



# Mental Health Awareness Month Toolkit

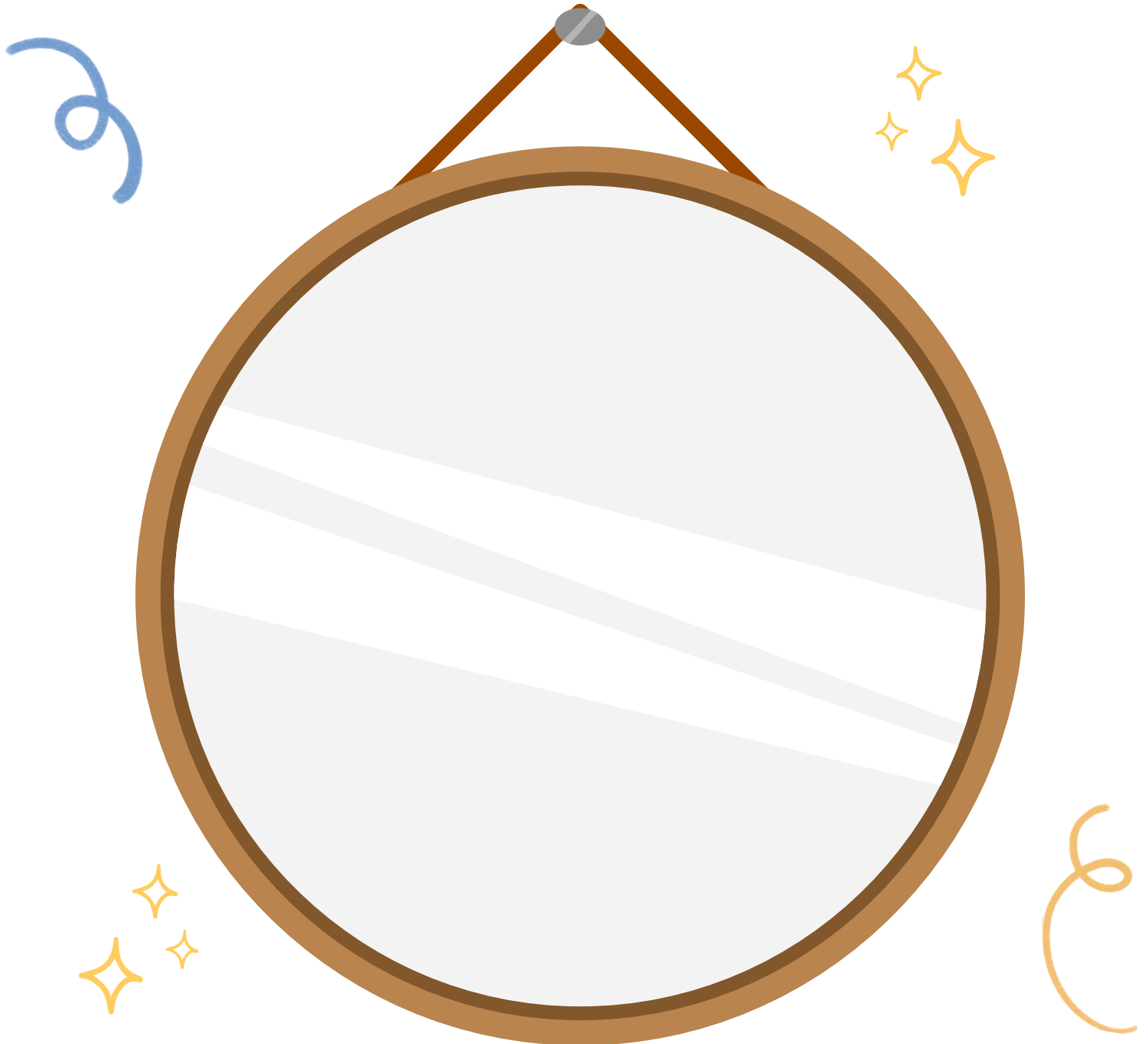
7 MENTAL HEALTH BUILDING ACTIVITIES FOR ALL AGES

