

NATIONAL FEDERATION OF FAMILIES

Bringing Lived Experience to Family Support



National Children's Mental Health Awareness Week Activity Workbook: Just for Kids





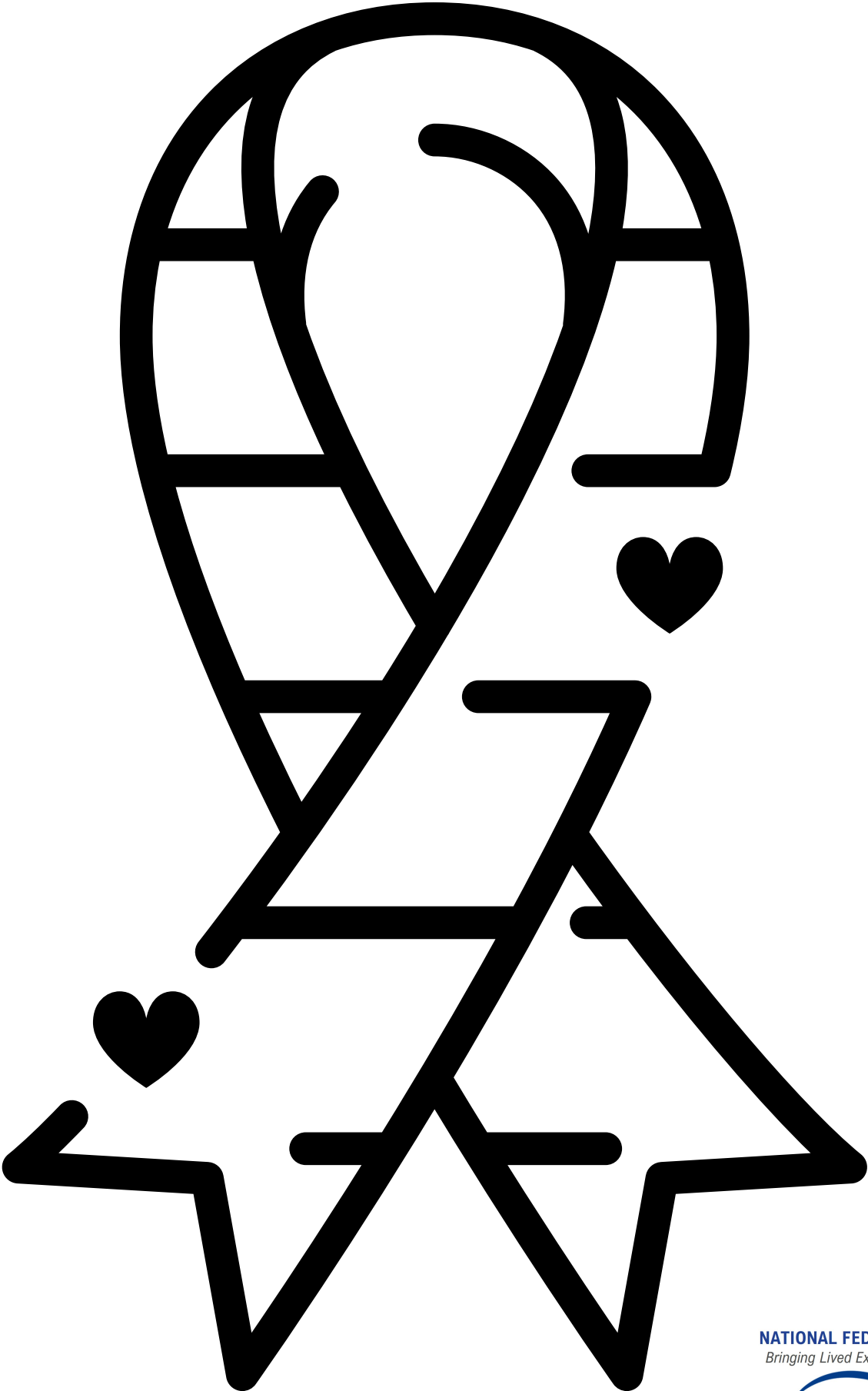
What is National Children's Mental Health Awareness Week?

It is an entire week dedicated to teaching people about children's mental health, advocating to improve supports and services and celebrating all the work that has been done to raise awareness in the past! We celebrate the hope, strength and resilience of children, parents and families.



