

NFFCMH

*National Federation of Families  
for Children's Mental Health*



# 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!



**START**



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:

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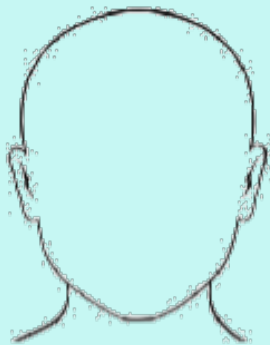
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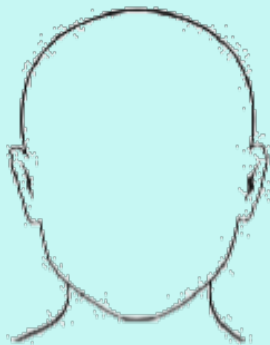
Draw a picture of yourself.

## Make a Face!

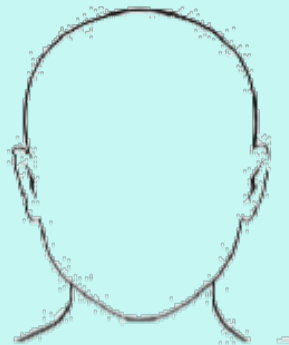
Draw a face for each of the feelings below.  
Don't forget the hair.



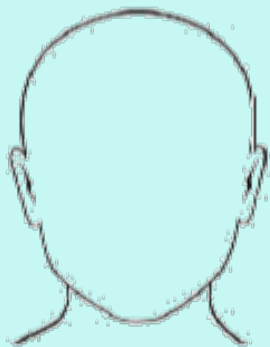
sad



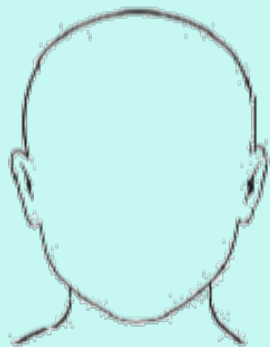
happy



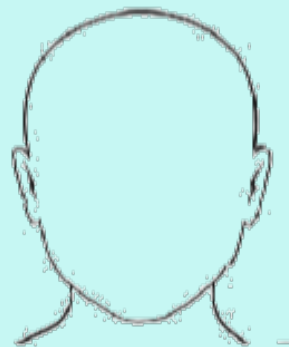
tired



angry



afraid



surprised

# 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 E  
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 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  
STIGMA  
FAMILY

AWARENESS  
SUPPORT  
GREEN

CHILDREN  
YOUTH  
HOPE

# National Children's Mental Health Awareness Ribbon

Color the ribbon **GREEN** to show your support  
for Children's Mental Health!



**NFFCMH**

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The official color to raise awareness for  
Children's Mental Health is GREEN!

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

Connect the dots!



# National Children's Mental Health Awareness Week

## Green Ribbon Campaign

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 receive the National Federation of Families news, alerts and information.
6. Follow the National Federation of Families on Facebook, Twitter and Pinterest.

Need a green ribbon? Visit the CMHAW Store at  
<https://www.ffcmh.org/store>  
or call us at (240) 403-1901.



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Children's Mental Health Matters!