*Activities were adapted by SEWI from other sources*



# Mirror Mirror

**Directions:** In the mirror below, draw or write down the amazing things that you see when you look in the mirror.



# I Am a Wonderful Person!

**Directions:** Finish the sentences in each color of the rainbow.



*I AM MOST HAPPY WHEN...*

*I HAVE WORKED HARD TO IMPROVE...*

*I AM PROUD OF MYSELF WHEN...*

*I AM A GOOD FRIEND WHEN...*

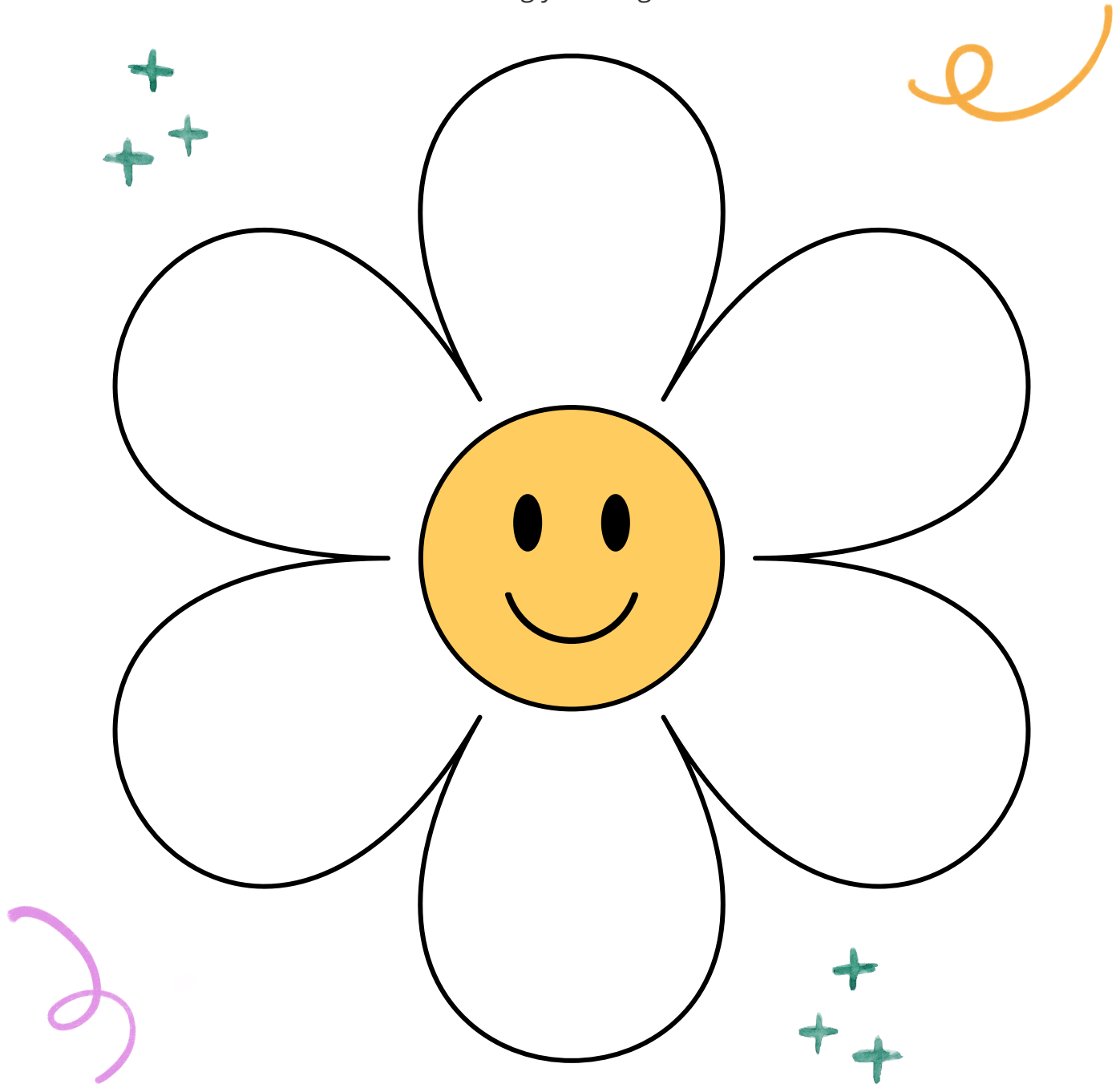
*I HAVE A GOOD DAY BECAUSE...*

*I AM SPECIAL BECAUSE...*

*I AM GOOD AT...*

# Positive Self-Talk Flower

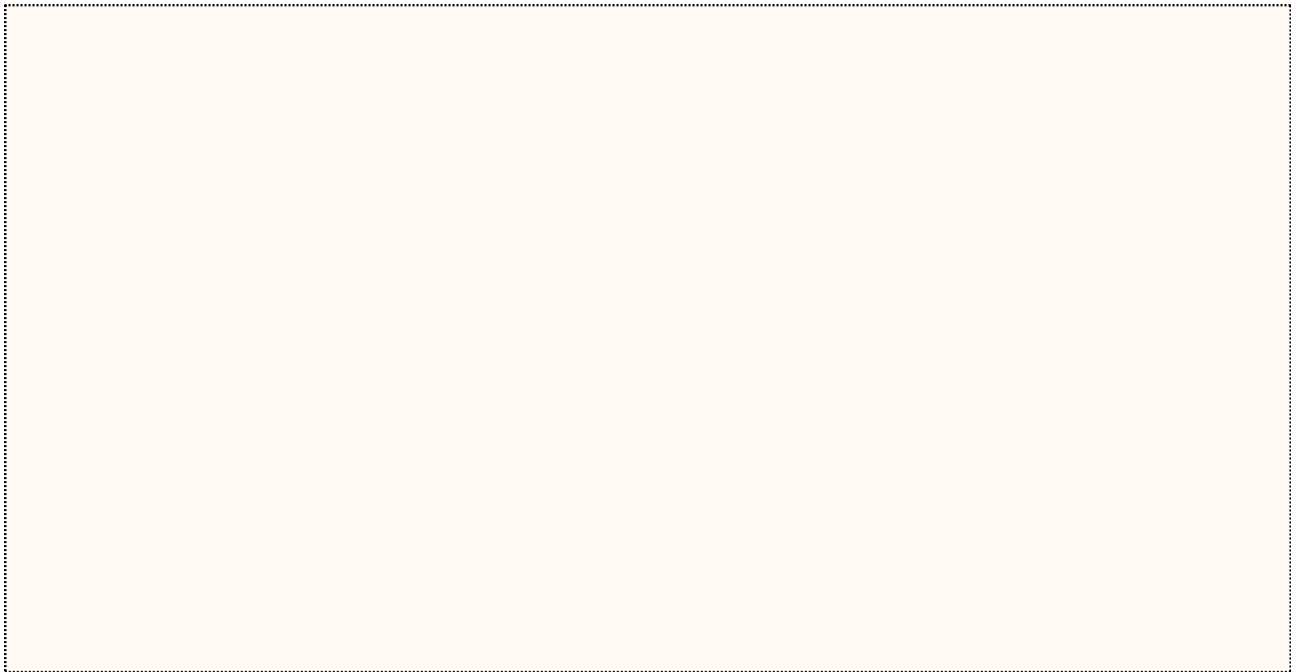
**Directions:** How you talk about yourself is important. On each flower petal, write something you like about yourself, a positive trait you have, or something you are good at.





# My Safe Space

When we're upset, we need somewhere to go. Sometimes it's not easy to go to your physical safe space, but it is possible to create a safe space in your mind where you can feel secure. Knowing what this place looks and feels like can help you deal with situations of high stress, anxiety, and big feelings. **Directions:** Draw a picture of your safe space.



## When I'm Here I...

See: \_\_\_\_\_

Hear: \_\_\_\_\_

Smell: \_\_\_\_\_

Taste: \_\_\_\_\_

Feel: \_\_\_\_\_

# Self-Esteem Journal

Directions: Fill in the journal prompts to focus on your successes, good qualities, and positive experiences for the day.

