



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**MENTAL WELLNESS**

**GRADES 2 - 4**

**NAME:** \_\_\_\_\_

[www.textpledge.us](http://www.textpledge.us)

# ABOUT TEXT PLEDGE



Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website [www.textpledge.us](http://www.textpledge.us) and the Text Pledge App available on iOS/Google Play.

## NATIONAL SMART CARD

EMERGENCY HOTLINES  
AND RESOURCES



FREE  
DOWNLOAD

## NATIONAL STATISTICS

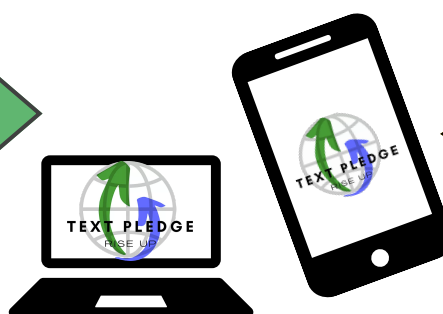
UPDATED MONTHLY  
TO REFLECT THE IMPACT OF  
EACH PLEDGE TOPIC IN OUR  
WORLD



VISIT OUR  
WEBSITE

## EDUCATION PROGRAMS

ACTIVITY BOOKS  
FOR AGES KINDERGARTEN  
THROUGH GRADE TWELVE.  
AVAILABLE ON THE TEXT PLEDGE  
WEBSITE AND THE MOBILE APP.



DOWNLOAD  
OUR  
MOBILE APP

[WWW.TEXTPLEDGE.US](http://WWW.TEXTPLEDGE.US)





## A Message From Our Founder

*Whatever you are feeling, those feelings are valid. Emotions have important messages to share. Paying attention to your feelings can make you more self-aware. Sharing your feelings helps other people to better understand you. Emotions also guide us to make healthy choices. We can pursue things that make us happy and use caution in scary situations.*

*Your emotions represent every part of you. Listening to your emotions help you navigate through all of life's challenges and triumphs.*

*In this lesson, we will learn how to recognize our emotions and practice behaviors that promote mental well-being.*

*Need some help expressing yourself? **Helplines are always available at [TextPledge.us](https://www.textpledge.us)***

*Happy Learning!*



**Ms. Naomi**  
Founder at the TextPledge Project



# WHAT IS MENTAL HEALTH?

Mental health **refers to our emotional, psychological, and social well-being.** It impacts how we think, feel, and act in different situations. Taking care of our mental health is important. Match each image to the corresponding description to identify activities that promote mental well-being.



Running, jumping, and playing games outdoors can help feel happy and reduce stress.

Singing and moving to music and dancing around can release energy and bring joy.



Talking and spending time with family members.

Listening to stories or reading books can calm the mind.

Petting, cuddling, or playing with pets can provide comfort and companionship.

Drawing and coloring can help relax and have fun.

Exercising and engaging in physical activities is a great way to promote mental health and well-being





# BIG EMOTIONS

List some situations that made you feel the following emotions.



Happy

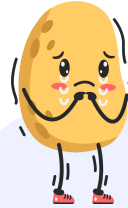
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Sad

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Surprised

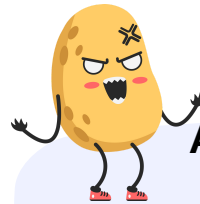
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Angry

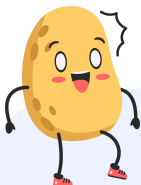
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Scared

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Worried

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# YOUR CHOICES

We all cope in different ways. Circle the positive coping behaviors and place an "x" over the negative behaviors.



**Yelling at others**



**Drawing or coloring**



**Asking for Help**



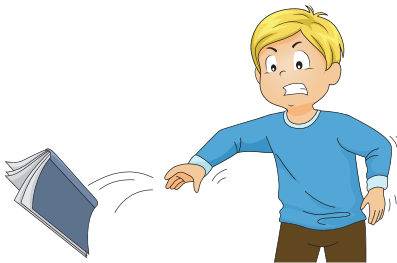
**Take Deep Breaths**



**Reading a book**



**Doing Yoga**



**Throwing or  
breaking Things**



**Listening to  
music**



**Ignoring Sleep**



**Taking a nap**



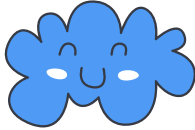
**Hitting others**



**Talking with  
your friends**

# ANGRY CLOUDS

Read the situations and think how angry you would be.  
Color the clouds according to the color code.



