



Mental Health Awareness & Trauma-Informed Care Month Activity Book



Created by the Education & Training Center



LET'S TALK ABOUT MENTAL HEALTH





To Parents,



Mental Health Awareness & Trauma-Informed Care Month is recognized each May in Palm Beach County to increase awareness about the important role mental health plays in our overall health and well-being. When you take care of your mental health, your physical health also improves, and you are more likely to be productive and cope effectively with the stresses of life.

Talking about mental health can be scary! Because of stigma and stereotypes surrounding the experience of mental health struggles, people often feel they must suffer in silence. Mental Health Awareness and Trauma-Informed Care Month provides a time and space to start the conversations. The more we talk about mental health with others, the more normal these conversation become, empowering individuals to break the stigma and seek support for mental health struggles.

Across the county, individuals and organizations step up to provide resources and information to support those in need of mental health support throughout the month of May. The Youth Services Department of Palm Beach County is certified in the Sanctuary Model of Trauma-Informed Care to express our commitment to creating a community of healing and safety. Join us in celebrating Mental Health Awareness and Trauma-Informed Care Month within your own family! This activity book includes games, puzzles, coloring pages, and many other ways to learn more about mental health and kickoff conversation between loved ones to break the stigma.



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Board of County Commissioners



To Youth,



Every May in Palm Beach County, we celebrate Mental Health Awareness & Trauma-Informed Care Month. This is a time to learn about how important our mental health is—just like our physical health! When you take care of your feelings and thoughts, your body can feel better too. It can also help you do better in school, get along with others, and handle stress in a healthy way.

Talking about mental health might feel uncomfortable or even a little scary—and that's okay. Sometimes people worry about what others might think, so they keep their feelings to themselves. But no one should have to go through tough times alone. This month is all about helping people feel safe talking about their emotions and asking for help when they need it.

The more we talk about mental health, the more normal it becomes. Sharing how you feel with a trusted adult, friend, or family member can make a big difference. It can help you feel understood and supported.

In May, people and organizations across Palm Beach County share helpful resources, fun activities, and ways to learn more about mental health. The Youth Services Department is committed to making sure young people feel safe, supported, and cared for.

You can be part of this too! This activity book is filled with games, puzzles, and coloring pages to help you learn about mental health while having fun. It's also a great way to start conversations with your family and friends.

Remember: It's okay to talk about your feelings—and you're never alone



MENTAL HEALTH



**includes our emotional,
psychological, and social
well-being.**



It affects how we think, feel, and act.



**IT HELPS DETERMINE HOW WE
HANDLE STRESS, RELATE TO
OTHERS, AND MAKE CHOICES.**



Mental Health Awareness

WORD SCRAMBLE

UNSCRAMBLE THE FOLLOWING WORDS
RELATED TO MENTAL HEALTH.

RTESSS

NIMD

ANIVALRC

OISESPRNE

AYXENI

ACNIP

GCOPIN

OSRUPPT

MSTLEESFE

EEISRELCIN

MARTUA

BIOLRPA

NIMTOOEAL

UGIFEAT



Mental Health Word Search



- | | | | |
|-----------------|-----------------|----------------|-----------------|
| ANXIETY | KINDNESS | BREATHE | UPSET |
| EMOTIONS | COPING | LOVE | LEARNING |
| BRAIN | FEELINGS | STRESS | LISTEN |



Practice Emotional Intelligence!



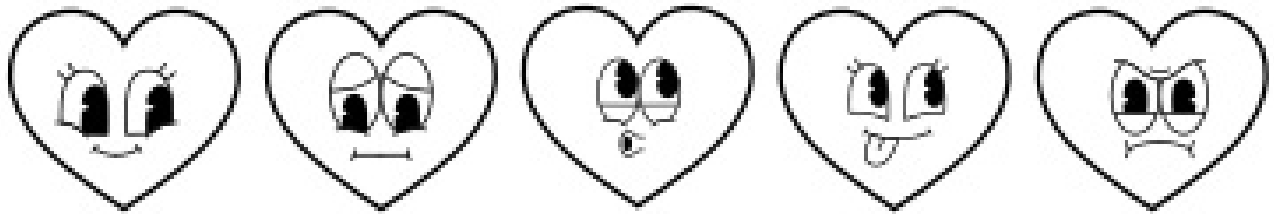
HOW DO YOU FEEL?

