

Mental Health Corner



Image found from <https://blog.verily.com/2017/05/tackling-mental-health-at-verily.html>

This packet is filled with information and activities to help you during this difficult time.

We hope you all are staying safe and we miss seeing you every day!

Index

- ▶ Page One: Breathing Exercises
- ▶ Page Two: Yoga
- ▶ Page Three: Apps For Your Phone
- ▶ Page Four: Coloring Page
- ▶ Page Five: Coloring Page
- ▶ Page Six: Crossword Search
- ▶ Page Seven: Crossword Search
- ▶ Page Eight: Sudoku
- ▶ Page Nine: Sudoku
- ▶ Page Ten: Online Resources and Activities

YOUR KIDS ARE GOING TO BE FINE.

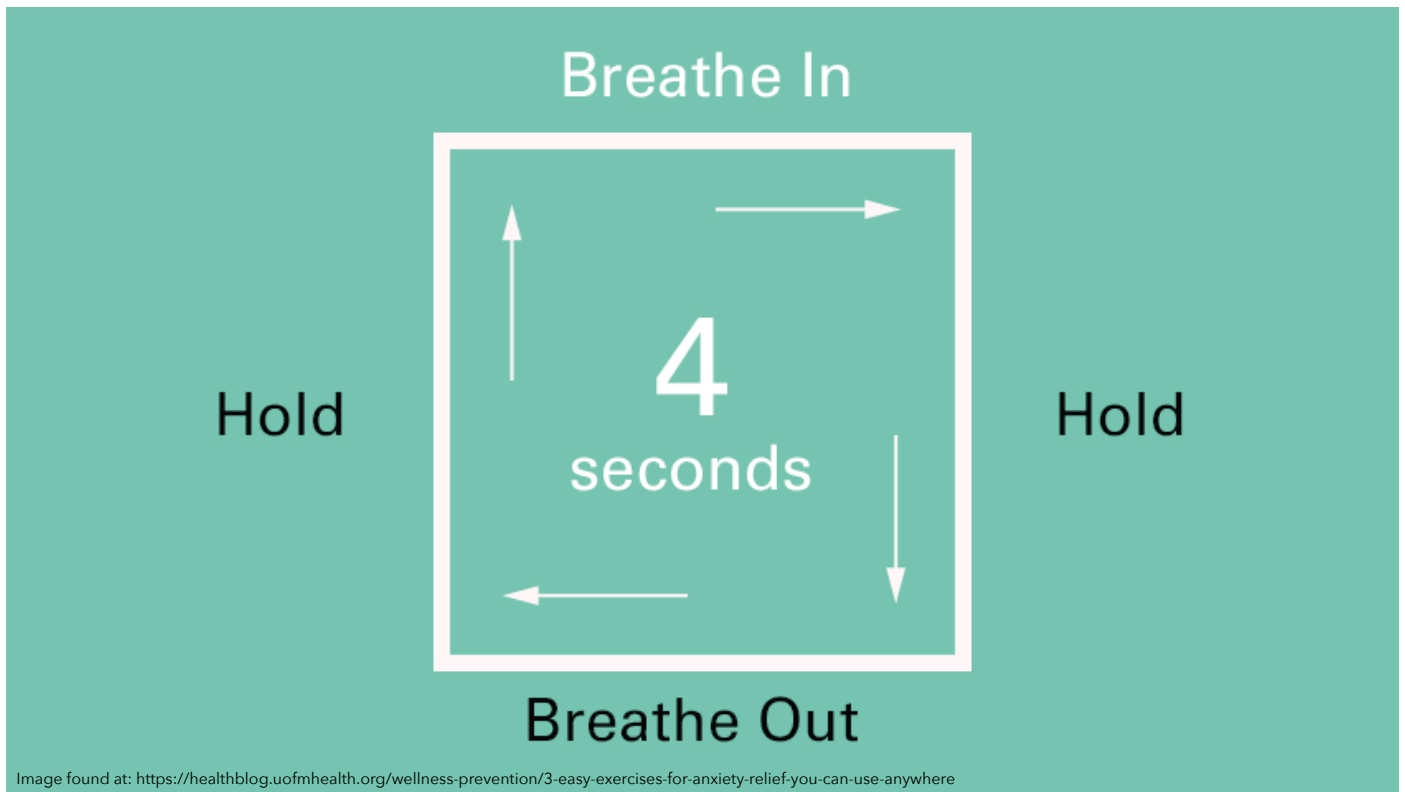
You don't have to
re-create school at home.