Not Angry



Little Angry



A Lot Angry

Not Angry

Angry

You are very hungry



Someone broke my pencil



Someone teased my friend



I feel pain in my knee



I have to wait for my turn



What are the things you can do as calming strategies when you are feeling angry?

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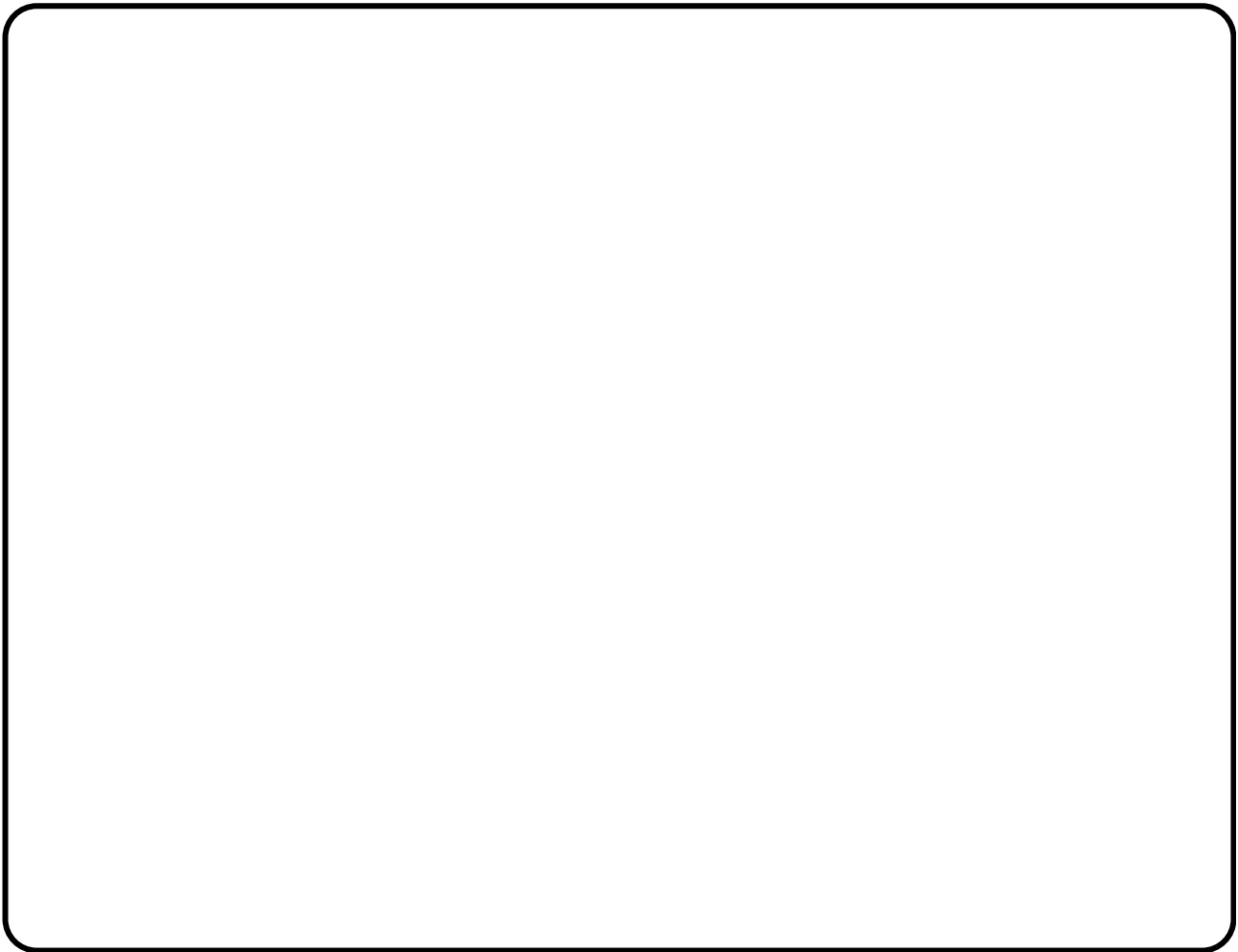
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# My Self-Portrait EMOTION ART

Draw an **Emotion Self-Portrait**. Draw a self-portrait that shows how you feel when experiencing one of these emotions.