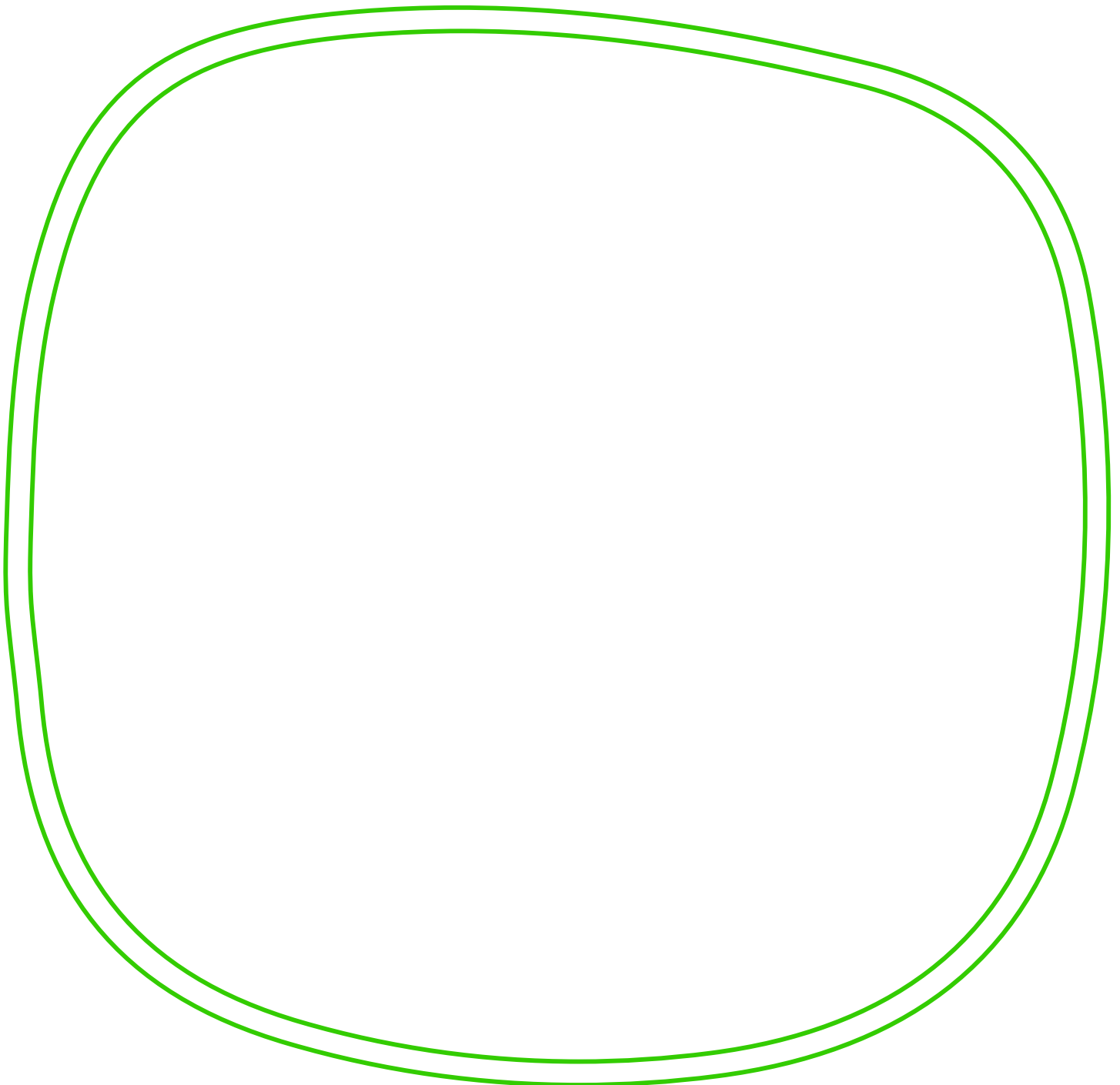
We wear green ribbons to help raise public awareness and to show our support for children, youth and young adults. Find out how National Children's Mental Health Awareness Week is being celebrated in your community and get involved!

Color your own awareness ribbon. Use green or any other colors that make you feel happy, healthy and hopeful.





What does hope look and feel like to you?
Draw your own picture of hope below.





National Children's Mental Health Awareness Week is designed to celebrate **YOU** and your mental health.

Just like a fingerprint, each of us is unique. Answer the questions below to share who you are and what makes you special.