@sydneyaudreycoloring



**Open Communication with loved
ones about our
thoughts and feelings
helps us connect to others
AND LEARN HOW TO
SUPPORT EACH OTHER BEST.**

IT'S OKAY TO FEEL

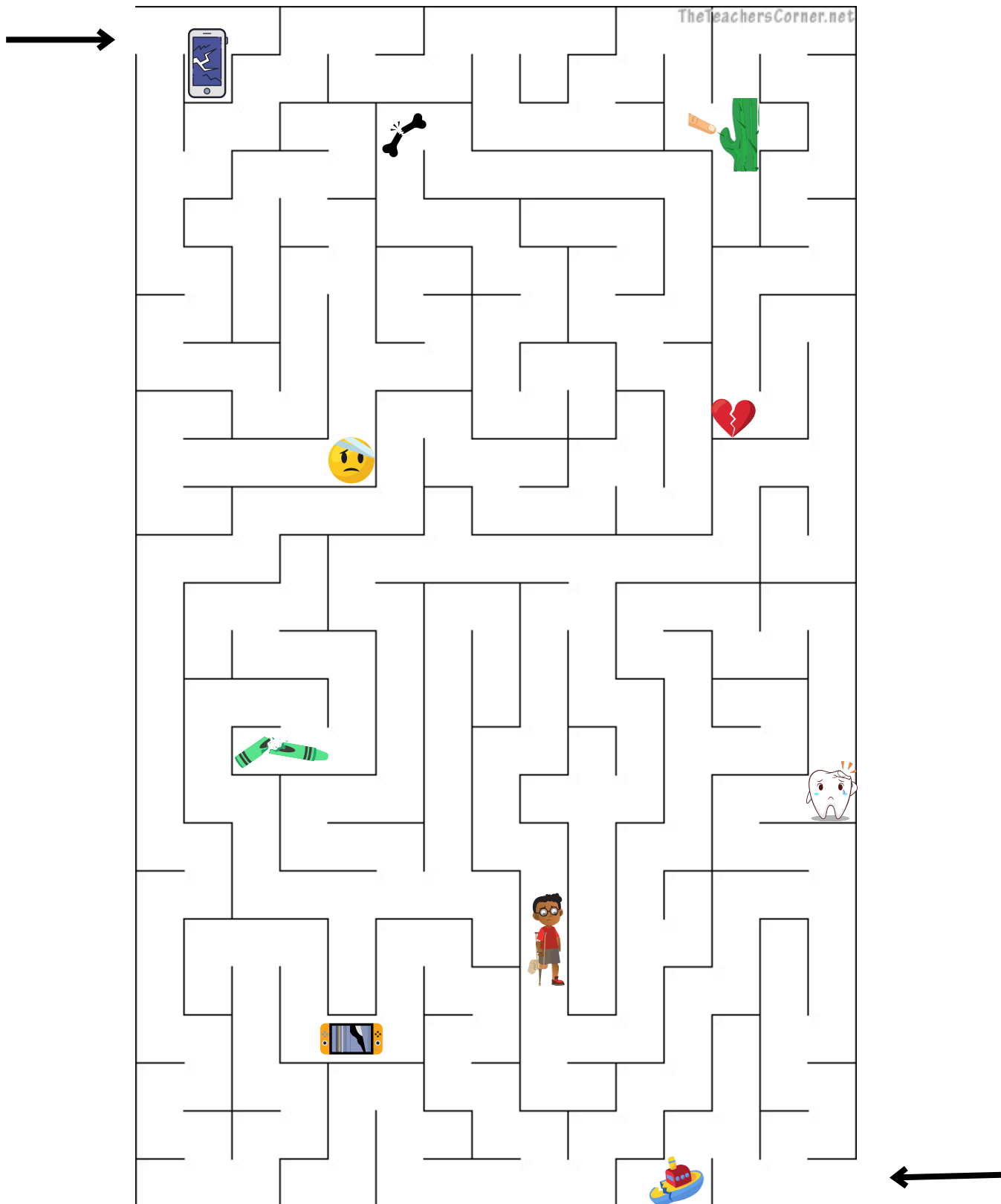


ALL THE FEELS



Growth and Change

Finding a Path Through Adversity!



TheTeachersCorner.net

Practice More Emotional Intelligence!



FEELINGS

WORD SEARCH



