



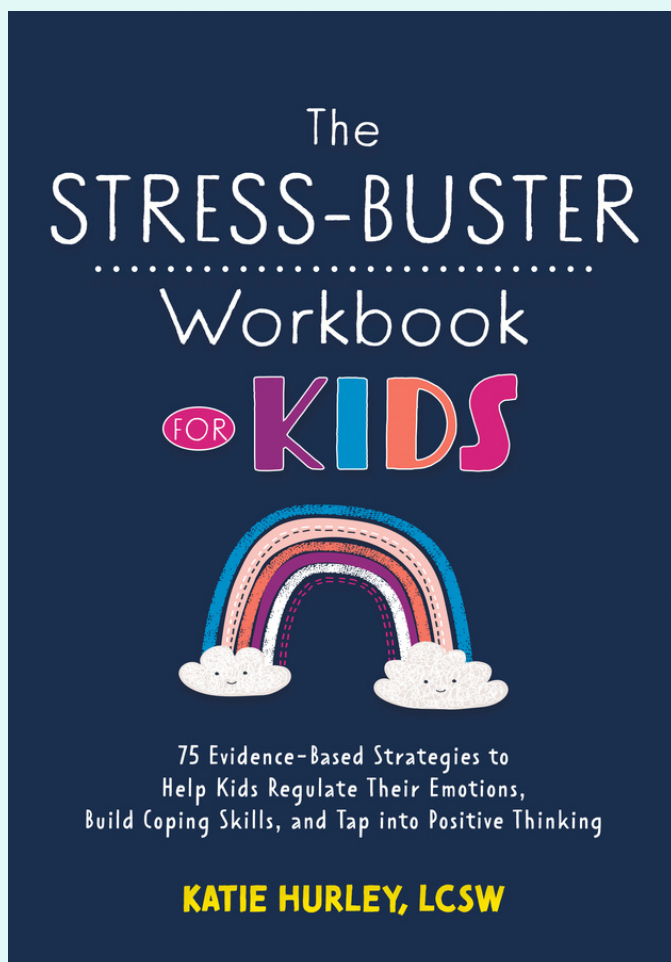
Children's Mental Health Activity Book

Free Worksheets & Coloring Pages to
Use with Your Kids or Young Clients



The Stress-Buster Workbook for Kids: 75 Evidence-Based Strategies to Help Kids Regulate Their Emotions, Build Coping Skills, and Tap into Positive Thinking

Designed to offer a myriad of stress-busting solutions – as every kid is different and needs different tools that work for them – this book is an ideal resource for parents, teachers, therapists, and any other professional working with kids ages 4-11. Being a kid isn't always easy, but with these tried-and-true strategies, they'll learn how to conquer their biggest obstacles and realize that they can do hard things.



Katie Hurley, LCSW

ORDER HERE: pesi.com/kdswrk

Worksheet

HIT THE PAUSE BUTTON IN YOUR BRAIN

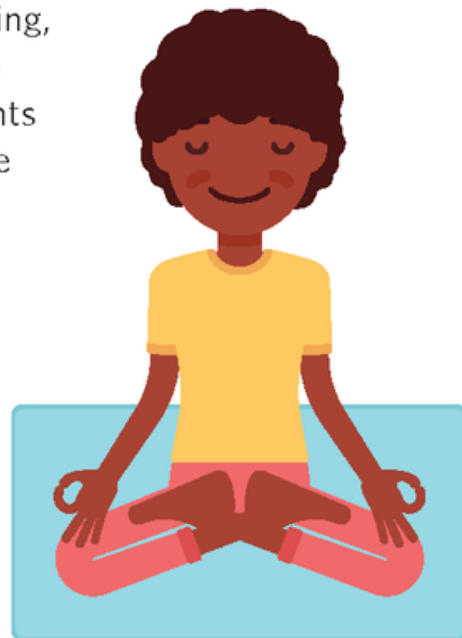


Did you know you have a pause button in your brain? Okay, not *literally* a button, but you can pause your stress thoughts by using grounding techniques. *Grounding* is a fancy way of saying you can cope with overwhelming feelings by focusing your attention on what is happening around you right now.

And here's the good news about grounding techniques: You can do them anywhere, at any time, and no one will even know you're doing them! They are simple, effective, and sneaky. So if you feel super stressed in the middle of a class at school, you can work through it right at your desk by using these techniques.