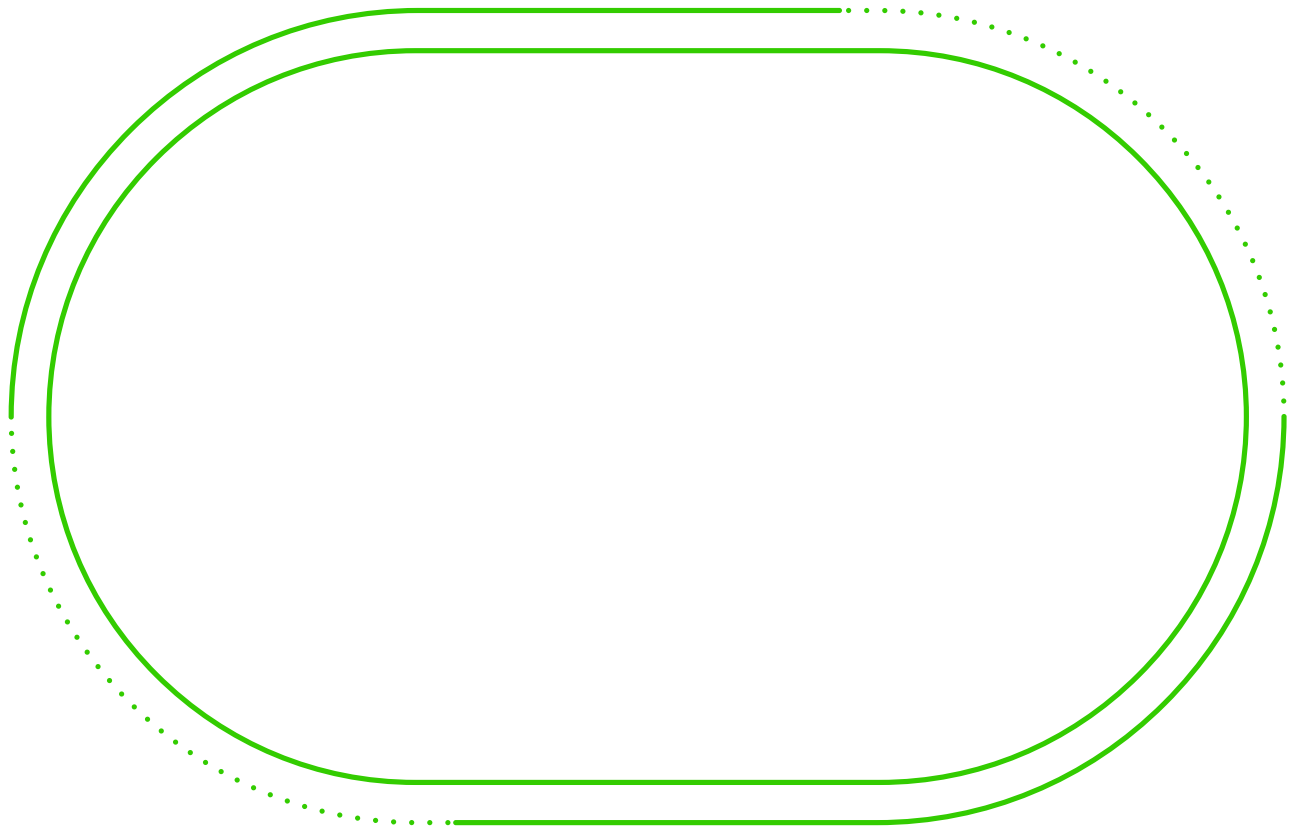
My name is: _____.

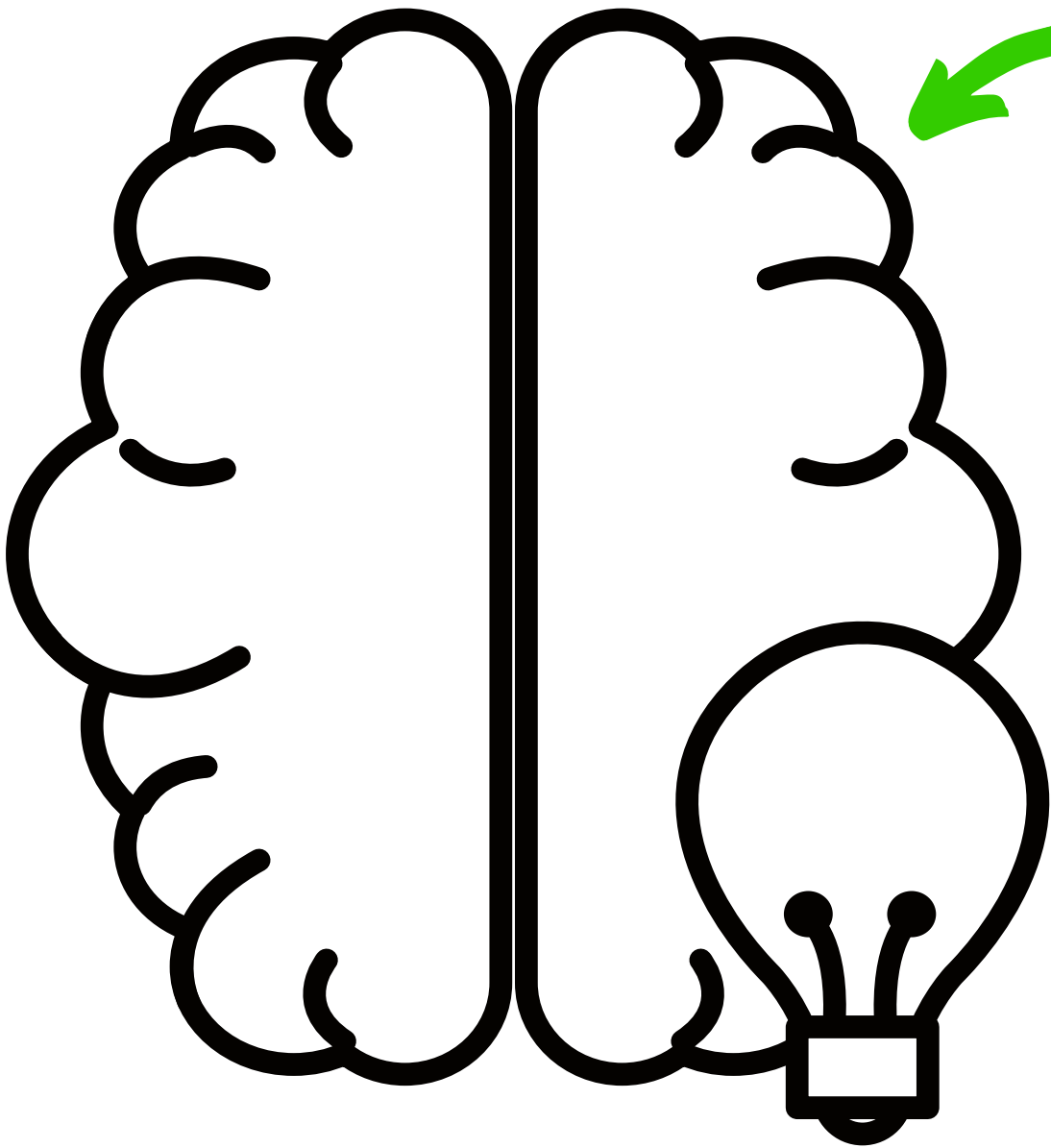
I have _____ hair and _____ eyes.