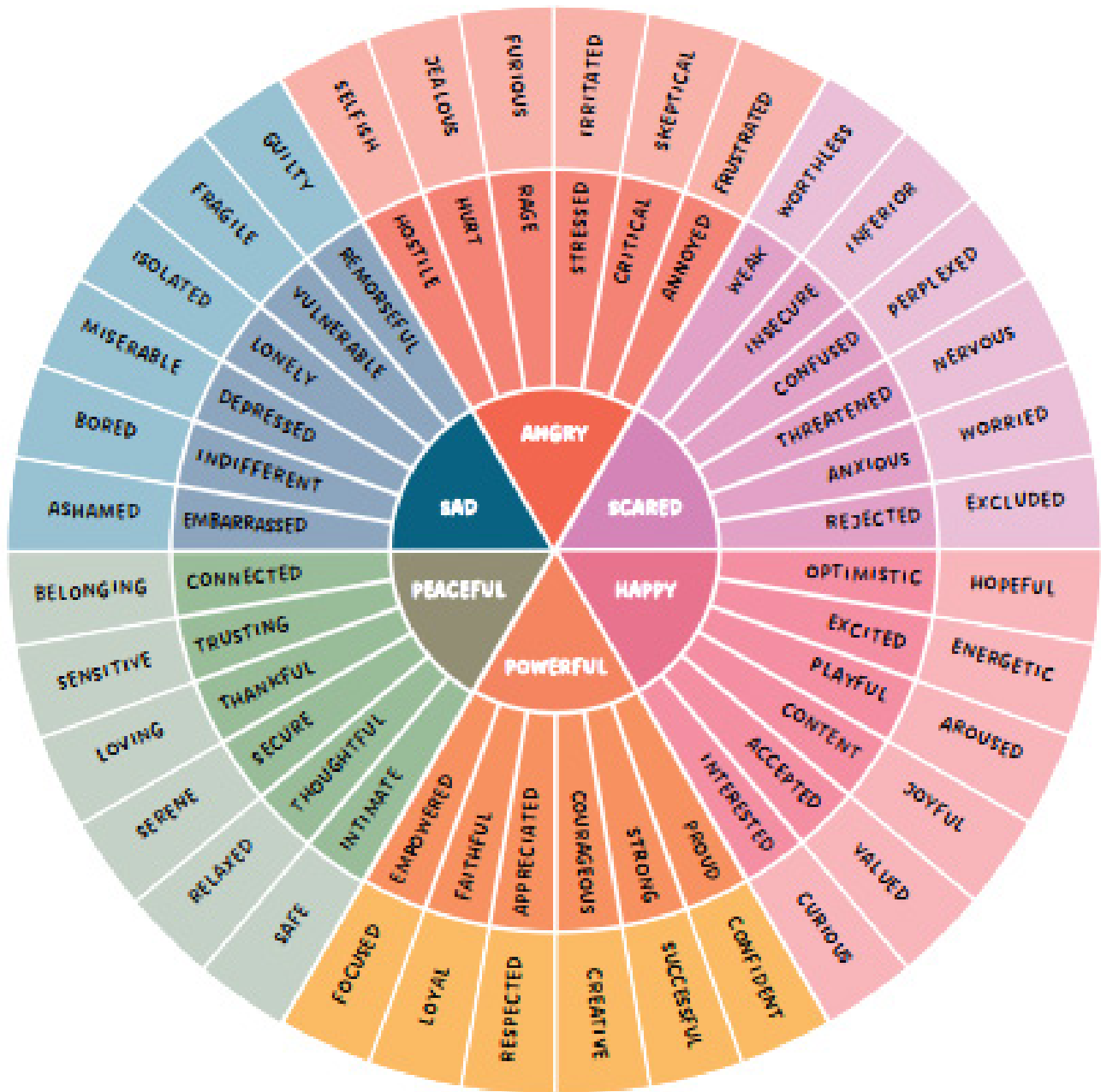
D E T A R T S U R F H I E S
T D E U C L U F W A E R R V
I E I E G A U A J O Y F U L
S S T D T S D U O R P P L S
D S S E T N A D I O V A L C
E E P E A C E F U L A D A A
T R G S T A R T L E D O N S
I P U I R D U F I Y S I X R
C E I L D U T R U H G I I S
X D L O E L O N E L Y F O L
E N T V R I R U M A D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