There are different kinds of grounding techniques. Some techniques use your imagination to help you interrupt your stress thoughts by having you check in with your five senses: your sense of sight, sound, smell, hearing, and taste. Other techniques ask you to shift your thinking or focus your thoughts on something else. There are also more physical techniques that help you pay attention to what's happening right in front of you.

All these techniques help you work through stress and anxiety by calming your nervous system. Try a few and see which ones work for you.



Grounding with Your Imagination

Close your eyes and count out your breaths. While you're breathing, imagine the following things:

- Your favorite place (What can you see, smell, feel, taste, and hear?)
- Your favorite food (What does it look like? How does it feel? What does it taste and smell like?)
- Your favorite comfort object (Is it soft, fuzzy, or squishy? What does it look and feel like?)

Grounding with Physical Sensations

These quick physical actions can help you focus (or refocus) your attention on what is happening *right now*.

- Hold an ice cube to your wrists or the back of your neck.
- Drink cold water.
- Rub a smooth stone in your hand.
- Squeeze a stress ball.
- Do ten jumping jacks.
- Clap your hands ten times loud and ten times soft.
- Rub your hands together for ten seconds.
- Stretch your arms behind your back.
- Jog in place for thirty seconds.

Grounding with Your Thoughts

Try these tips to make your thinking work for you.

- Say what you see: Name five things you can see.
- Narrate your experience: What's happening? Say it out loud.
- List the people who care about you.
- Sing a song that makes you feel good.