(Use any of these emotions - Happy, Sad, Angry, Scared, Proud or Lonely)

You can use facial expressions. Use colors to enhance your drawing.



How did **drawing your emotion self-portrait** make you feel?

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# Positive Words, Kind Hearts

## WORD SEARCH

Find and circle the words in the word bank.

BRAVE  
STRONG  
KIND  
SMART  
CREATIVE  
HELPFUL  
FRIENDLY  
RESPONSIBLE  
UNIQUE  
HONEST  
PATIENT  
CONFIDENT  
CARING  
GENEROUS  
JOYFUL  
ACHIEVER  
LOVING  
BEAUTIFUL  
CALM  
RESPECTFUL

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

Use Kind Words.

# MENTAL WELL-BEING

Read the paragraph and find answers to the questions.

## Tips for Mental Well-Being

Eating healthy food will give us lots of energy while keeping our bodies healthy. Our body needs a **balanced diet** with healthy carbs, protein, fats, vitamins, and minerals to help our mind and body feel happy.

Getting a **good sleep** is important. Having at least 9-12 hours of sleep helps improve mood, memory, and overall health. Going to bed at the same time each night and getting up at the same time each morning will help your body adapt to a routine schedule.

Our body need water to function. Water can help your brain function better and restore your focus. **Drinking 5 to 8 glasses of water** helps the body to stay hydrated and boost energy.

**Engaging in your favorite activities** will help to relieve stress. Music can help us relax the mind and energize the body. Listen to your favorite music and artists or try to play any musical instrument. You can try to dance to the beat. **Movement** can help us feel more energetic throughout the day, help us sleep better at night, and feel more relaxed and positive about ourselves.

**Spending time with the people you care about** can improve mental well-being. Taking a moment each day to think about how our day was and what we're good at, as well as where we can improve is important when keeping our mind healthy.

Write 3 tips that promote mental well-being.

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# MENTAL WELL-BEING

Fill in the blanks with the correct words from the list to complete the sentences.

## Word list

hydrated

enjoy

mental well-being

Growth Mindset

active

stressed

1. Doing exercise and being  will keep us energetic throughout the day.
2. Drinking water will help the body to stay .
3. Eating healthy food with a balanced diet is important for both physical and .
4.  is important for learning and getting better at things.
5. Being with your friends and doing things you  will help you feel less .

# TRUE OR FALSE

Read the sentences. Mark a box to show if they are True or False.

TRUE FALSE

1. Taking deep breaths can help me relax when I'm feeling stressed..

☐

2. Hiding and ignoring my feelings is a good way to stay calm.

☐☐

3. Writing in my journal help me express my feelings and thoughts.

☐☐

4. I can show kindness by being mean to my friends and helping them when they need help.

☐☐

5. Healthy food and regular exercise do not help being fit.

☐☐

Write 3 things you are grateful for.

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# COLORFUL AFFIRMATIONS

Color these positive affirmations.

I AM  
BRAVE

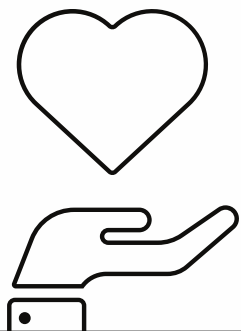
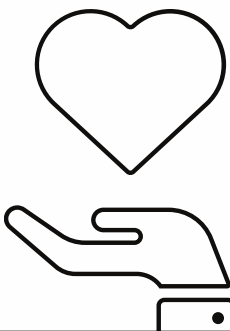
TODAY  
IS A  
GOOD DAY

# COLORFUL AFFIRMATIONS

Color these positive affirmations.

I AM  
STRONG

GRATITUDE



# SELF-LOVE

Taking care of yourself is like giving yourself a big hug.  
'I love yourself!' and that's really important.

Write some lines you can use for positive self-talk. (Something that will make you happy and feel confident.)

I am kind.

If you know someone who is struggling with mental wellness what would you do to help that person?

Call the Mental Health Crisis Helpline  
**1-800-985-5990**  
or Call 988





**A SMART PLEDGE PROGRAM  
DESIGNED WITH STUDENTS IN  
MIND**

**[www.textpledge.us](http://www.textpledge.us)**

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