

Student Name: _____

Date: _____

let's talk about...

MENTAL ILLNESS

with NAOMI WISCONSIN - Classroom Follow Up Activity

1. Mental Health Check-In

Take a look at the feelings thermometer below. On the left side of the thermometer, label what each emotion looks like for you. For example, do you stomp your feet when you are orange? Maybe you sigh loudly when you are feeling blue. Then, on the right side of the thermometer, write down what coping skill you could use to feel better. For example, you could try some deep breathing or journal for a few minutes.

What each emotion looks like

Coping skill I can use

exploding hyper out of control

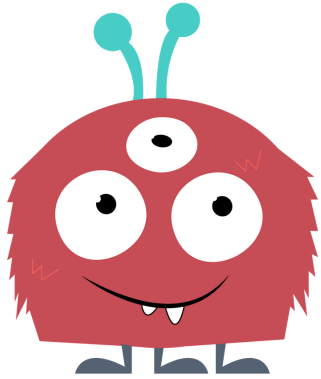
frustrated irritated nervous

angry excited upset

happy feeling good

relaxed calm

Let's Talk About Mental Illness with NAUMI WISCONSIN



2. Who Can I Talk To?

When you have too many days feeling anxious, sad, or upset it's a good idea to talk to someone about how you are feeling. Take a moment to think of an adult you could talk to about how you are feeling when you need some help.

When I feel anxious, sad, or upset for too many days, an adult I could talk to at my school, home, church, sports, or neighborhood is:

1. _____
2. _____
3. _____

A friend or classmate I can share my feelings with is:

1. _____
2. _____
3. _____

3. Healthy Coping Skills

- Coping skills can help you manage your emotions in a positive way
- It's helpful to know some coping skills that work for you
- Everyone needs these skills, no matter the age!
- As you get older your healthy coping skills may change, always be open to try new activities that make you feel better

Please take a look at the Coping Skills Chart on the next page and circle as many of the activities that would make you feel better when your mood is sad, depressed, or anxious. Feel free to add your own ideas of what makes you feel better in the bottom two boxes.

Let's Talk About Mental Illness with Naomi Wisconsin

TAKE A
WALK

PLAY WITH
MY PET

TALK TO
A FRIEND

TAKE
A DEEP
BREATH

DRAW A
PICTURE

PLAY
OUTSIDE

WATCH A
FUN VIDEO

READ A
FAVORITE
BOOK

SING OR
LISTEN TO
MUSIC

CREATE YOUR OWN

CREATE YOUR OWN