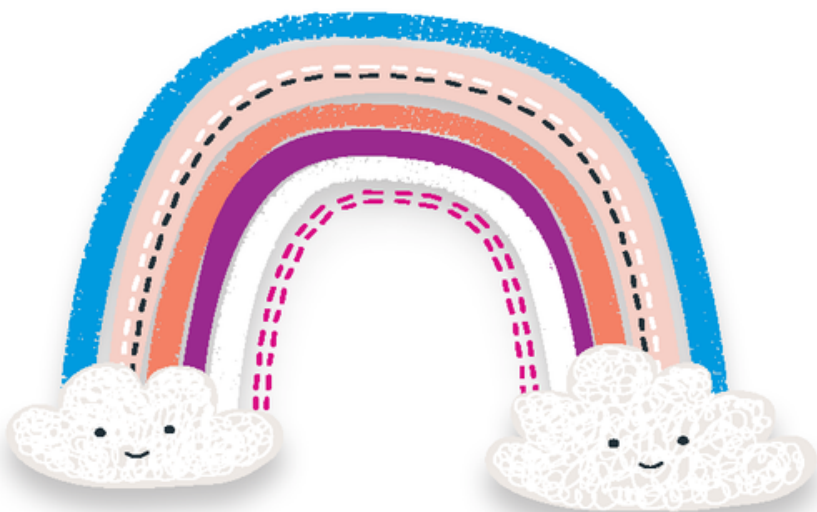
Worksheet

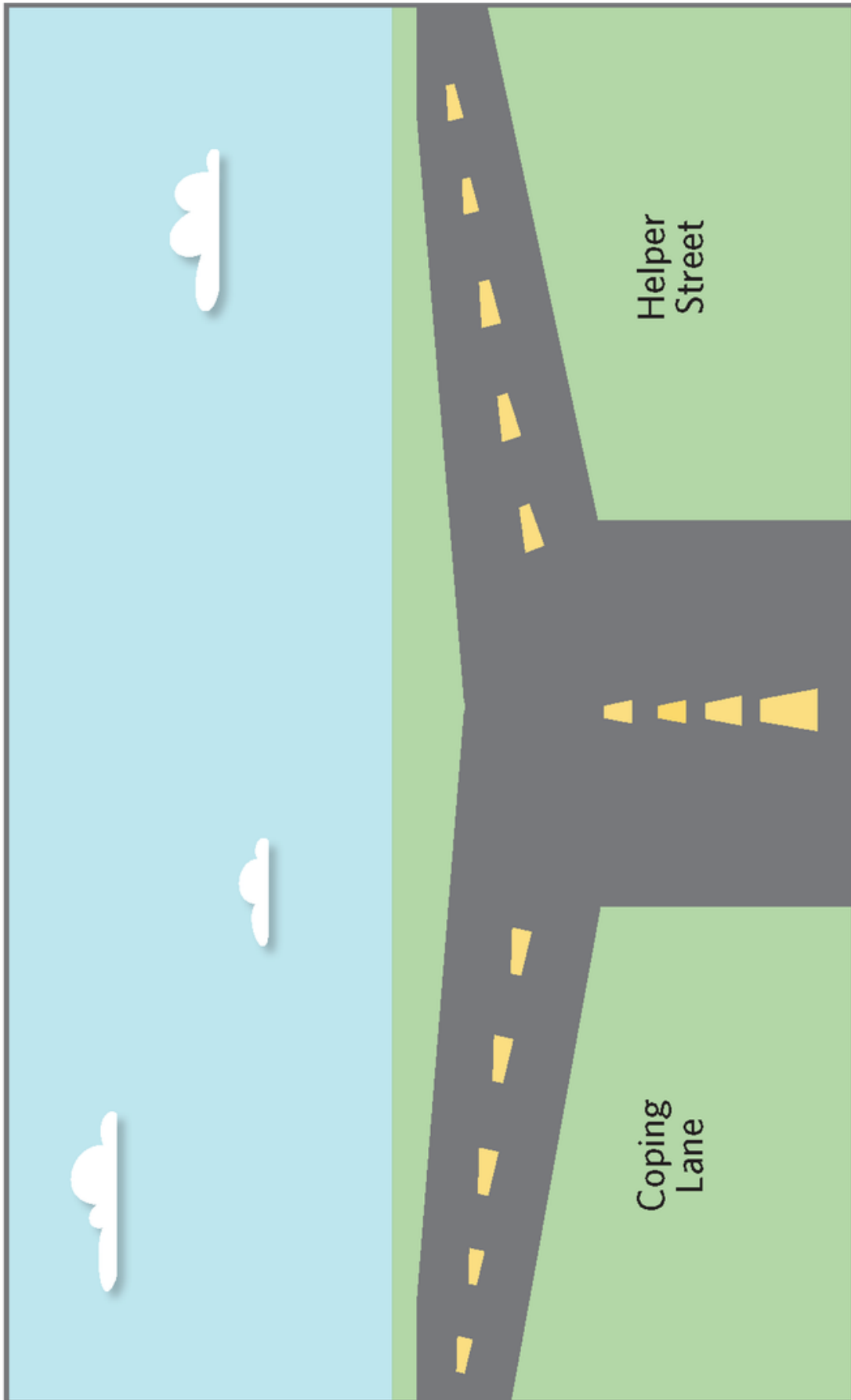
CHOOSE YOUR PATH

Part of building distress tolerance is learning to make important decisions during high-stress moments. This isn't easy to do. When your brain shifts into fight-or-flight mode, or when you feel overwhelmed with anxiety, it can be difficult to make quick decisions that help you cope.

To get you through these situations, it helps to think ahead. You can make a plan in advance by thinking about what coping strategies will work in different situations. Then if that difficult situation comes up in the future, you'll already know which path to choose that keeps you moving forward!

To create this plan, look at the two paths shown on the next page. One path is called Coping Lane. On this path, list the coping strategies you've learned so far that you think will work for you. The other path is called Helper Street. On this path, list all the people who can help you get through a tough situation. Fill out both paths and revisit this page often to add more skills and helpers to your list.





Worksheet

USE YOUR WORDS!



Parents often say “Use your words!” when kids are little and first learning to talk, but it’s usually lost on them. It’s actually a skill that becomes even more important for older kids. That’s because when you’re under stress, using positive words, phrases, and even songs can help you feel calm and in control. Let’s practice using your words by creating a catchy mantra and singing your stress.

Create a Catchy Mantra

Mantras are short phrases we can repeat to ourselves to remind us of our strengths. These come in handy when you first feel those signs of stress or anxiety. Whenever you notice yourself feeling stressed, repeat your mantra to remind yourself that you can handle it. Use one of these or create your own:

- I can do hard things.
- Stress is temporary.
- I know I can handle this.

