TIME for KiDS

Mental Health Resources

In December 2021, U.S. surgeon general Vivek Murthy issued a health advisory urging everyone to protect children's mental health during this critical time. TIME for Kids spoke with Dr. Murthy about the advisory. You can read the article from our January 28, 2022, issue here. Below, TFK editors have pulled together a collection of resources from the advisory, or you can click here to read the advisory in full. This packet also includes a roundup of TIME for Kids articles and worksheets related to mental health to use with children both in school and at home.

TIME for Kids Resources for Students

Resources for Lower Elementary Students

- **"The Key to Happiness" article (9/4/20) & "Feelings Monster" worksheet (p. 2)**
  Read about a social scientist's tips for happiness, then use the worksheet on page 2 to help manage negative feelings.
- **"Let's Feel Good" article (11/24/20) & "Mindful Shapes" worksheet (p. 3)**
  Read about ways to keep your mind and body healthy, then use the worksheet on page 3 to practice mindfulness.
- **"Know Your Emotions" article (12/16/21) & "Gratitude Journal" worksheet (p. 4)**
  Read about emotional intelligence, then use the worksheet on page 4 to reflect on what you are grateful for.
- **"A Big Win" article (11/12/21) & "Mental Health Tools" worksheet (p. 5)**
  Read about athletes and mental health, then use the worksheet on page 5 to practice techniques to manage your emotions.

Resources for Upper Elementary Students

- **"Studying Kindness" article (12/18/20) & "Name the Emotion" worksheet (p. 6)**
  Read about the connection between kindness and happiness, then use the worksheet on page 6 to encourage emotional literacy.
- **"Positively Happy" article (12/18/20) & "Gratitude Journal" worksheet (p. 7)**
  Read about how to practice happiness, then use the worksheet on page 7 to reflect on what you are grateful for.
- **"A Win for Mental Health" article (10/8/21) & "Stress Support" worksheet (p. 8)**
  Read about athletes and mental health, then use the worksheet on page 8 to create a plan to help deal with stress.

Resources for Educators and Caregivers

Below is a list of resources for educators and caregivers to support the mental health of kids in your life. Each was selected from the U.S. surgeon general's advisory "Protecting Youth Mental Health."

- **"COVID-19 Parental Resources Kit" (CDC)**
  This page includes a list of challenges kids might be facing and tips and resources for overcoming these challenges.
- **"What Is Children's Mental Health?" (CDC)**
  This page explains common childhood mental disorders and provides treatment options and resources.
- **"Family Resource Center" (Child Mind Institute)**
  This page lists resources that address concerns ranging from anxiety and depression to screen time.
- **National Center for School Mental Health website**
  This site includes webinars, guides, and toolkits for supporting children and students.

Name _____ **Date** _____

TIME for KIDS
INDEPENDENT PRACTICE

Feelings Monster

Read "The Key to Happiness" (*Be Happy!*, October 2020), about how to manage your feelings. Then complete the sheet below.

Talking about your feelings can help. Picturing them can help too. Pick one of the negative feelings below. Then draw it as a "feelings monster."

- ◯ anger
- ◯ sadness
- ◯ nervousness
- ◯ frustration

IGOR TISHIN—GETTY IMAGES (3)

List some of the times when this monster might appear. _____

_____

_____

_____

List some ways to make this monster go away. _____

_____

_____

_____

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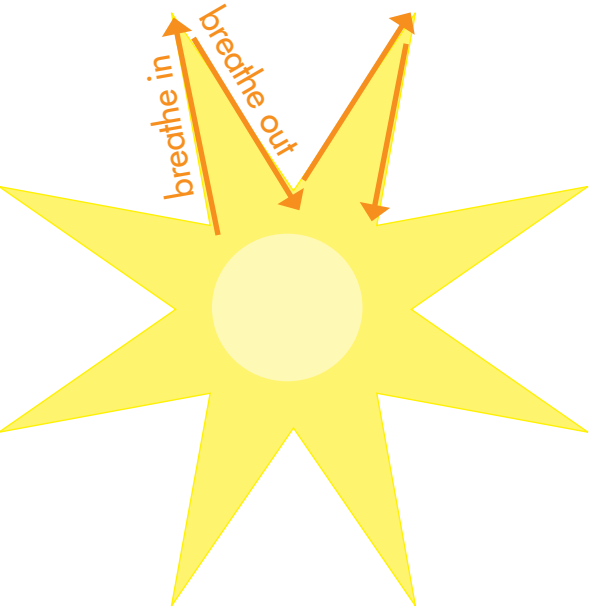
INDEPENDENT PRACTICE