**SOMETHING GOOD THAT  
HAPPENED TO ME TODAY WAS:**

**SOMETHING POSITIVE  
SOMEONE SAID TO ME TODAY:**

**A COMPLIMENT THAT I WOULD  
GIVE MYSELF TODAY:**

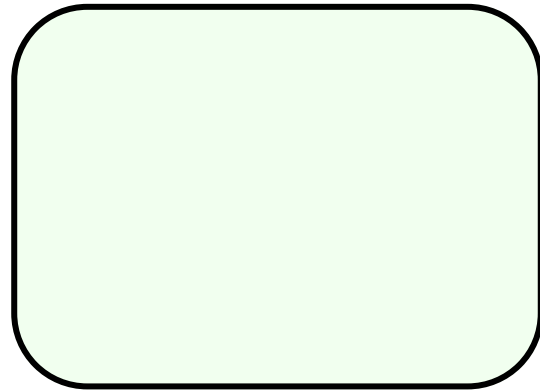
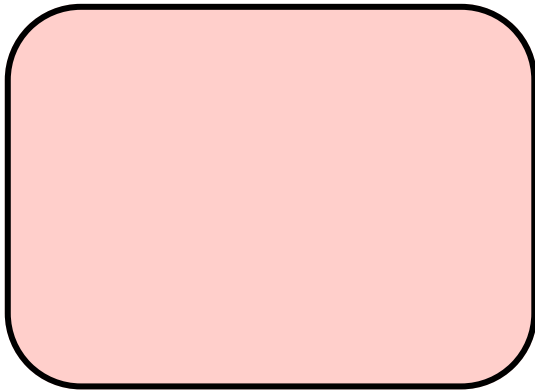
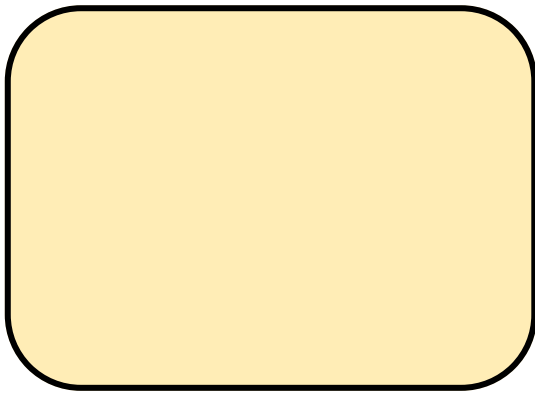
**POSITIVE FEELINGS I  
EXPERIENCED TODAY:**

**A NEGATIVE THOUGHT I HAD  
ABOUT MYSELF TODAY WAS:**

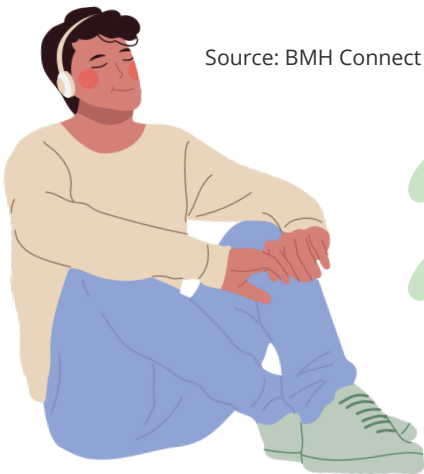
**A DIFFERENT THOUGHT I  
CAN HAVE NEXT TIME IS:**

# Ultimate Coping Playlist

**Directions:** Make the perfect coping playlist to help with the big feelings and emotions you may experience throughout the day. It can be a song, a podcast, movie or show.



Source: BMH Connect



# 5-4-3-2-1

## JOURNAL EXERCISE

**Directions:** Use your senses to help ground yourself in the present moment when you are feeling stressed, anxious, or overwhelmed.

### 5 THINGS YOU CAN SEE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

### 3 THINGS YOU CAN FEEL

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### 2 THINGS YOU CAN SMELL

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_

### 4 THINGS YOU CAN HEAR

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

### 1 THINGS YOU CAN TASTE

- 1 \_\_\_\_\_