- _____

- _____

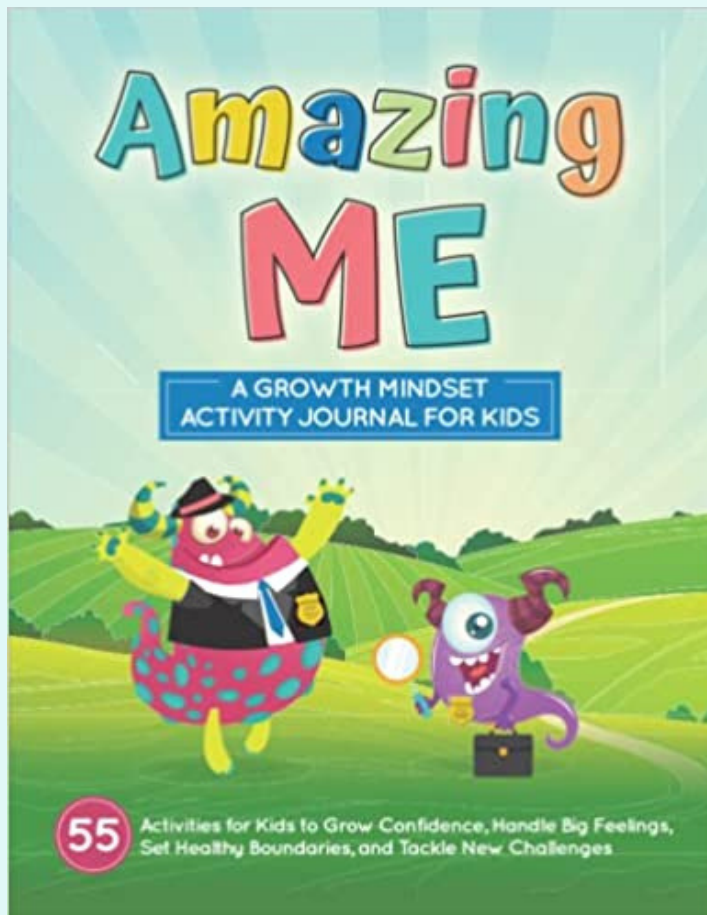
Sing Your Stress

It might sound silly, but another way to take some control over a stressful situation is to change the lyrics to your favorite song so that the song is about your stress. It also adds a little humor, which can calm your body and mind when you’re overwhelmed. So go ahead and rewrite your favorite songs so you know the words to sing when the going gets tough!

Amazing Me: A Growth Mindset Activity Journal for Kids

Amazing Me is a one-of-a-kind activity journal that takes kids on a journey of self-discovery as they learn the social-emotional skills needed to tackle everything that can (and will) come up in life.

Filled with colorful illustrations and engaging content, Amazing Me explains social-emotional concepts in a child-friendly way by inviting children to become special agents working their way through 10 personal growth missions.



Tina Williamson

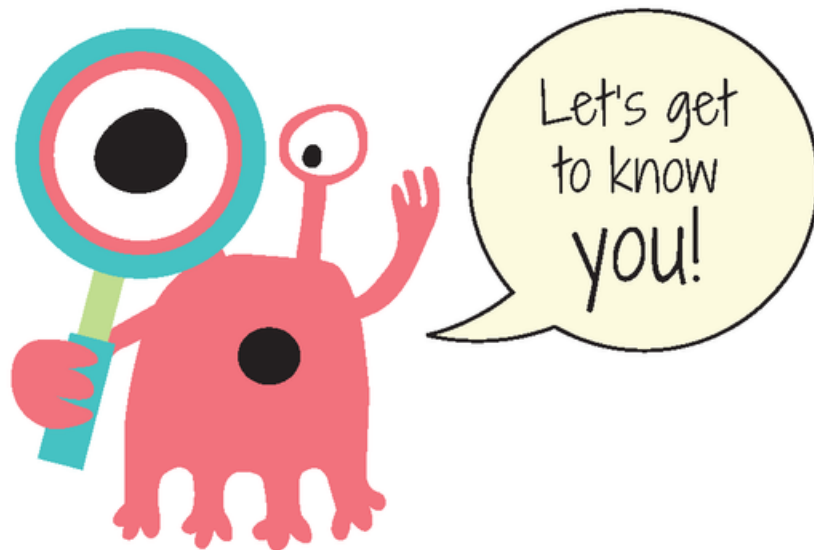
ORDER HERE: pesi.com/kdme

MISSION 1

WHO

ARE


YOU?



COMPLETE ALL THE ASSIGNMENTS IN MISSION "WHO ARE YOU?"
TO RECEIVE YOUR FIRST SPECIAL AGENT CERTIFICATE!

ALL ABOUT ME!

