

Children's Mental Health Awareness

Activity Book for Kids



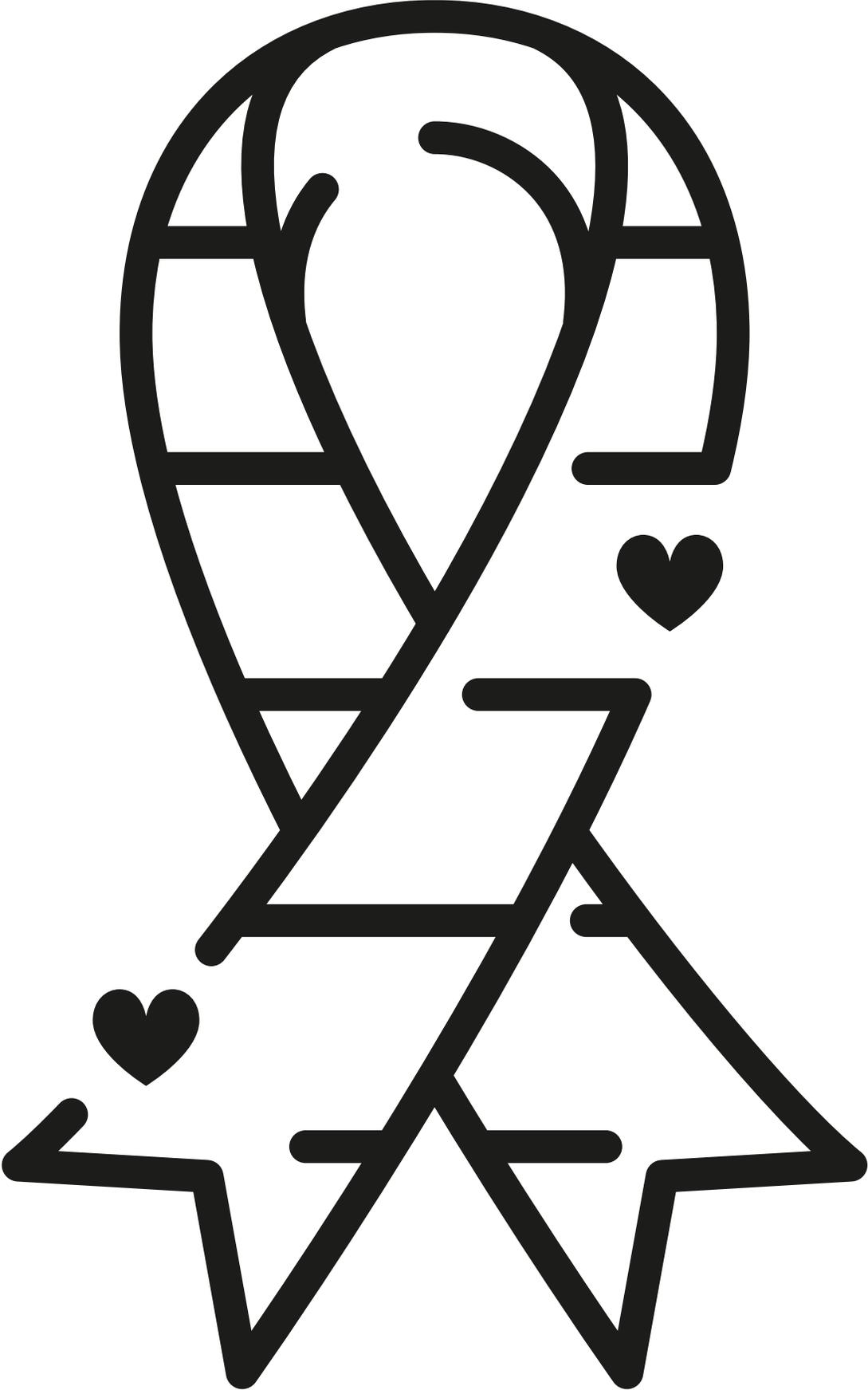
What is Children's Mental Health?

Children's mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life.



