

edition



elementary school edition



elemen

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school

mental health edition

hacks

mental health

student playbook

Your feelings matter

This Mental Health Student Playbook is here to help you feel relaxed, brave, and ready for the new school year. Within this playbook, you'll find fun tips to take care of your feelings, stay happy and feel your best. Let's make this school year an awesome one!

**Especially when it's time
to go back to school.**

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school is back. you've got this!

Feeling a little nervous about going back to school? That's okay, lots of kids feel that way! This playbook is filled with fun ways to chill, stay on track, and take care of yourself. Check it out!

how to use your playbook

This playbook was made just for you! Inside, you'll find fun and simple activities that will help you take great care of your feelings. Try them after school, on the weekends, or whenever it works best for you. It's up to you!

what's in the playbook?

Affirmations



Affirmations are kind and positive words you say to yourself to feel strong and brave. It's like cheering yourself on from the inside! You can say them out loud, in front of a mirror, or quietly in your head, whatever feels right for you. Repeat them as often as you like.

Visualization Activities

Visualization is using your mind to picture what you want to happen. For example, if you want to do well in sports or a video game, you can close your eyes and imagine yourself playing really well and scoring points. Doing this can help you feel fearless when you are actually doing it in real life.



Tips and Tricks

This playbook is full of cool tips made just for you to help your school year go smoothly and feel a little easier. Give them a try and see what you like best.

Challenges

The activities on these pages might be new to you so we encourage you to try them out and keep an open mind. Come back to this playbook anytime and track your progress. Find a cozy space to write or draw your thoughts and think about how each activity made you feel. Don't forget to let your creativity shine!

kind words to help you feel brave and proud

I am good enough.

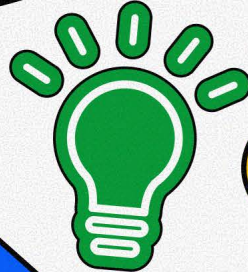


Today is going to be awesome.



I am smart and special.

I am loved and important.



I believe in myself.



It is ok if I mess up.

I can make the world better.

Use our mini collection of positive and powerful words to make yourself feel great! Use them to start your day with a smile, whenever you need a quick pick-me-up, or to replace any bad thoughts with happy and good ones. You can even add in your own affirmations to this set so you have them all in one spot. Say goodbye to yucky feelings and hello to positivity!

color your way to happy

Coloring is an awesome way to help you feel calm and happy. You get to pick your favorite colors and make something beautiful! It's a fun way to relax, take a break from worrying, and just enjoy the moment. Plus, it helps you focus and get creative, which can help you feel happy. So grab your crayons and enjoy this fun coloring sheet!

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you are not alone



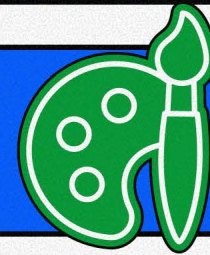
see it, achieve it.

This fun checklist of activities helps you to imagine your dreams and get you a step closer to making them come true! Complete each exercise to picture your goals, which will help you feel super brave. Find a quiet place, let your imagination fly and start thinking about how to make your dreams real.

☐ Visualize 5 of your hopes and dreams for this school year. Write them down in detail.

☐ Write 3 things you like about yourself.

☐ Think about a place that makes you happy. Draw it.



☐ What are 3 things you are good at, and one thing you want to get better at?

☐ Who are 3 people you look up to and why?

☐ Draw how you feel today.

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



☐ Doodle one thing that brings you happiness.

pro tips: back-to-school edition

Set yourself up for success! Check out these tips to help you through your first day and all the way through the new school year.

Avoid being distracted! Keep your electronics out of sight.



Be prepared. Make sure you have all your school supplies.



Be on your best behavior. Get to know your teachers' classroom rules.

Don't be late. Set your alarm so that you have plenty of time before school starts.

Make a routine for yourself to stay organized—before, during, and after school.



Eat a healthy breakfast so you can stay energized and focused.

Get a good night's rest.



Practice self-care and take breaks to do what you enjoy.