I am _____ years old and in the _____ grade.

I am really good at:

Draw a picture of yourself doing something you love below.





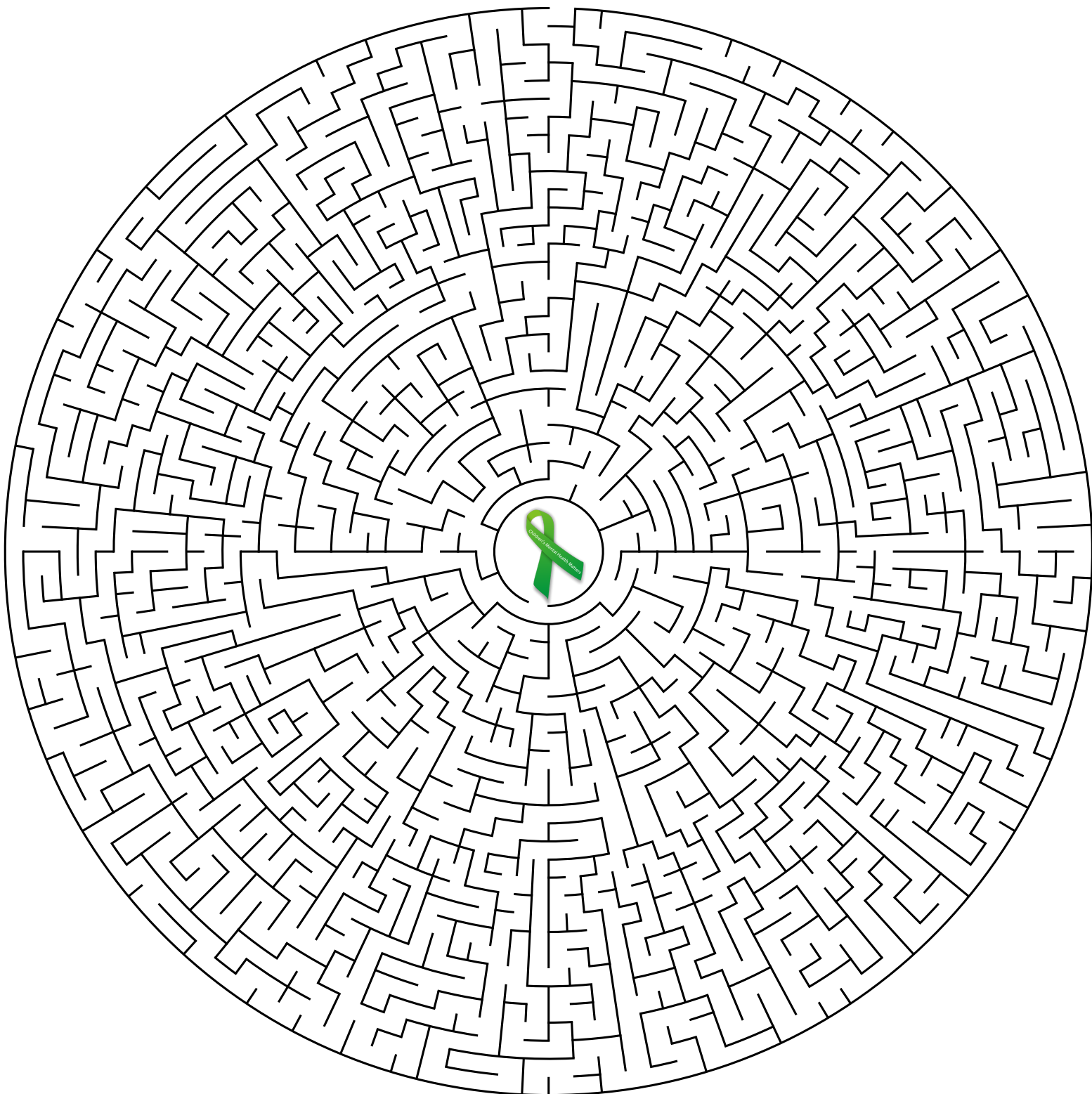
Color me.

How do you think we can promote positive mental health? Write your ideas below and share them with teachers, friends and family.

Find your way to the green support ribbon in the maze below.