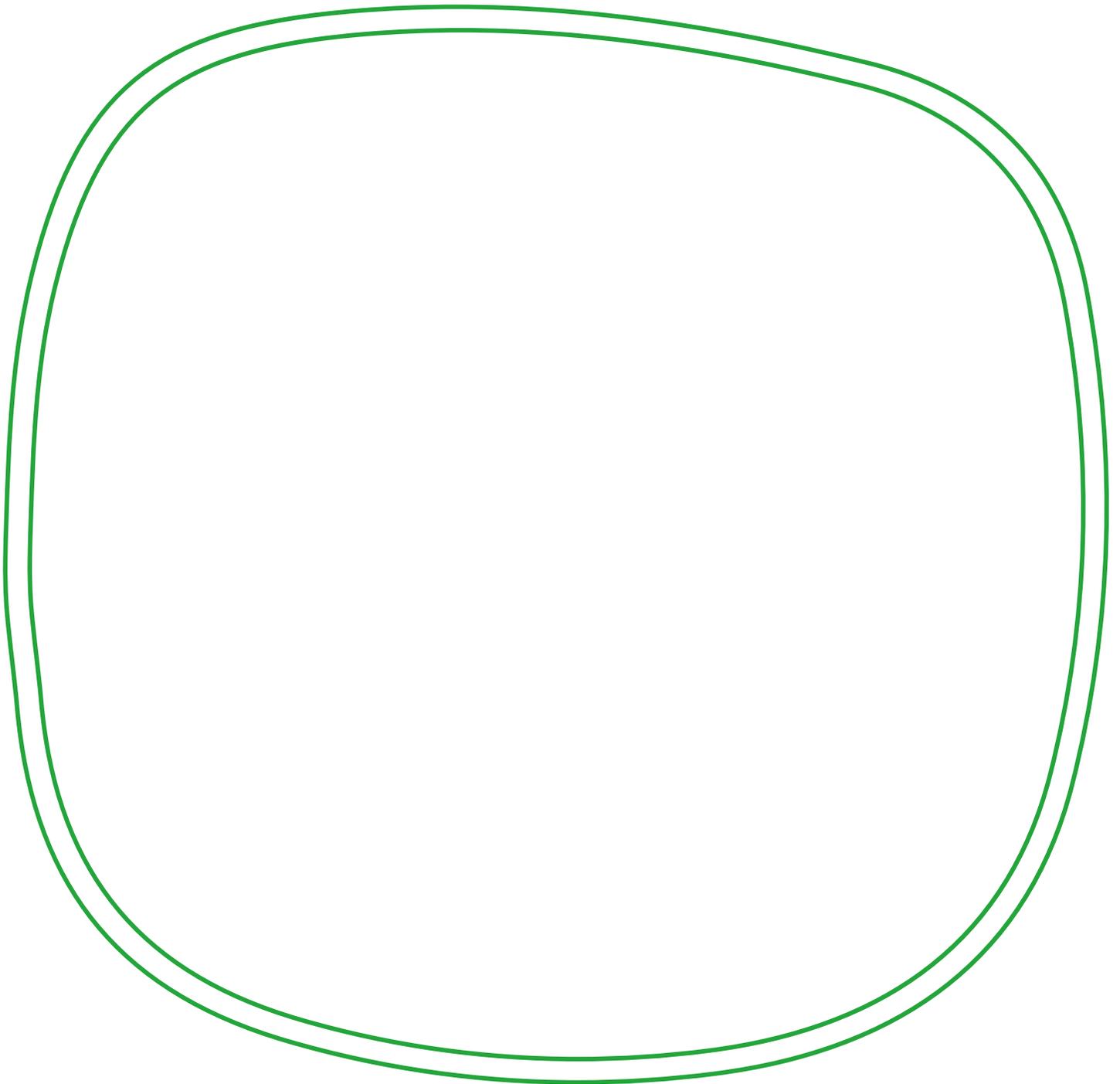
We wear green ribbons to raise awareness and promote mental wellness for children, youth, and young adults.

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.





