

Something that has been
in your mind. Imagine
a balloon and watching it
pop. How do you feel now?

Things you've
experienced that
helped them
cope with
challenges.

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Classroom Activities for Mental Well-Being

These easy and interactive worksheets help foster a supportive and open classroom space where students can explore their emotions, strengthen resilience, and gain practical tools to navigate life's challenges with confidence.

How to Use

1

Explain the purpose

Writing and visualizing can help students express their emotions and communication skills, develop and strengthen coping strategies, and participate in self-reflection.

2

Encourage students

to think about the emotions or ideas they want to convey through the exercises. Emphasize that there are no right or wrong answers, fostering a supportive and non-judgmental atmosphere.

3

Provide inspiration

to spark creativity and imagination. E.g.: Artwork that depicts various emotions, gratitude journals, stories that center on navigating challenges.

4

Set up the workspace

ensuring each student has access to the materials needed and organize the classroom to allow for individual or group work.

5

Provide guidance and feedback

by offering assistance and positive reinforcement to students as they work.

6

Prompt students to discuss

their work, sharing the thoughts and feelings behind their reflections.

7

Celebrate and showcase opportunities

for your students to display their work. Welcome the diversity of creativity and encourage students to appreciate each other's work.

Think of a peaceful and quiet place. Notice how this place smells, its temperature, lighting, any noises, its size. Write how it makes you feel.

Write down something that has been weighing on your mind. Imagine placing it in a balloon and watching it float away. How do you feel now?

Where do you see yourself next year? Map out your future self.

Write down any negative thoughts you've had recently. Now, rewrite them as positive or neutral statements.