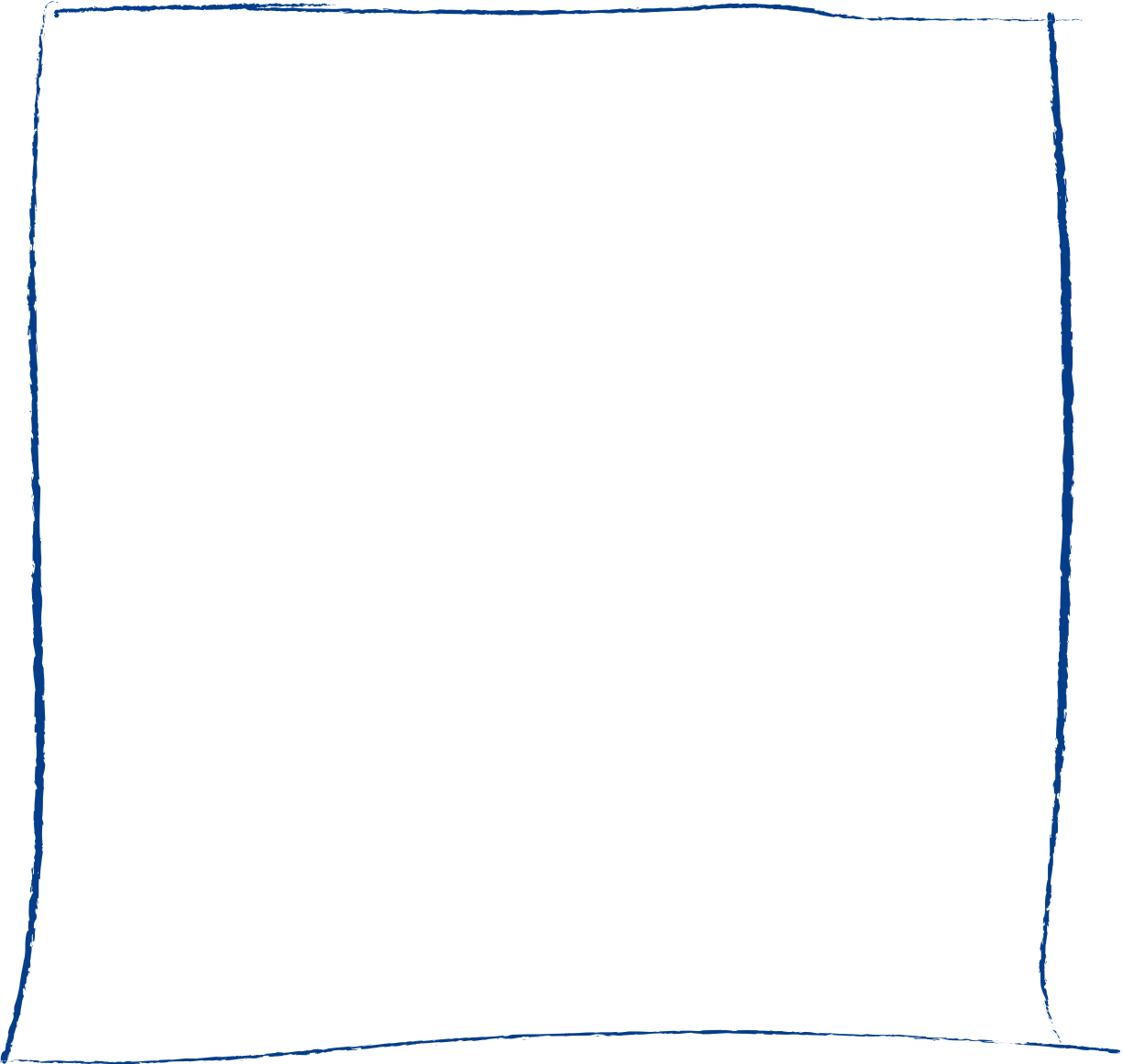
Start here.





We all have a hand in caring for our friends and family. Trace and color your hand below and share a few ways that you can show kindness to your friends and loved ones.

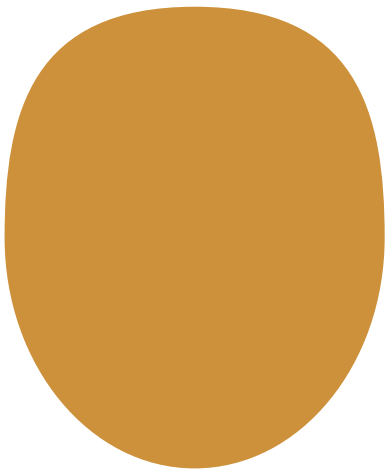
Here's my hand:



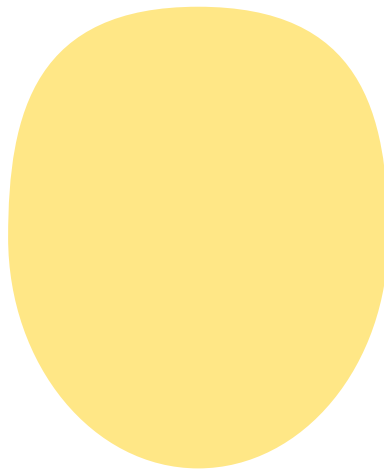
I show kindness to others by:

it's okay to
FEEL YOUR
FEELINGS

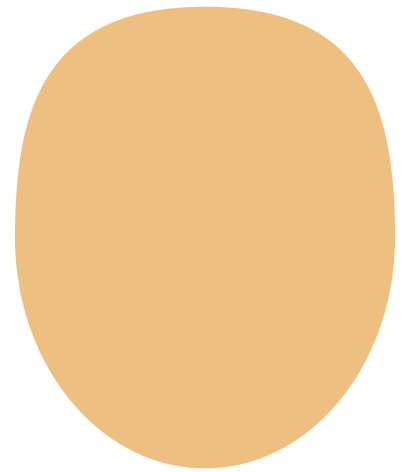
Talking about our feelings is an important part of taking care of our mental health. Draw a face for each of the feelings below. If you don't know what they mean, ask a parent or teacher for help. Don't forget the hair!