Love your kids.

Be their safe place.

Read, create, play, sing,
and talk together.

Breathing Exercises



Type to enter a caption.

Sometimes when things become too stressful or we are extremely anxious it is great to do deep breathing. This helps you get your mind off of things and you focus on inhaling and exhaling. You can do this either sitting or laying down.



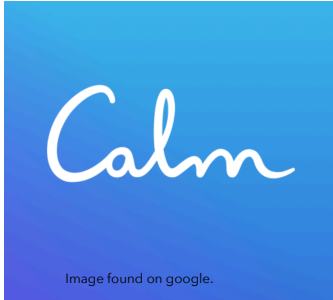
Yoga

You can do this in a quiet area such as your living room, bedroom, or even outside on your yard if it is nice out. You can do yoga either quietly or you can play some soothing music with the volume down low. Challenge yourself because at first it may be difficult, but with practice it gets easier :)



Image found at: <https://www.sclhealth.org/blog/2019/07/learn-all-about-the-benefits-of-yoga-for-children/>

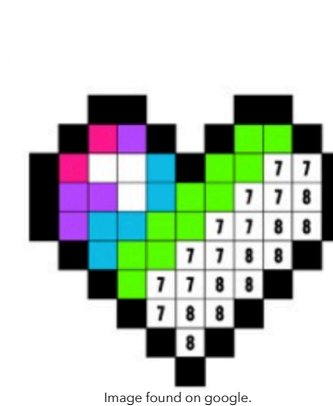
Phone Apps



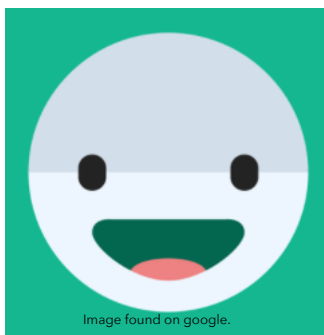
Calming App. It is free for your phone with meditation activities to help with reducing stress and anxiety.



Breathe: Meditation & Sleep App. It is free and includes activities to help you de-stress and sleep better. There are even new activities to help with managing stress from Coronavirus.



Color By Number App. It is free and includes various coloring pages, pictures, emojis, etc., that you can color by number.



Daylio Journal. It is free and includes a mood tracker as well as documenting your activities and journaling to improve your thinking.