Mindful Shapes

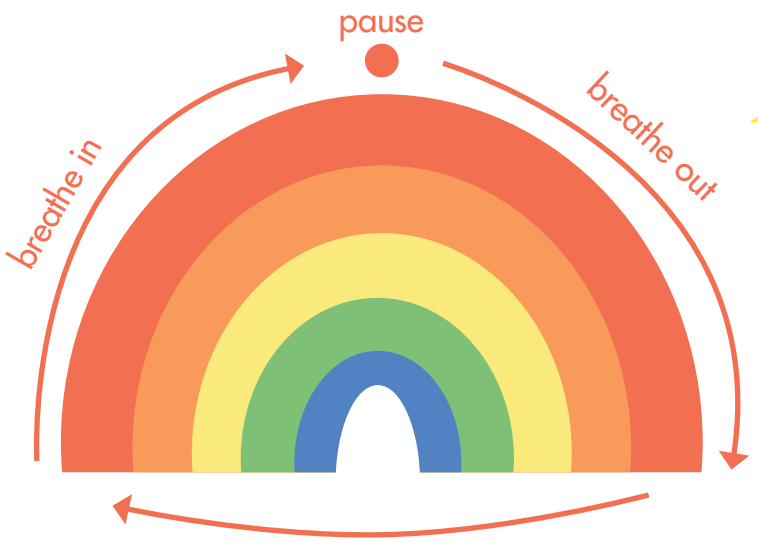
Read *Take Care of Yourself.* Then practice mindfulness below. Use your finger to trace the shapes slowly. Pay attention to your breath.

1. Follow the cloud maze.

2. Slowly trace the sun as you breathe.



3. Trace each color of the rainbow.



Which one did you like best? _____

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Name _____ Date _____

TIME for KIDS INDEPENDENT PRACTICE

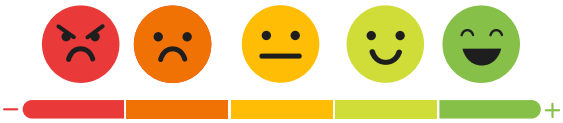
Gratitude Journal

Use this gratitude journal to write what you are thankful for.

Today is: M T W T F S S ___/___/___

Mood Meter

How are you feeling?



Finding Happiness

Today I . . .

- ☐ was kind to myself.
- ☐ talked to a friend.
- ☐ was kind to someone else.
- ☐ _____.

Today I am grateful for . . .

_____

_____

_____

_____

_____

_____

Tomorrow I look forward to...

_____

_____

_____

_____

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Name _____ Date _____

TIME for KiDS
INDEPENDENT PRACTICE

Mental-Health Tools

Read *A Show of Strength* (December 2021/January 2022). Try each technique below. Circle the phrase that describes how helpful it was.

1. **Breathe deep.** Pretend you are blowing bubbles. Breathe in deeply through your nose and then blow out slowly through your mouth.

   This worked well. This helped a little. This didn't work for me.

2. **Be mindful.** Focus on what's happening. Name things you can see, touch, hear, smell, and taste right now. Don't think about the past or the future.

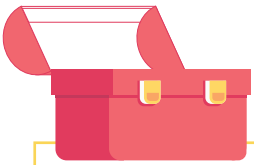
   This worked well. This helped a little. This didn't work for me.

3. **Name your feelings.** Don't ignore what you feel. Give it a name. Describe what it feels like in your body. Then remind yourself that it is normal. The feeling will pass.

