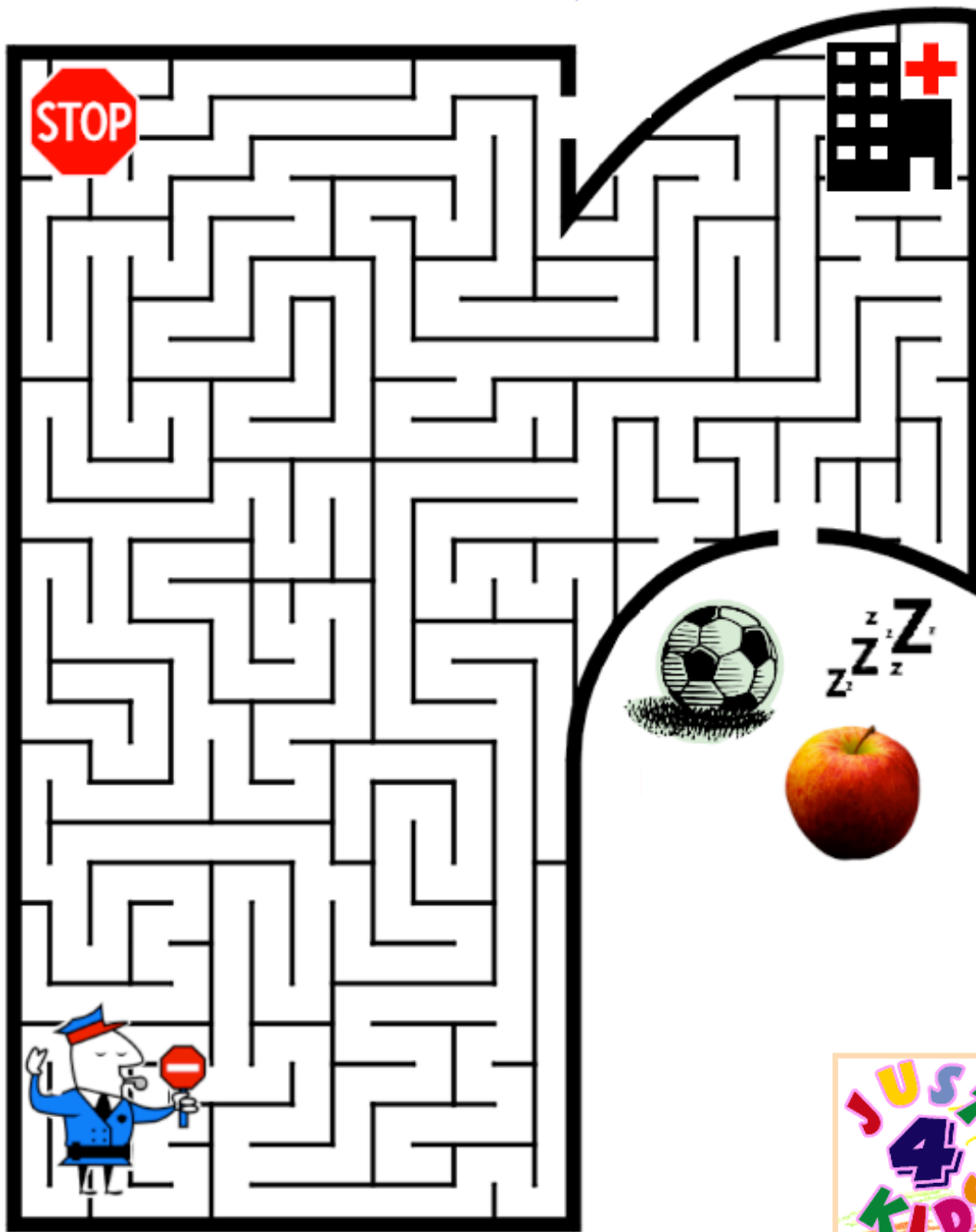




May Worksheet: Awareness and Prevention



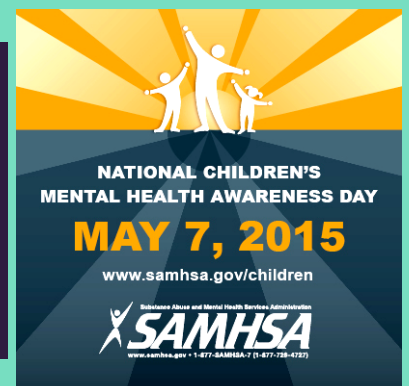
Road To Good Mental Health

Mental health is a very important part of being content and happy. The road to good mental health is full of twists and turns like the road to good health maze. Think about what you can do to ensure your good mental health as you travel through the maze.



The Voice of One,
the Power of All

MAY 17 - 23, 2015





Just 4 Kids

National Children's Mental Health Awareness Day

1. How you feel (sad, happy, safe, scared)
 - +
 2. How happy you are with friends and family
 - +
 3. How much Sleep, Good Food, & Good Care you get
 - =
- How good your mental health is!

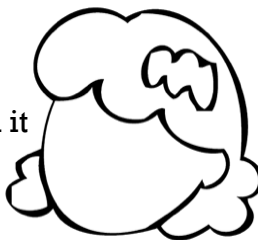
Awareness: knowing that something (a situation, problem, or feeling) exists or happens.

Prevention: stopping something harmful from happening before it happens.

Directions: Help Ethan, Lucy, Maya, and Andrew figure out a healthy way to react to the situations below. Identify the emotions they feel in the boxes and fill in their faces to match the emotion.



Ethan stood in line for five minutes for an ice cream and it fell. What is a healthy way to react?



Lucy is at a friend's birthday party but has to leave after her parents' get a call. What is a healthy response to this change?



Maya's parents just won tickets to the amusement park. What is a healthy response to such great news?

Andrew was asked by his teacher to tidy up his group desk, but did not make the mess. What is a healthy reaction to the teacher's request?