☆☆ MY NAME IS: ☆

Class of: 

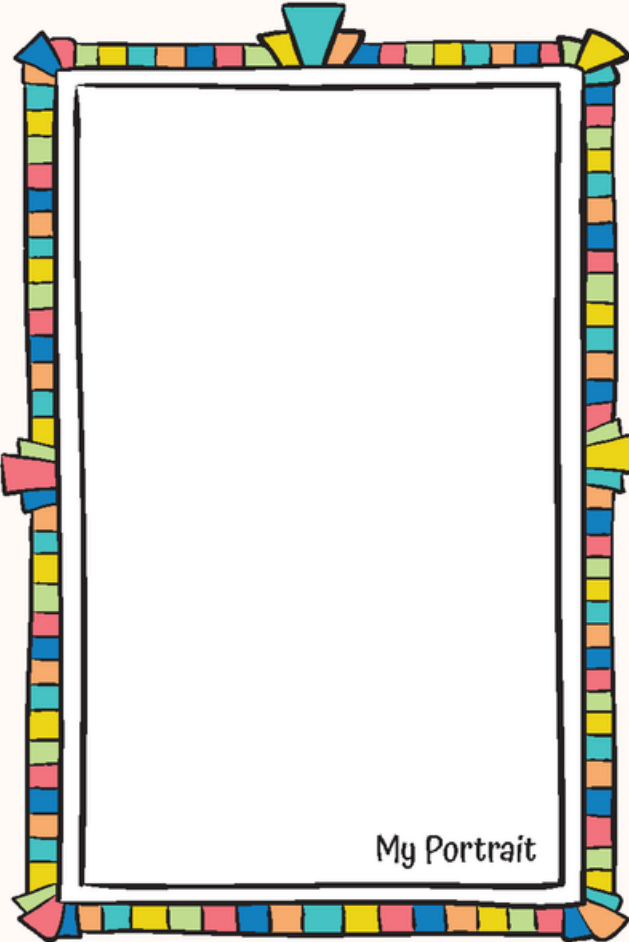
I Am
Years Old

My Favorite
Color:

My Pets:


I Love:


When I Grow Up
I want to be:


My Portrait

**WHAT
MAKES
ME
HAPPY**

My Favorite Animal:
My Favorite Food:
My Best Friend:

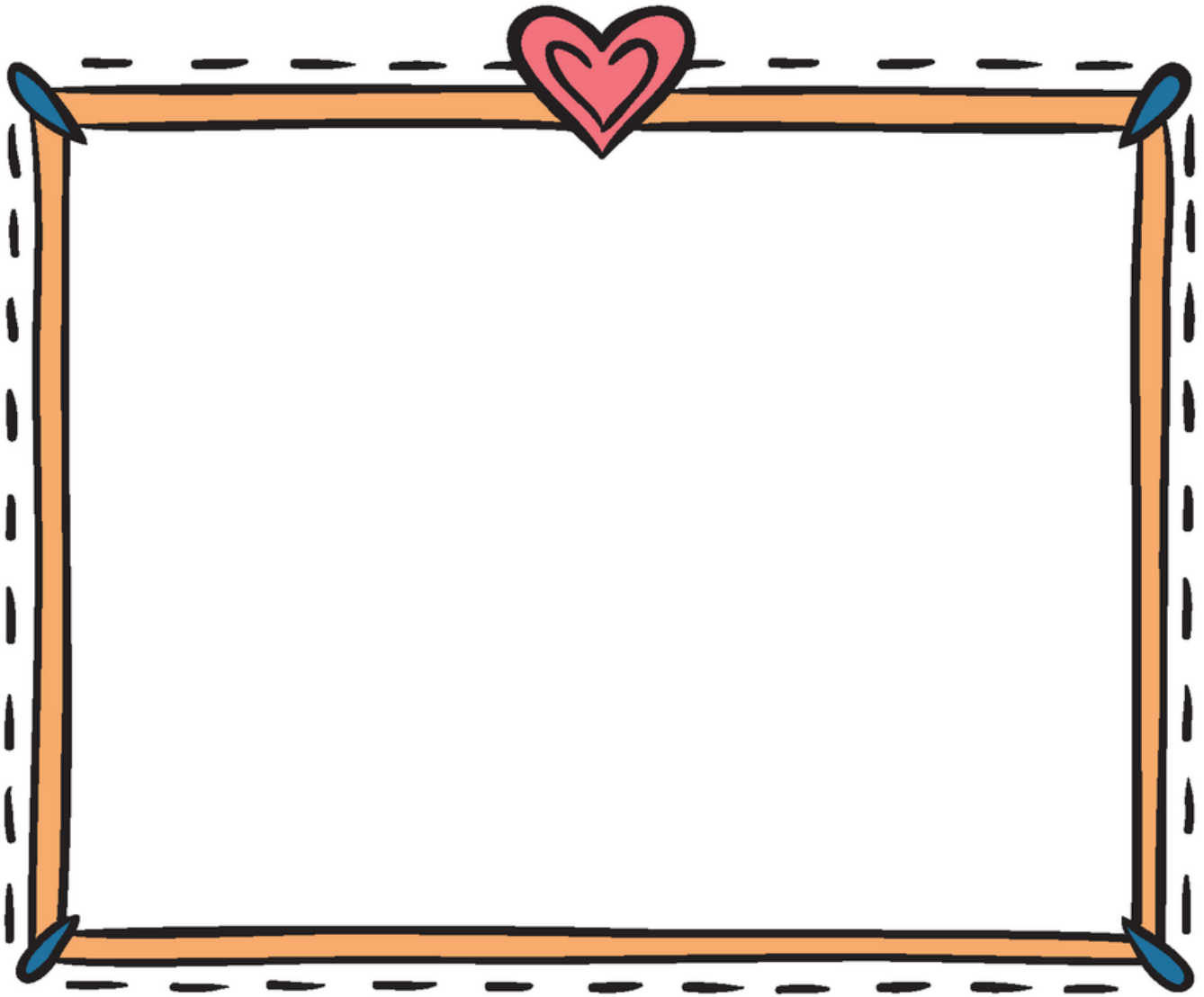
My School: 