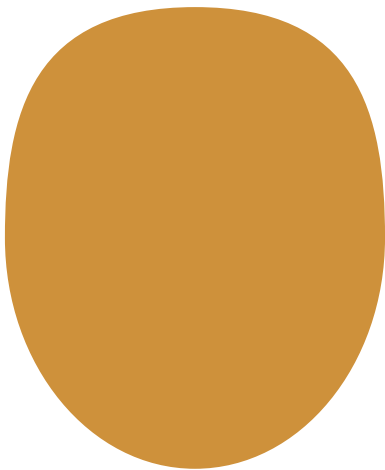
SAD



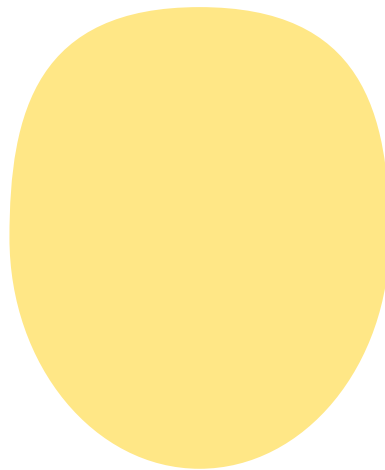
HAPPY



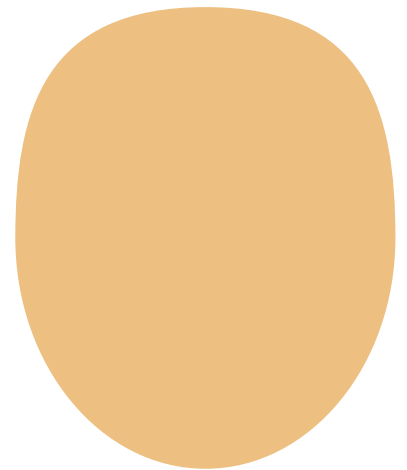
ANGRY



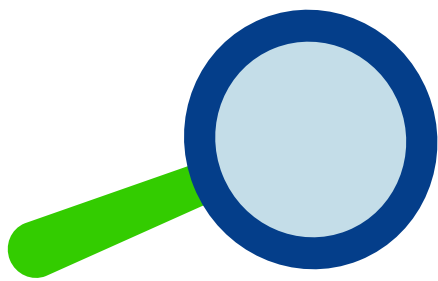
WORRIED



SCARED



EXCITED



Find the words listed below that relate to children's mental health and the hope, strength and resilience of families.