   This worked well. This helped a little. This didn't work for me.

4. **Talk to someone.** Find someone you trust. He or she can be a family member, someone at school, or a friend. Tell this person how you're feeling. Ask for help if you need it.

   This worked well. This helped a little. This didn't work for me.



Add the tips you like to your "toolbox." Include times when you can use them. You can practice them whenever you want!

- I can _____ when _____
  _____.
- I can _____ when _____
  _____.

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Name _____ **Date** _____

Name the Emotion

In "Studying Kindness" (December 18, 2020), the section "Engaging Students" mentions a curriculum called Learn Kind. Here's an activity from that curriculum.

When you hear the word *literacy,* you probably think about reading and writing. But have you heard of *emotional literacy*? It's the ability to identify, understand, and respond to emotions in yourself (and others) in a healthy way. In this activity, you'll practice identifying a variety of emotions. Carefully observe each facial expression and match the appropriate vocabulary word to the face.

Write the emotion depicted in each picture below

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Word Bank

- annoyed
- uncertain
- anxious
- confident
- thoughtful
- discouraged
- joyful
- exhausted
- lonely
- calm

Reflect

- Why do you think it's important to be able to identify many different types of emotions?
- How is this aspect of self-awareness connected to kindness?

_____

_____

_____

_____

_____

_____

© 2020 Learn Kind Curriculum. This page may be photocopied for use with students. Edition 5–6. • Vol. 11, No. 12 • December 18, 2020
This resource is adapted from the Learn Kind Curriculum's *Building Self-Awareness Module*. Find the full curriculum at: *kindness.org/programs/learn-kind*.

Name _____ **Date** _____

Gratitude Journal

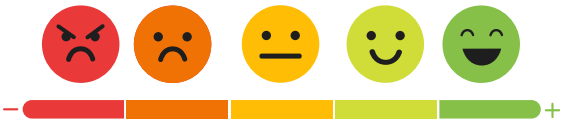
TIME for KIDS
INDEPENDENT PRACTICE

Read "Positively Happy" (December 18, 2020). Then use the sheet below to start your own gratitude journal. Use multiple copies of it to build a journal. Don't forget to a include a cover!

Today is: M T W T F S S ___/___/___

Mood Meter

How are you feeling?



Finding Joy

Today I . . .

- ☐ did something I enjoy.
- ☐ talked to someone I care about.
- ☐ did something kind for someone.
- ☐ _____.

Today I am grateful for . . .

Today I was challenged by . . .

Today I made myself proud by . . .

Tomorrow I look forward to...

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TIME for KiDS
INDEPENDENT PRACTICE

Stress Support

Read "A Win for Mental Health" (October 15, 2021), about athletes and mental health. People experience stress and anxiety for a variety of reasons. Use the sheet below to reflect on some stressors in your life and learn some ways to cope with them.

Identify stressors. What are some things in your life that cause stress or anxiety? List them below.

- _____
- _____
- _____

Try some calming techniques. Practice the following strategies throughout the day. Choose the ones that work best for you. And remember, you don't have to be in a moment of stress to use them!

☐ **Breathe deep.** Use the 4-7-8 breathing technique. Inhale through your nose for a count of four. Hold your breath for a count of seven. Then exhale through your mouth for a count of eight.

☐ **Be mindful.** Focus on the here and now. Use the 5-4-3-2-1 technique. Identify five things you see around you, four things you can touch or feel, three things you hear, two things you smell, and one thing you taste.

☐ **Name your feelings.** Trying to ignore your feelings can make them more persistent. Name how you are feeling, and describe what that feeling is like in your body. Recognize that the feeling is normal, and that it will pass. Try talking to someone about what you are feeling.

☐ **Other:** _____

_____

_____

Name your support system. Identify some people in your life whom you trust. These might include a family member, a teacher or person on the school staff, or a friend or classmate. Name them below and describe why or how they support you.

- Name: _____ Ways this person supports me: _____

_____

- Name: _____ Ways this person supports me: _____

_____

- Name: _____ Ways this person supports me: _____

_____

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