National Children’s Mental Health Awareness Week
Activity Workbook Just for Kids
What is National Children’s Mental Health Awareness Week?

It is an entire week dedicated to teaching people about children’s mental health, advocating to improve services and celebrating all the work that has been done in the past! We celebrate the hope and strength of children, youth and families.

We wear green ribbons to help raise public awareness and show our support to children, youth and families. Find out how National Children’s Mental Health Awareness Week is being celebrated in your community and get involved!
Find your way to the green ribbon to show your support!
What is your favorite part about National Children’s Mental Health Awareness Week?

Write it or draw a picture below.
National Children’s Mental Health Awareness Week is designed to celebrate YOU and your mental health!

What are some things that are special about YOU?

My name is ________________.
I have ________________ hair.
I have ________________ eyes.
I am ________________ years old.
I am in the ________________ grade.
I am really good at
____________________
____________________
____________________

Draw a picture of yourself.
Make a Face!

Draw a face for each of the feelings below.

Happy

Grumpy

Silly

Sad

Don’t forget the hair!
National Children’s Mental Health Awareness Week Word Find

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

WORD LIST

ADVOCATE AWARENESS CHILDREN
FAMILY GREEN HOPE
STIGMA SUPPORT YOUTH
National Children’s Mental Health Awareness Ribbon

Color the ribbon GREEN to show support for Children’s Mental Health!
The official color to raise awareness for Children’s Mental Health is GREEN!

Help us find out which green animal wants to help raise awareness about Children’s Mental Health.

Connect the dots!
We are seeking change! The goal is simple. Raise awareness and challenge the stigma surrounding mental health.

Take the pledge to spark a national conversation about MENTAL HEALTH!

Show your support and help raise awareness:
1. Wear a green ribbon, especially during Mental Health Awareness month in May.
2. Read up on mental health challenges and the stigma associated with them.
3. Share the information you’ve learned with family and friends.
4. Get involved in your community. Contact the National Federation of Families for events in your area.
5. Have your parents sign up to become a member of the National Federation of Families to receive updates and information.

Need a green ribbon? We can help!
Contact the National Federation of Families.

www.ffcmh.org
National Federation of Families for Children’s Mental Health

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Children’s Mental Health Matters!