ANXIOUS
AVOIDANT
AWFUL
CONFUSED
DEPRESSED
EXCITED

FRUSTRATED
GUILTY
HURT
INSECURE
JOYFUL
LONELY

LOVING
MAD
PEACEFUL
PROUD
SCARED
STARTLED

THE FEELINGS WHEEL



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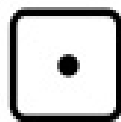
Use Social Learning with your family and build Emotional Intelligence together!

Mental Health Awareness

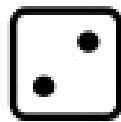
ROLL THE DICE

UNDERSTANDING EMOTIONS

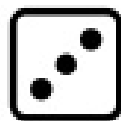
TAKE TURNS. ON YOUR TURN, ROLL THE DICE AND ANSWER BASED ON THE NUMBER ROLLED.



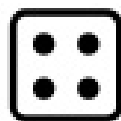
Tell me about something that makes you angry.



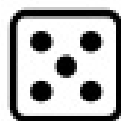
Something I worry about or feel concerned about often is



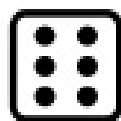
When are you the most happy?



Tell me about something that makes you sad.



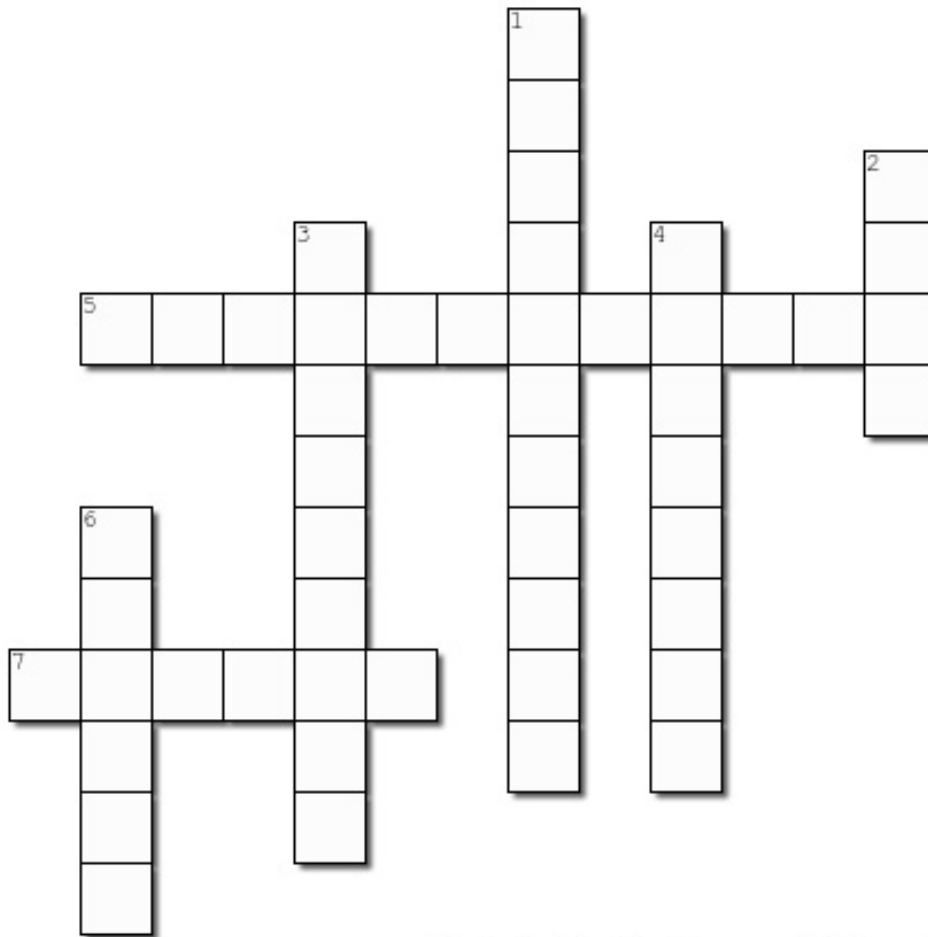
What is something that makes you feel afraid.



Name an emotion that feels uncomfortable for you.

Sanctuary Commitments

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 5. Emotional _____
- 7. _____ Responsibility

Down

- 1. Being safe with others
- 2. _____ Communication
- 3. Everyone has a say
- 4. Social _____
- 6. _____ and Change



TAKE A
DEEP
BREATH



Relaxation/Emotion Regulation

Slow breathing lowers heart rate and signals safety to the brain



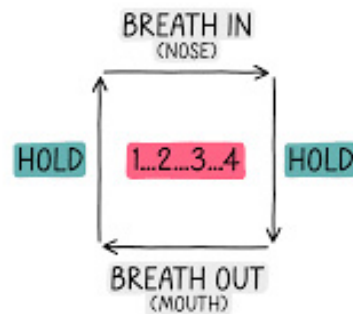