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

MENTAL

AWARENESS

FAMILY

STRENGTH

VOICE

SUPPORT

STIGMA

HOPE

GREEN

KINDNESS

ADVOCATE

CHILDREN

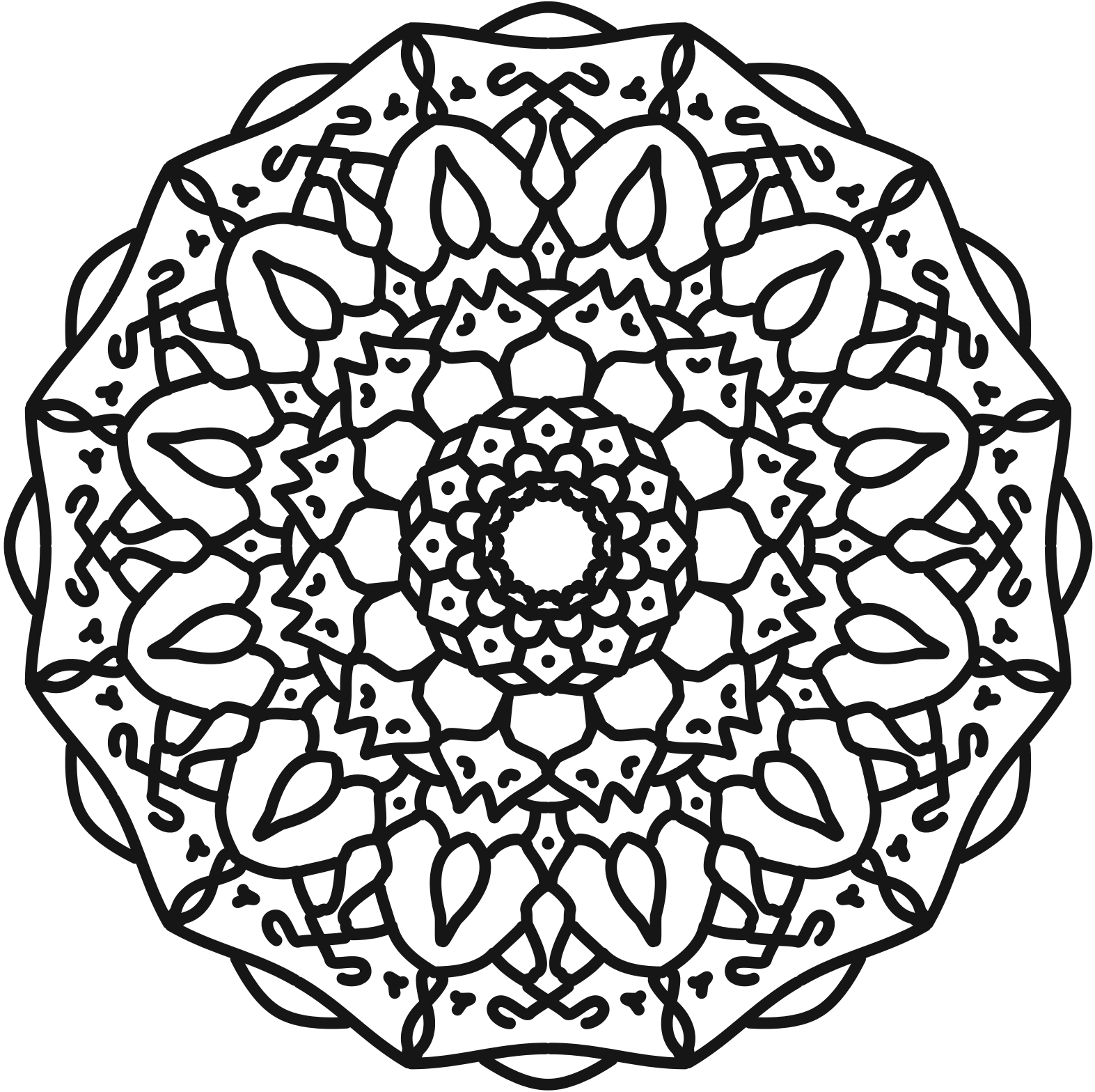
SUPPORT

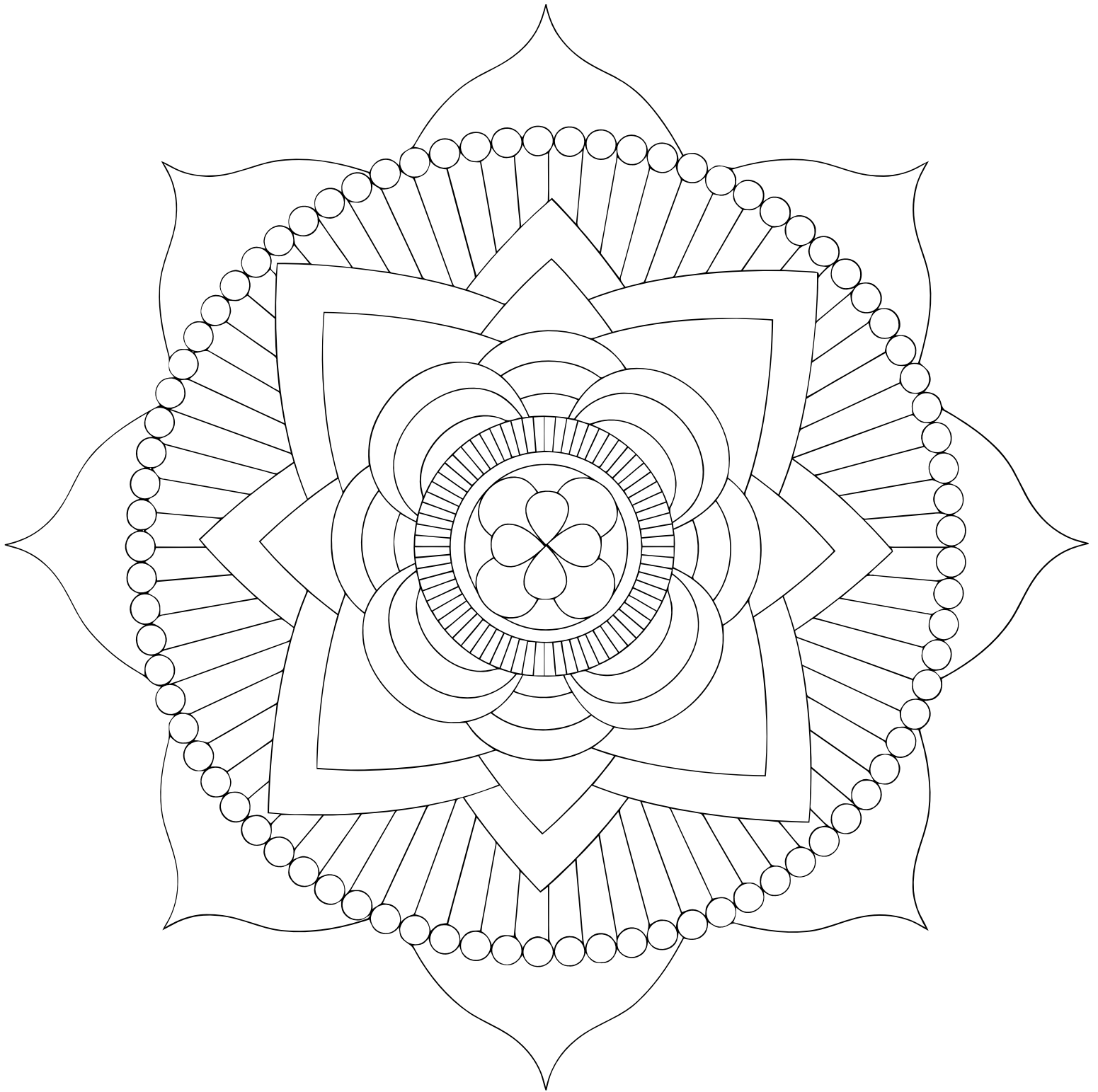
HEALTH

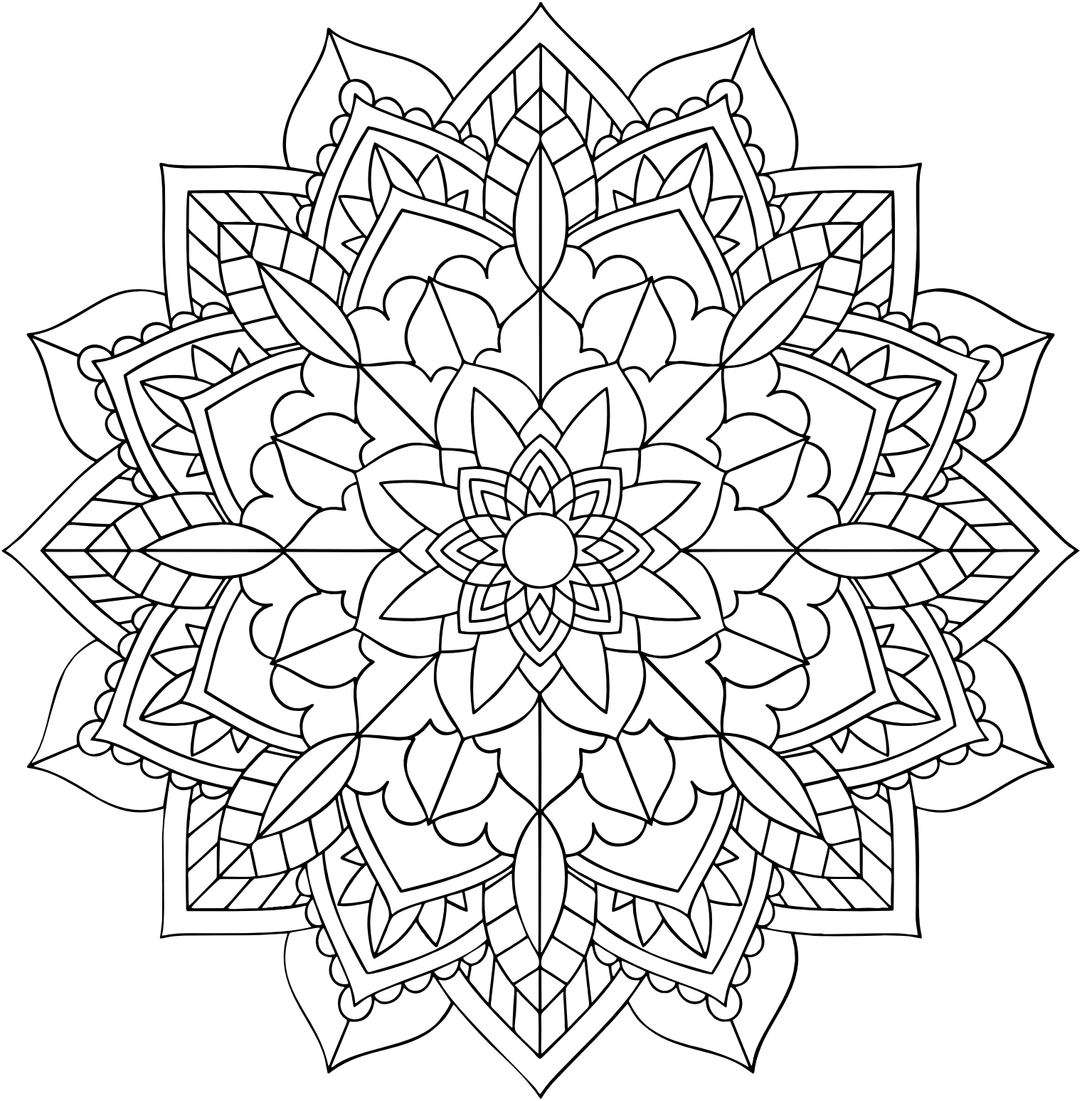
YOUTH

RESILIENCE

Enjoy coloring these pages just for fun
or when you need a little self-care!







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Join the Green Ribbon Campaign!

We are making a positive change and you can help! The goal is simple. To raise awareness and decrease stigma associated with mental illness. Make the pledge to support this important cause!

Here's how you can show your support and help raise awareness:

1. Wear a green ribbon, especially during Mental Health Awareness Week in May.
2. Read up on mental health challenges, the stigma associated with them and ways you can stop it.
3. Share the information you've learned with family and friends.
4. Get involved in your community. Contact the National Federation of Families for events in your area.
5. Have your parents sign up to receive the National Federation of Families news, alerts and information.
6. Follow the National Federation of Families on Facebook, Twitter and Pinterest to stay informed and to get free resources.

Need a green ribbon?

Visit the Children's Mental Health Awareness Store at www.ffcmh.org/store or call us at (240) 403-1901.

Children's Mental Health Matters!