 My Teacher:

MY FAMILY

All families are different. Your friends' families might look completely different from your family. And you know what? That's okay! That's great! What makes a family a family is having people who love and care for one another.

Draw a picture of your family here:



Maybe your family has one mommy and one daddy. Or maybe your family has no mommy or daddy. Or maybe your family has no mommy or daddy but a rockin' grandma. You might even have two mommies or two daddies. Your family might be made up of aunts, friends, cousins, or even annoying siblings. Any mix is fine. **It's always love that makes a family a family.**

MY SUPERPOWERS

List your superpowers in the thought bubbles.



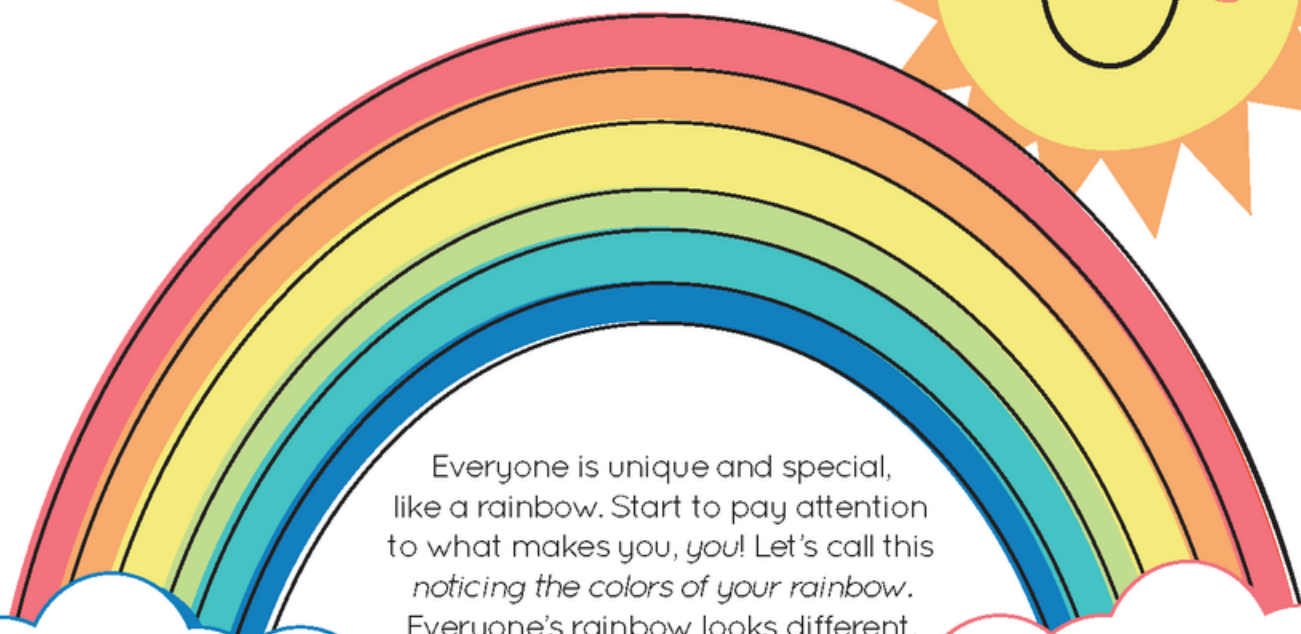
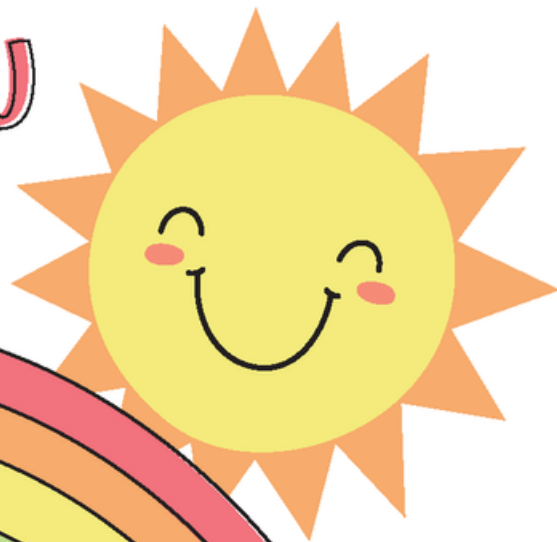
IDEAS

