

NFFCMH



*National Federation of Families
for Children's Mental Health*

National Children's Mental Health Awareness Week

Activity Workbook Just for Kids



2017

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!



START



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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

_____.

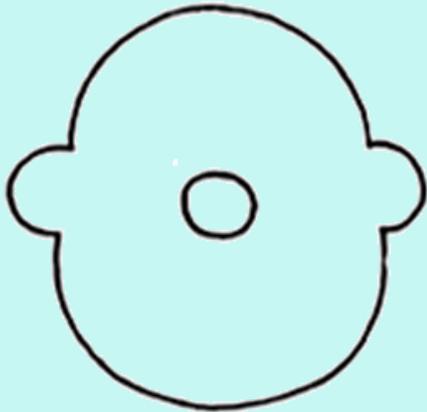
Draw a picture of yourself

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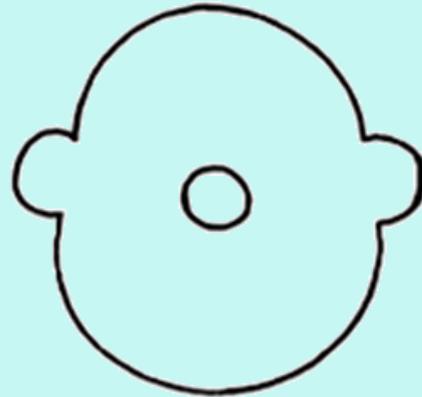
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Make a Face!

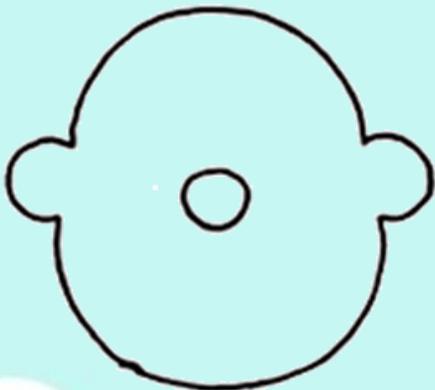
Draw a face for each of the feelings below.



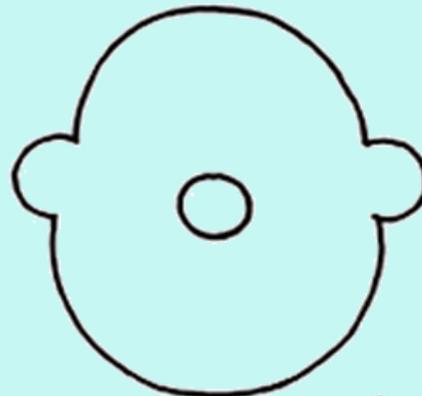
Happy



Grumpy



Silly



Sad

Don't forget the hair!

National Children's Mental Health Awareness Week Word Find

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

WORD LIST

ADVOCATE
FAMILY
STIGMA

AWARENESS
GREEN
SUPPORT

CHILDREN
HOPE
YOUTH

National Children's Mental Health Awareness Ribbon

Color the ribbon **GREEN** to show support for
Children's Mental Health!



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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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Make Green Ribbons to Wear and share	2 Draw a Family Picture	3 Read a book as a Family	4 Make and Fly Paper Airplanes	5 Family Dance Party!!	6 Let's take a Walk Together
7 Let's make Cookies	8 Tell each person in your family 3 things that make them special	9 Let's Blow Bubbles	10 Go through family Picture Album Together	11 Family Game Night	12 Family Slumber Party	13 Have a Picnic
14 Dress up and take a Family Picture	15 Build a Fort You Chose How	16 Make Paper Flowers	17 Indoor Scavenger Hunt	18 Have a Staring Contest	19 Use magazines to make a Family Collage	20 Let's Exercise together
21 ICE CREAM	22 Play I SPY	23 Draw Portraits of each other	24 Play Card Games	25 Tell your favorite family story	26 Family Dinner all together with no TV or phones	27 Visit the Library
28 Find a Four Leaf Clover	29 Movie Night With popcorn	30 Let's Sing our favorite song	31 Plant a flower			

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



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Children's Mental Health Matters!