



The Mental Health Association in North Carolina is dedicated to promoting mental health, preventing mental disorders and eliminating discrimination against people with mental illnesses.

For more information on feelings and feeling good, contact us.
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Let's talk about feelings!

Children's activity booklet promoting good mental health.



Mental Health Association in North Carolina



Draw a line from the face on the left to the feeling on the right that you think best describes it!



SAD



ANGRY



HAPPY



Answers (continued)

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

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Any words that you could think of would be right for this activity. Here are 22 words that would work.

- | | |
|------|-------|
| Heal | Ate |
| Meal | Lane |
| Teal | Mane |
| Math | Hall |
| The | Mall |
| That | Then |
| Neat | Men |
| Heat | Lent |
| Meat | Meant |
| Late | Male |
| Mate | Tale |

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1. Play with your friends.
2. Draw nice pictures.
3. Talk about your feelings today.
4. Write about your days.
5. Help someone.

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There are no wrong answers!

Remember: You are never too young to pay attention to your mental health!!

Here is a poem to remind everyone to be mentally healthy. Use the secret code to figure out the message.

W V FRJJPA IVSA RLP,

XP FPWJRGGI KPRGJKI POPAI QRI,

JRHP JYFP MVA IVSAUPGM,

RWQ GPJ POPAIJKYWL PGUP MRQP RNRI!



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

Let's see how you take care of your mental health. Answer the following questions to see how you stay happy and healthy.

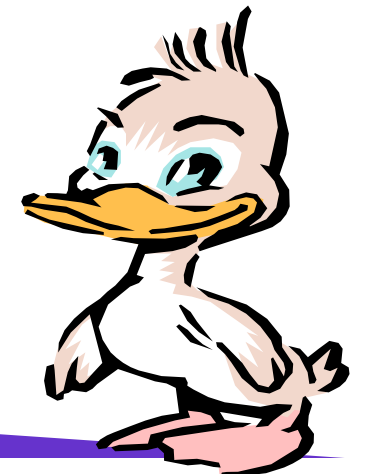
What's your favorite thing to do?

How do you help your family around your house?

When was the last time that you helped someone do something?

Do you tell your family you love them?

Do you like to get great big hugs?



Unscramble the words in each sentence to find out how you can take care of your mental health.

1. LPYA IHWT OYRU INSFERD.

2. WADR CIEN IPRCUSET.

3. AKTL BATOU ORUY EEFLIGNS DYTOA.

4. RTEWI BUTOA OYUR YSDA.

5. LHPE OENSMEO.



Complete the sentence with a feeling that best describes how you feel at different times. There are no wrong answers to these statements.

Try not to use the same feeling more than once.

1. On the first day of school, I feel _____.

2. _____ is how I feel when I stub my toe.

3. When I am playing with my friends, I feel _____.

4. I don't like it when I feel _____.

5. I like it when I feel _____.

6. I feel _____ in the dark.

7. When it is Friday, I feel _____.

8. I feel _____ when I am with my family.

9. When I do all my homework, I feel _____.

10. Sometimes I feel _____.