Breathing Techniques:

1. Box Breathing (4-4-4-4)

**Inhale for 4, hold for 4,
exhale for 4, hold for 4**

BOX BREATHING

MARTINE ELLIS



2. Hot Cocoa Breathing

**Pretend you're holding hot cocoa: smell (inhale)
then blow to cool it down (slow exhale)**



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COPING SKILLS



**are thoughts,
behaviors, and actions**



used to manage emotions



**WHEN RESPONDING TO
AN EXPERIENCE**



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Coping Skills BINGO



Throughout the day, whenever you have a moment, try to engage in one of the coping skills listed on your bingo card. Try to finish 1 line this week.

Take a walk.	Take a cold shower or splash some water on your face.	Exercise or do a physical activity.	Have a glass of water.	Draw or paint something.
Journal or write down what you're feeling and thinking.	Deep breathing.	Do something creative.	Stop and think. Don't rush yourself to do anything.	Call a friend.
Body scan.	Go to bed early.	Listen to some music.	Laugh or watch something funny.	Use a toy or fidget to release tension.
Try positive self-talk.	Do something you enjoy independently (go to the market, movie, bookstore, cafe, etc.)	Count down from 10.	Read.	Do some stretching.
Complete a random act of kindness for yourself or others.	Listen to music you love.	Take 10 deep breaths.	Have something to eat.	Try to check in with your body today.