Coloring Pages



Coloring Pages

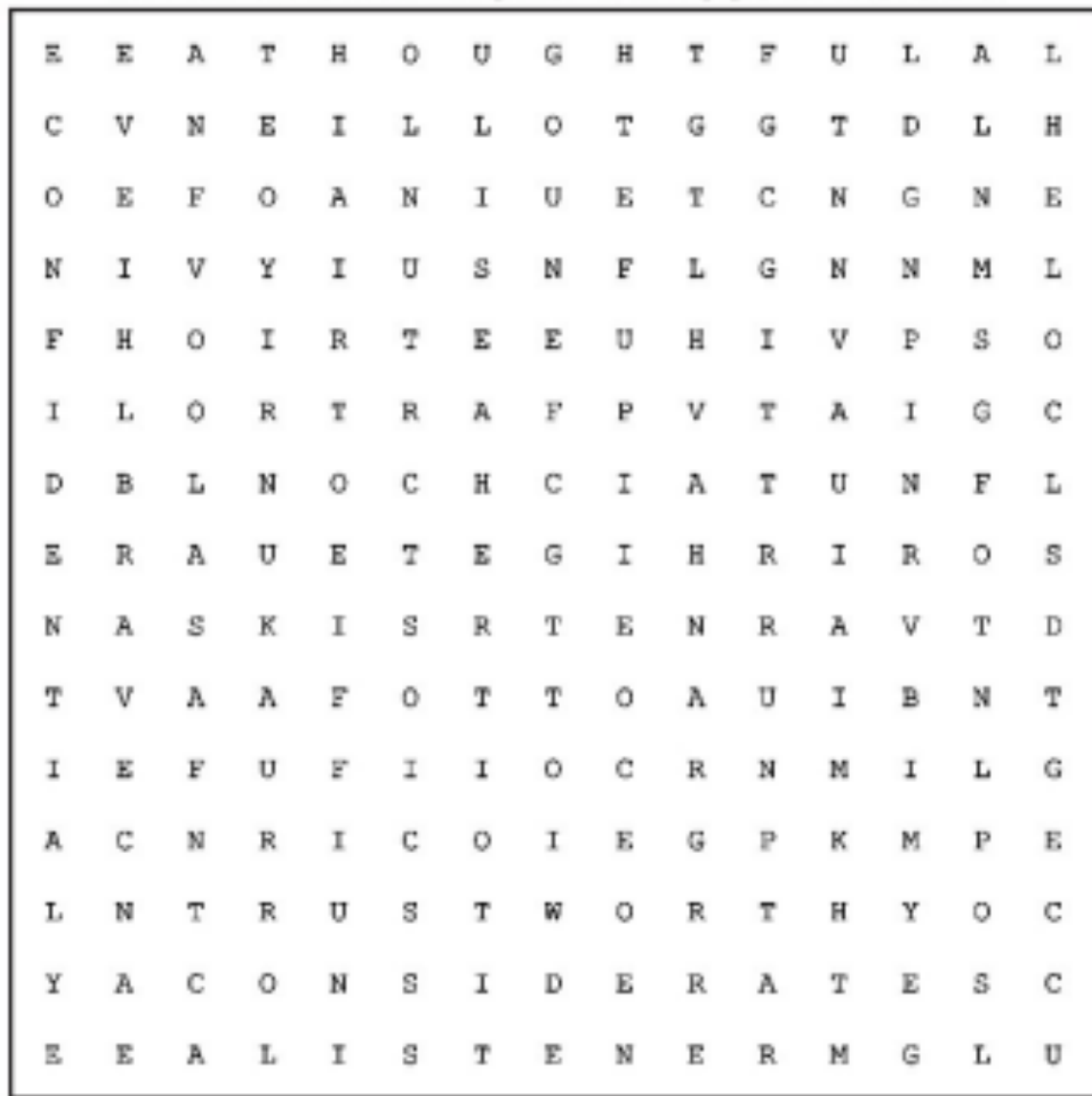


Crossword Searches



HOW TO BE A GREAT FRIEND WORD SEARCH

Find each of the words about important friendship qualities hidden below.



WORDS TO FIND

brave
caring
communication
confidential
considerate

empathetic
faithful
forgiving
funny
generous

honest
inseparable
kind
listener
loving

loyal
protective
thoughtful
truthful
trustworthy

Crossword Searches

Name: _____

Date: _____

Emotions

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

Grumpy	Liked	Guilty	Hurt
Friendly	Proud	Embarrassed	Lonely
Bored	Disappointed	Jealous	Calm
Relaxed	Excited	Nervous	Scared
Worried	Angry	Happy	Sad

Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Sudoku

8	7	6	9					
	1				6			
	4		3		5	8		
4						2	1	
	9		5					
	5			4		3		6
	2	9						8
		4	6	9		1	7	3
					1			4

Online Resources and Activities

8 ways to preventing mental health symptoms from worsening due to Coronavirus:

- <https://www.mindbodygreen.com/articles/8-ways-to-deal-with-trauma-during-the-coronavirus-pandemic>

Guided movement for stress/anxiety relief and relaxation for kids:

- https://www.gonoodle.com/?disable_redirect=true

Free digital lessons focused on things such as wellness, social skills, health, academic areas, and character education:

- <https://everfi.com/>

Online resources for children's mental health and information:

- <https://childmind.org/donate/>

Free, evidence-based mental health curriculum resource:

- <https://teenmentalhealth.org/>