My brain is powerful.
I'm creative.
I'm kind.
I tell funny jokes.
I'm a good friend.

I try hard.
I don't give up.
I love helping people.
I'm great at sports.
I rock at school.

I'm brave.
I have super strength.
I love trying new things.
I keep a positive mindset.
I eat brussels sprouts.

WHAT MAKES YOU SPECIAL?



Everyone is unique and special, like a rainbow. Start to pay attention to what makes you, *you*! Let's call this *noticing the colors of your rainbow*. Everyone's rainbow looks different. Below, fill in the things that make you special.

One special skill I have is:

I always try to:

Most of the time, I feel:

My friends would describe me as:

Something I always want to remember:

What I love most about me:

The colors of my
RAINBOW

MISSION REPORT

What 5 words do you think best describe YOU?

1.

2.

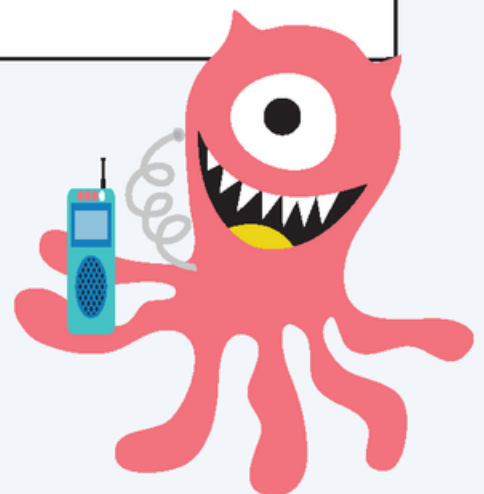
3.

4.

5.

If you could have 1 wish, what would it be?

If you weren't afraid of anything, what would you do?





Certificate of Completion

This certificate is presented to special agent:

for completing the top-secret training mission:

WHO ARE YOU?



Presented by: The Amazing Me Academy

The Not-So-Friendly Friend: How To Set Boundaries For Healthy Friendships

In *The Not-So-Friendly Friend*, children will learn an easy and practical lesson about how to firmly and assertively – yet kindly – stand up for themselves in the face of a bully.

By teaching children about the importance and value of setting boundaries for healthy friendships, this book provides children the tools they need to foster their social confidence and emotional well-being.



**Christina Furnival,
MA, LPCC**

ORDER HERE: pesi.com/kdfrnd

Name _____

Date _____



What is a boundary?

Circle the images that represent a boundary

Answer: ALL of them!

A boundary is a physical limit like a fence or a barrier, or a limit that we say to other people about what we find acceptable (or not) in their actions toward others or us.

	Hurt
Violence	
Truth	Care
	Kindness
	Help
	Joy
Mean words	Lies



Draw a heart-shaped boundary around what makes you feel good



Setting a boundary = self-love



HELLO FRIENDS!





HELLO FRIENDS!