Use Social Learning with your family and build Emotional Intelligence together!

Mental Health Awareness

ROLL THE DICE - COPING WITH EMOTIONS

TAKE TURNS. ON YOUR TURN, ROLL THE DICE AND ANSWER BASED ON THE NUMBER ROLLED.



Tell me about how an emotion manifests in your body (e.g. sweating, crying, etc.).



Tell me about a way that you cope with anger or frustration.



How can you create more moments of pride or happiness?



What is something unhelpful that you might say to yourself when feeling overwhelmed?



What is something helpful that you can say to yourself when you're feeling overwhelmed?



How might someone else know how you're feeling?

CUT OUT THESE COPING SKILL CARDS TO CREATE YOUR FAMILY COPING SKILL TOOLBOX.




Think about it

Try to think about what usually happens instead of what could happen. For example instead of thinking "I'm worried I will miss my school bus", try thinking "I've never missed my bus before."




Draw your worry

When you worry, it can help to draw a picture of what is on your mind right now.



Favourite place

Think of a place where you feel calm, comfortable, and happy. Imagine what this place looks and sounds like, and how good you feel when you're there.



Happy ending

Often when you worry you think about how bad a situation could be. Try instead to write about your worry, but make the ending positive.




Journaling

Write about your worries. Write about what your worry is, what you normally do when you worry, and how you handled your worry previously.




Talk about it

Talking about what we are worried about can be a great way to make the worries feel much less scary.




Take a breath

Take a few deep breaths. Breathe in for 4 seconds, hold for 2, and breathe out for 6 seconds.



Listen to music

Put on your favourite song. Try focusing on the sound of the instruments, or sing along with the lyrics if you feel like it.



Get active

Get rid of nervous energy by moving your body. Try playing a game of basketball, dance, or do some jumping jacks.

CUT OUT THESE COPING SKILL CARDS TO CREATE YOUR FAMILY COPING SKILL TOOLBOX.



Do something fun

Do something you normally enjoy. Perhaps play a game, read a book, or watch a movie.



Give someone a hug

Giving someone we care about a hug can help us feel much less worried. When we hug someone we care about 'happy hormones' are released in our brain that makes us feel calmer.



Focus on 5 things you can hear

Try noticing and naming 5 things around you that you can hear. Perhaps you hear birds singing, talking in the other room, or a dog playing outside.




Focus on 5 things you can see

Try noticing and naming 5 things around you that you can see. Perhaps you see a colourful painting, a dog going for a walk, or a bird sitting on a tree branch.




Squeeze something

Sometimes when we are nervous or worried it can help to have something we can touch or squeeze. For example hugging your pillow, or squeezing a stress ball.




Make a list

When worrying about things it can be helpful to make a list of things you can control. For example "I can be kind", or "I can prepare for my test".



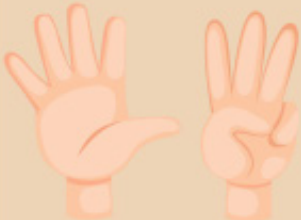
Have a laugh

Laughing is the best medicine they say, and they are not wrong. Even when we feel worried or nervous, watching or doing something that makes us laugh can make us feel instantly better.



