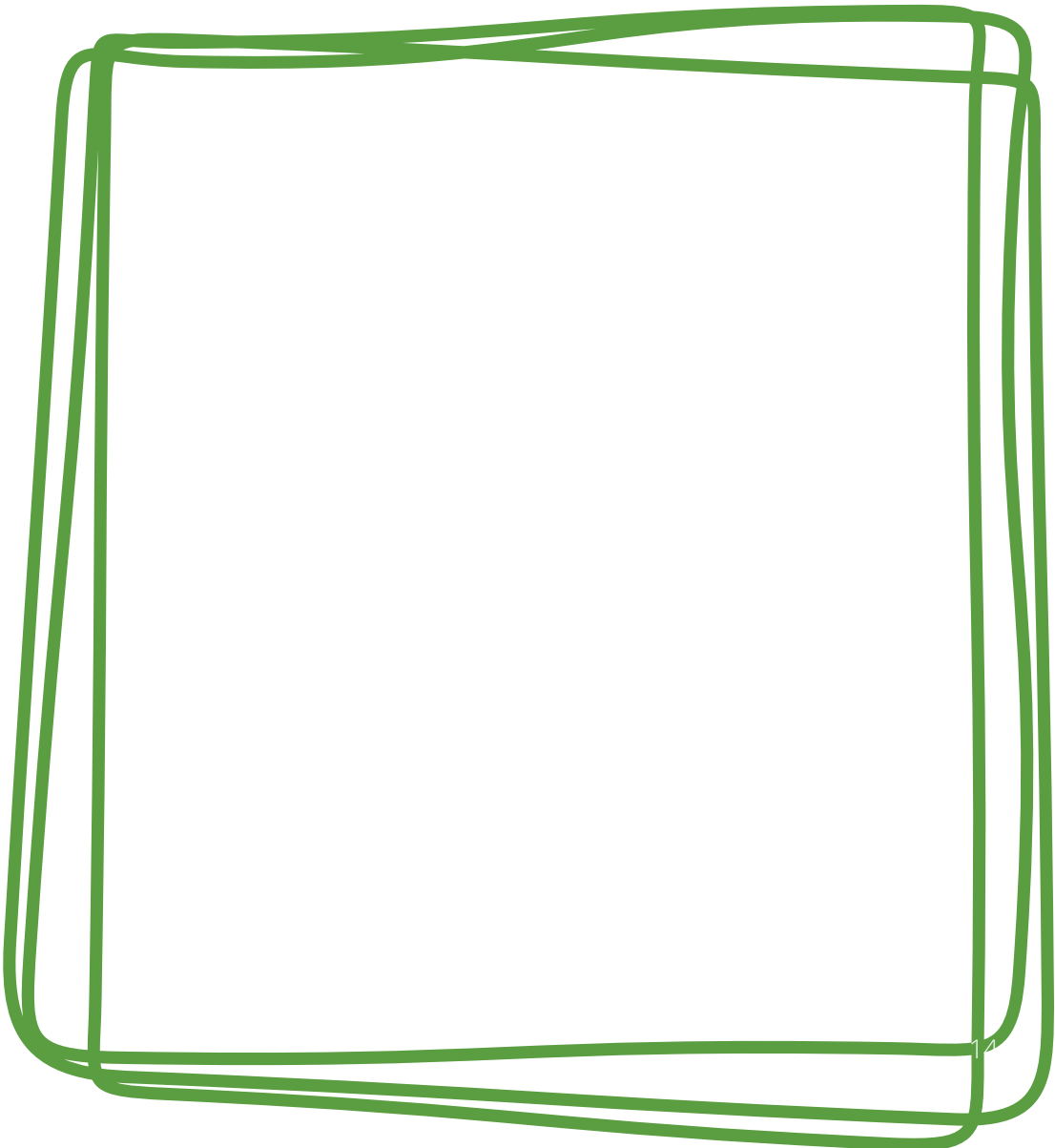
anxious

curious

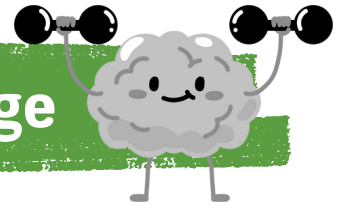
**Think happy, be happy!**



**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!**



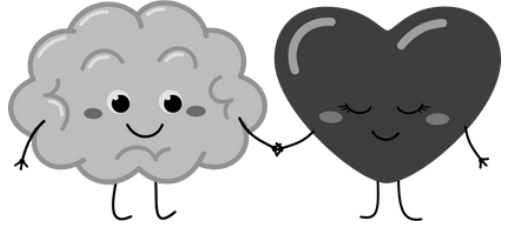
# Wellness challenge



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



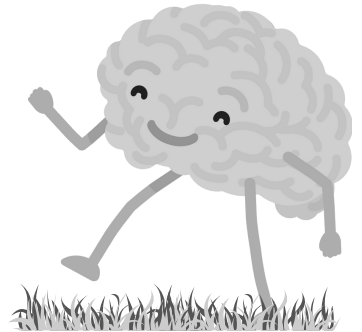
Stay Active!



Spend time with someone you love!



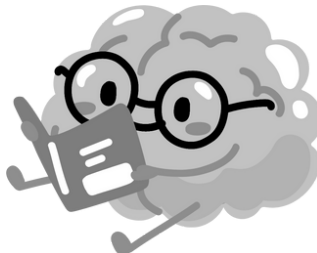
Write about your feelings!



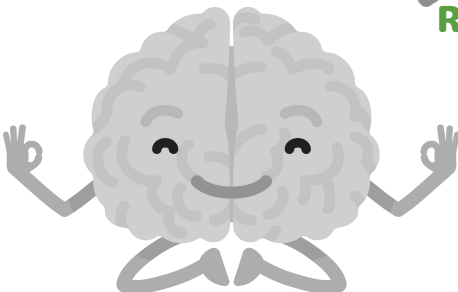
Get outside!



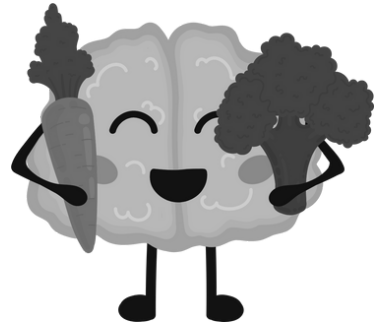
Take time to relax!



Read!

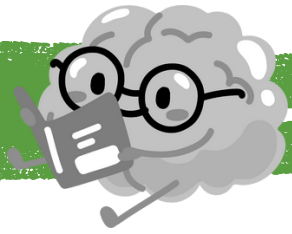


Do yoga!



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](https://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](https://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](https://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](https://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](https://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](https://nupep.org/youth-move)





# Sponsors



**Showing appreciation to our sponsors for their contributions to promoting acceptance, advocacy, and action for children's mental health.**



**SPRING MOUNTAIN**  
TREATMENT CENTER



National Alliance on Mental Illness

Northern Nevada



National Alliance on Mental Illness

Southern Nevada

