

CRISIS TEXT LINE

Elementary
School

MENTAL HEALTH STUDENT PLAYBOOK

Mental Health is very important, especially when you're going back to school.

This Mental Health Student Playbook is a super helpful tool to help you feel less stressed and worried by guiding you in fun and important ways to stay healthy and happy. Let's make this school year an awesome one!

Need to vent?

Text **SCHOOL** to **741741**

SCHOOL IS BACK. LET'S GET READY FOR IT!

If you're feeling a bit worried about going back to school this year, staying organized and having your own routine can help! Feeling good is important in everything you do, but it can be hard to know where to begin, but no worries, this fun and easy Student Playbook is just for you. Check it out!

How to use your playbook

This playbook was made to help you feel good and more relaxed this time of year. You'll find some fun and easy activities here that can support your mental health. You can do these exercises after school, on the weekends or whenever you want. It's your choice!

What's in the playbook?

Affirmations

Affirmations are positive things you say to yourself to help you feel good and confident. It's like giving yourself a little pep talk! Now, repeat these words as many times as you want. You can say them in front of a mirror, out loud or quietly. Give them a try!

Visualization Activities

Visualization is like using your imagination to see something you want to happen in your mind. For example, if you want to do well in a game, you can close your eyes and imagine yourself playing really well and scoring points. Doing this can help you feel more confident and ready to make it happen in real life!

Inspirational Quotes

Inspirational quotes are special sayings that help you feel happy and motivated. They are like little reminders that you can do great things and stay positive, even when things are tough. Reading these quotes can make you keep trying your best!

Challenges

Welcome new experiences with an open mind. Use the pages in this playbook as often as you wish and track your progress. Think about how each challenge made you feel. Find a quiet spot to write down or draw those feelings. Be sure to use your imagination!

It is ok to
make mistakes.

I am smart
and talented.

I am loved
and valued.

THE CONFIDENCE CORNER: Affirmations Edition

Make yourself feel great with these
positive and powerful words! Use them to
replace any negative thoughts with
happy and confident ones. Say goodbye
to yucky feelings and hello to positivity!

I am good enough.

I believe in myself.

RISE AND SHINE CHECKLIST

Our Rise and Shine Checklist helps you stay organized and support your mental health during school. It gives you easy steps to manage your time, set goals and keep a good routine. Use it to stay focused, feel less stressed and take care of yourself all year. You got this!

Mood



Water Intake



Breakfast

Lunch

Dinner

Snacks

How did you connect with family and friends?

What activities brought you joy?

Which coping skills did you use?

Notes:

The most important thing, in anything you do, is always trying your hardest, because even if you try your hardest and it's not as good as you'd hoped, you still have that sense of not letting yourself down.

Tom Holland (Spider Man)

Life isn't how to survive the storm, it's about how to dance in the rain.

Taylor Swift

DAILY DOSE OF INSPO

Check out our mini collection of happy quotes! Use them to start your day with a smile or read them whenever you need a quick pick-me-up.

Think about these words during your breaks, share them with friends to spread good vibes or just enjoy their wisdom. These quotes are here to inspire you and remind you that you can shine brightly!

Selena Gomez

All the people who knock me down, only inspire me to do better.

Billie Eilish

There are always going to be bad things. But you can write it down and make a song out of it.

Visualize 5 of your hopes and dreams and write them down in detail below.

Doodle one thing that brings you joy.

SEE IT & WIN IT

These fun activities help you imagine your dreams and take you a step closer to making them come true!

Try these exercises to picture your goals and boost your confidence. Find a quiet place, let your imagination fly and start thinking about how to make your dreams real.

It's all about seeing your dreams clearly and making them happen!

Write 3 things you like about yourself

How do you feel today?

Draw it!

Think about a place that makes you happy.

Draw it.

How can you help?

Write 3 ways you would help a friend when they have a bad day.

MY HAPPY HABIT CHALLENGE

Challenge yourself to try something new and fun, like improving in a sport or doing some breathing exercises.

These challenges help you build good habits and find your best self. Write down your challenge, give it a try and see how small, positive actions can make your day better.

Start each day with a happy attitude and enjoy being a healthier, happier you!

TODAY I Challenge Myself to:

COLOR YOUR WAY TO CALM



Coloring is a great way to help you feel calm and happy. When you color, you can choose your favorite colors and create beautiful pictures.

This helps you relax and take a break from worrying. Coloring also helps you focus and be creative, which can make you feel more positive and less stressed. So grab your crayons and have fun with this coloring sheet!