Stop & listen

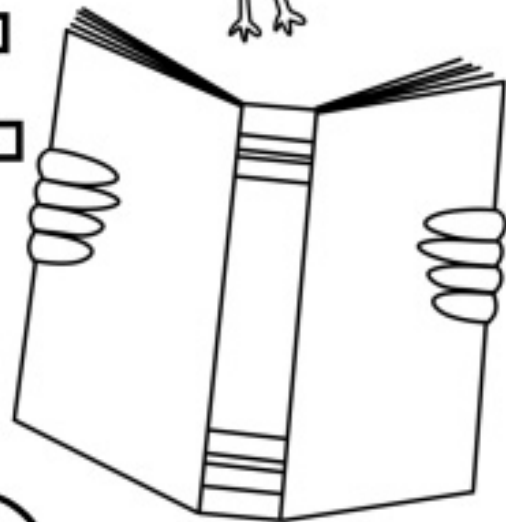
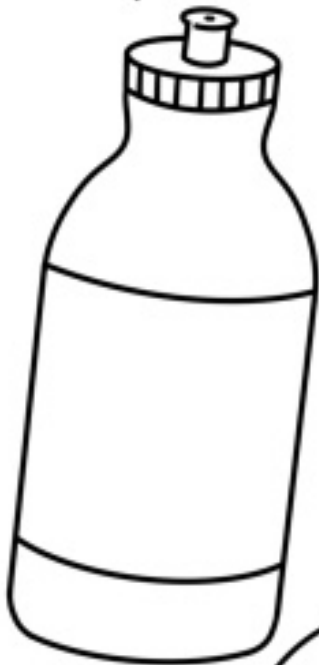
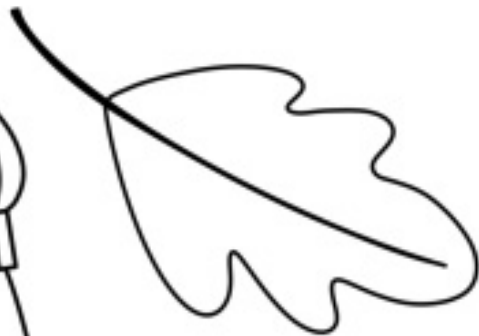
Take a moment to stop what you are doing and listen to the noises around you.



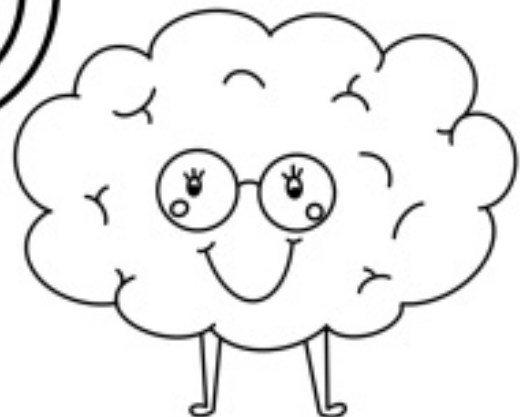
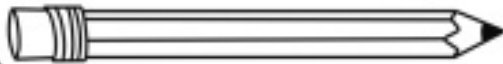
Count backwards

When we are stuck in worry, it can help to interrupt our worry by counting backwards slowly from 10 to 0.

TAKE CARE OF YOUR MIND



OF YOUR MIND



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If you have a youth in need of mental health services, the Youth Services
Department provides...

Free therapy services in Palm Beach County!

In-person and telemental health services offered for ages 0-22 at the following locations.

OUTPATIENT SERVICES

Central Palm Beach County

Education & Training Center

100 Australian Ave, Suite 210, West Palm Beach, FL 33406
(561) 233-4460

Youth & Family Counseling- Four Points

50 S. Military Trail, Suite 203, West Palm Beach, FL 33415
(561) 242-5714

Northern Palm Beach County

Youth & Family Counseling

3188 PGA Blvd., Room 1435, West Palm Beach, FL 33410
(561) 242-5714 - By appointment only

Southern Palm Beach County

Youth & Family Counseling

345 S. Congress Ave, Delray Beach, FL 33445
(561) 276-1340

Western Palm Beach County

Youth & Family Counseling- Western Palm Beach County

C.L. Brumback Health Center 38754 FL-80, Belle Glade, FL 33430
(561) 992-1233

RESIDENTIAL TREATMENT PROGRAM

Highridge Family Center

4200 N. Australian Ave, West Palm Beach, FL 33407
(561) 242-5714

pbc.gov/youthservices



**SCAN THE QR CODE
TO REQUEST SERVICES.**

