Children’s Mental Health Awareness Week Activity Workbook

Anti-Stigma Man!!
Children’s Mental Health Awareness Week is designed to celebrate YOU and your mental health!

What is one thing you would like everyone to know about mental health? Draw a picture:
Get to the green ribbon to show your support!
Dancing is fun! Color the dancing bees, use a different color for each number.

LET’S DANCE!
HOW A HUG FEELS

How does a hug feel to you? Show a loving hug here!
Awareness Week Word Find

Word Bank

Advocate  Awareness  Children
Family     Hope      Mental Health
Policy     Support  Youth
Make a Face!
The sample eyes and mouths below could help!

Happy
Grumpy
Silly
Sad

Don't forget the hair!
This **GREEN** frog wants to help us raise awareness about Children’s Mental Health!
The official awareness color for Children’s Mental Health is **GREEN**!

**Color Fun Facts:**
Year Introduced: 1903
Name of Crayola® Crayon box first included in: School & Studio 12
The first two letters in the word green are the same as the first two letters in the word grow. Green makes people think of things that grow, like plants, forests, life, a healthy environment, and new beginnings. If someone has a “green thumb,” it means that they are good at growing plants. Color these leaves green. The green in leaves comes from chlorophyll. Chlorophyll absorbs sunlight and uses this energy to turn carbon dioxide from the air into oxygen that we breathe.