What is National Children’s Mental Health Awareness Week?

National Children’s Mental Health Awareness Week is May 1-7, 2017. It is an entire week dedicated to teaching people about children’s mental health, advocating to improve services and celebrating all the work that has been done in the past! We celebrate the hope and strength of children, youth and families.

We wear green ribbons to help raise public awareness and show our support to children, youth and families. Find out how National Children’s Mental Health Awareness Week is being celebrated in your community and get involved!
Find your way to the green ribbon to show your support!
What is your favorite part about National Children’s Mental Health Awareness Week?

Write it or draw a picture below.
National Children’s Mental Health Awareness Week is designed to celebrate YOU and your mental health!

What are some things that are special about YOU?

My name is_______________.

I have______________hair.

I have______________eyes.

I am______________years old.

I am in the______________grade.

I am really good at

_____________________________________________________

_____________________________________________________

_____________________________________________________

Draw a picture of yourself
Make a Face!
Draw a face for each of the feelings below.

Happy

Grumpy

Silly

Sad

Don’t forget the hair!
National Children’s Mental Health Awareness Week Word Find

WORD LIST

ADVOCATE  AWARENESS  CHILDREN
FAMILY  GREEN  HOPE
STIGMA  SUPPORT  YOUTH
National Children’s Mental Health Awareness Ribbon

Color the ribbon GREEN to show support for Children’s Mental Health!
The official color to raise awareness for Children’s Mental Health is GREEN!

Help us find out which green animal wants to help us raise awareness about Children’s Mental Health.

Connect the dots!
# Family Activities
## For May

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
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<tr>
<td>Make Green Ribbons to Wear and share</td>
<td>Draw a Family Picture</td>
<td>Read a book as a Family</td>
<td>Make and Fly Paper Airplanes</td>
<td>Family Dance Party!!</td>
<td>Let’s take a Walk Together</td>
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<td>Tell each person in your family 3 things that make them special</td>
<td>Let’s Blow Bubbles</td>
<td>Go through family Picture Album Together</td>
<td>Family Game Night</td>
<td>Family Slumber Party</td>
<td>Have a Picnic</td>
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<td>Build a Fort You Chose How</td>
<td>Make Paper Flowers</td>
<td>Indoor Scavenger Hunt</td>
<td>Have a Staring Contest</td>
<td>Use magazines to make a Family Collage</td>
<td>Let’s Exercise together</td>
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<td>Play I SPY</td>
<td>Draw Portraits of each other</td>
<td>Play Card Games</td>
<td>Tell your favorite family story</td>
<td>Family Dinner all together with no TV or phones</td>
<td>Visit the Library</td>
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<td>Find a Four Leaf Clover</td>
<td>Movie Night With popcorn</td>
<td>Let’s Sing our favorite song</td>
<td>Plant a flower</td>
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National Children’s Mental Health Awareness Week

Green Ribbon Campaign

We are seeking change! The goal is simple. Raise awareness and challenge the stigma surrounding mental health.

Take the pledge to spark a national conversation about MENTAL HEALTH!

Show your support and help raise awareness:
1. Wear a green ribbon, especially during Mental Health Awareness month in May.
2. Read up on mental health challenges and the stigma associated with them.
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 become a member of the National Federation of Families to receive updates and information.

Need a green ribbon? We can help! Contact the National Federation of Families.

www.ffcmh.org
National Federation of Families for Children’s Mental Health

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www.ffcmh.org

Children’s Mental Health Matters!