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

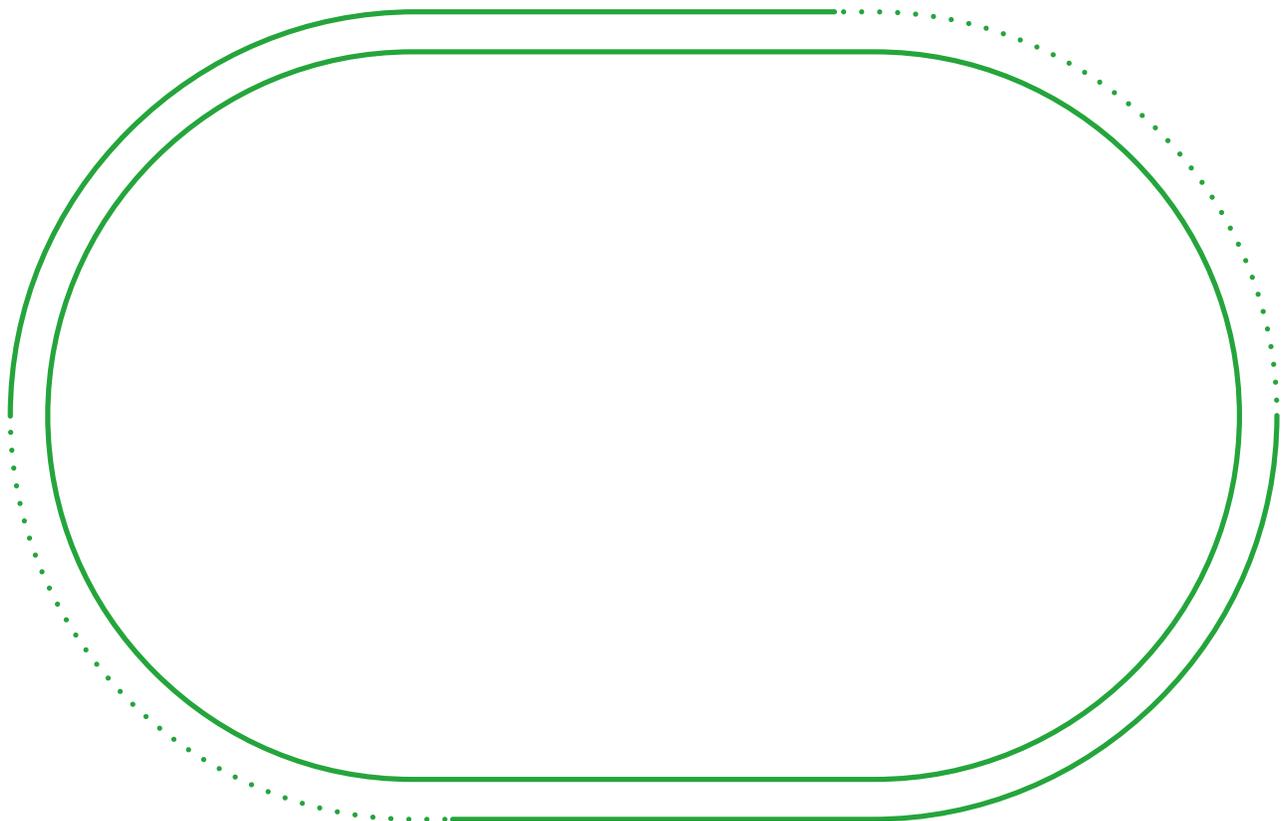
My name is: _____.

I have _____ hair and _____ eyes.

I am _____ years old and in the _____ grade.

I am really good at:

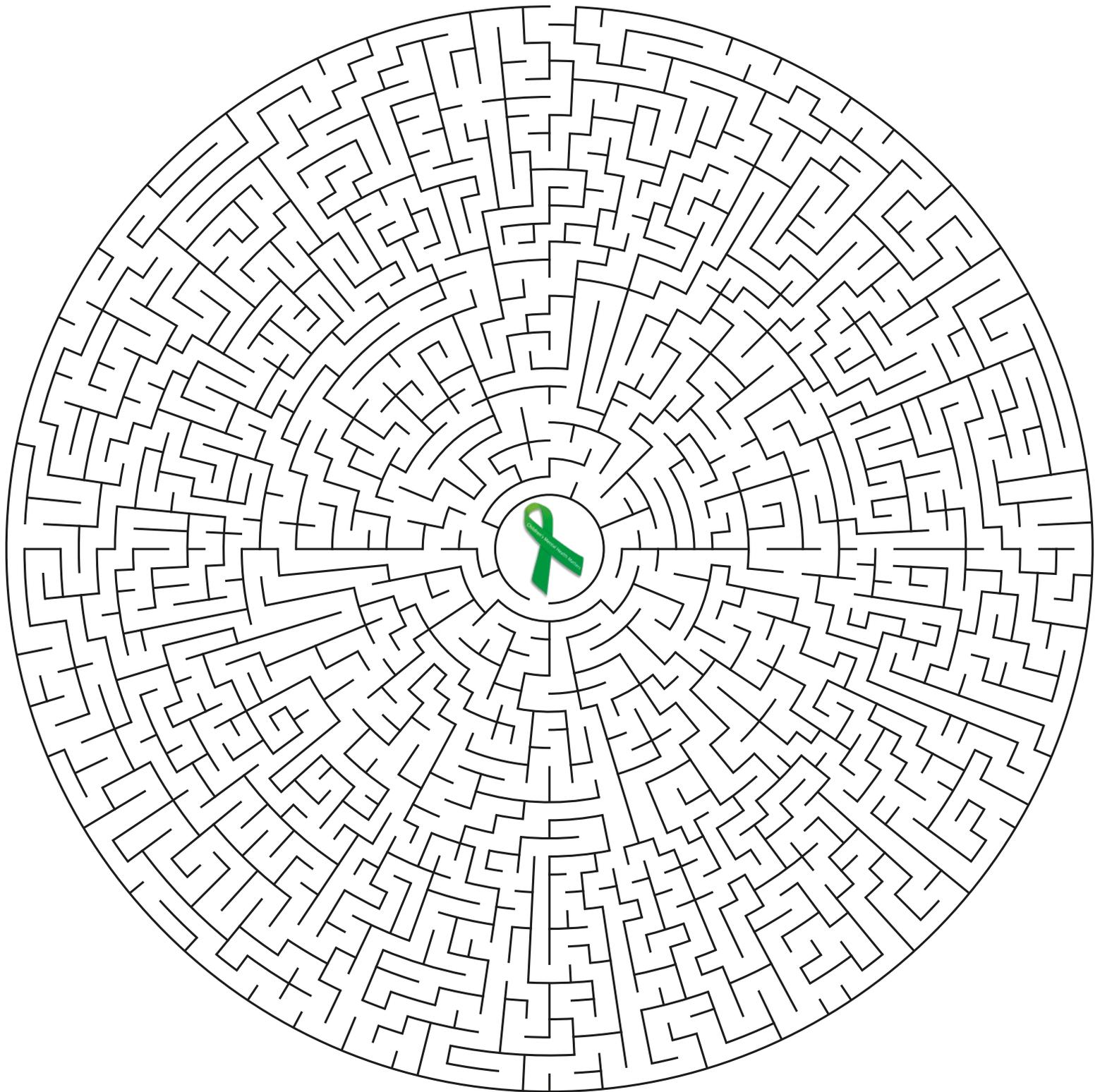
Draw a picture of yourself doing something you love below.

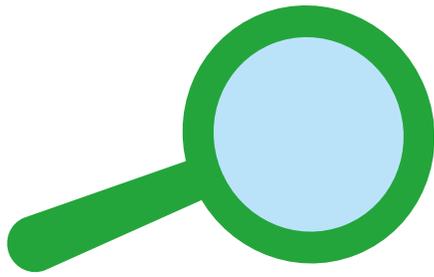


Find your way to the green support ribbon in the maze below.



Start here.





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



Join the Green Ribbon Campaign!

Here's how you can help raise awareness and eliminate stigma associated with mental health:

- Wear a green ribbon, especially for Mental Health Awareness in May.
- It's okay to not be okay. Ask for help when needed.
- Care for your mental health the same way you do your physical health.
- Your pediatrician is a good place to start if you have questions.

LEARN MORE BY VISITING:
www.jwbpinellas.org/childrens-mental-health

Children's Mental Health Matters!