



TEXT PLEDGE
RISE UP



ACTIVITY BOOK

MENTAL WELLNESS

GRADES 5 - 6



NAME: _____



TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 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, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.





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



KNOW MY EMOTIONS

We all have many emotions that change throughout the day. Connect each emotion with its illustrations.



Angry



Confused



Sad



Surprised



Disgust



Happy



FEELINGS THERMOMETER

For each emotion, we react differently. Take some time to self reflect and answer each question related to these 4 emotions.

What makes me feel this way?



How do I react when I feel this way?

SEARCHING FOR EMOTIONS

Find and highlight the words below. Do you recognize these emotions? How often do you experience them?

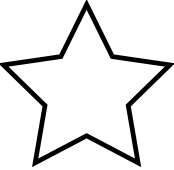
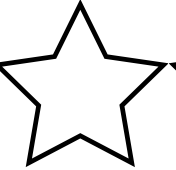
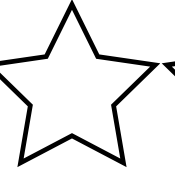
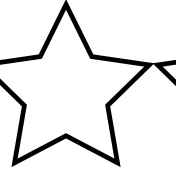
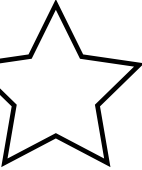
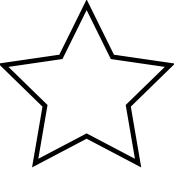
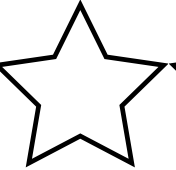
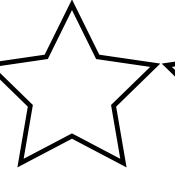
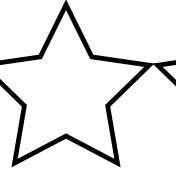
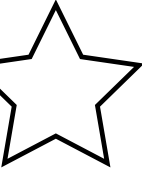
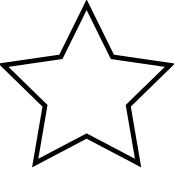
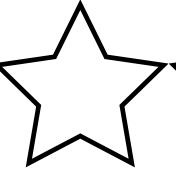
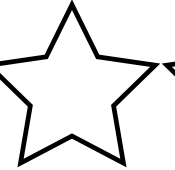
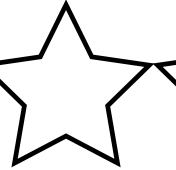
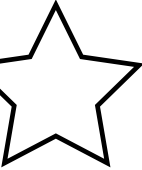
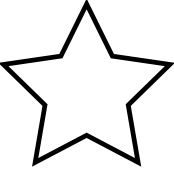
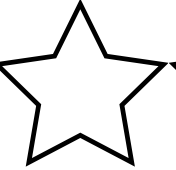
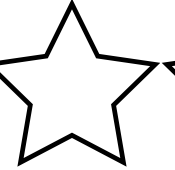
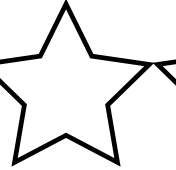
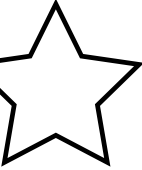
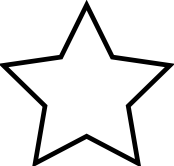
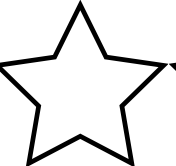
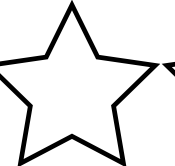
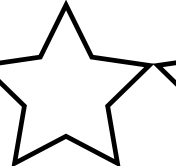
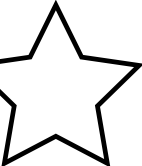
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U	I	W	S	P	E	A	D	T	A
E	X	C	I	T	E	D	T	I	N

Confident Sick Joyful Lonely

Hungry Worried Anxious Excited

RATE MY FEELINGS

Emotions can vary over time. Think about your emotions over this past week. How have you felt? Color the stars according to how often you felt each emotion.

	Never	Barely	Sometimes	Often	All the time
RED: Angry					
ORANGE: Confused					
YELLOW: Happy					
PURPLE: Scared					
BLUE: Sad					

What is the emotion you feel the most this week? Do you know why?

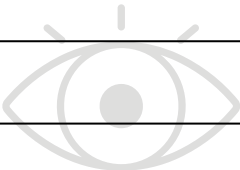
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JOURNAL EXERCISE

After identifying your emotions, take a moment to ground yourself in the present moment. Write down the information slowly and be very detailed. It's your time to feel calmly, don't rush.

5 THINGS YOU CAN

SEE



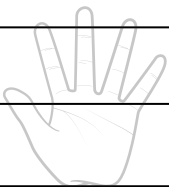
4 THINGS YOU CAN

HEAR



3 THINGS YOU CAN

FEEL



2 THINGS YOU CAN

SMELL



1 THING YOU CAN

TASTE

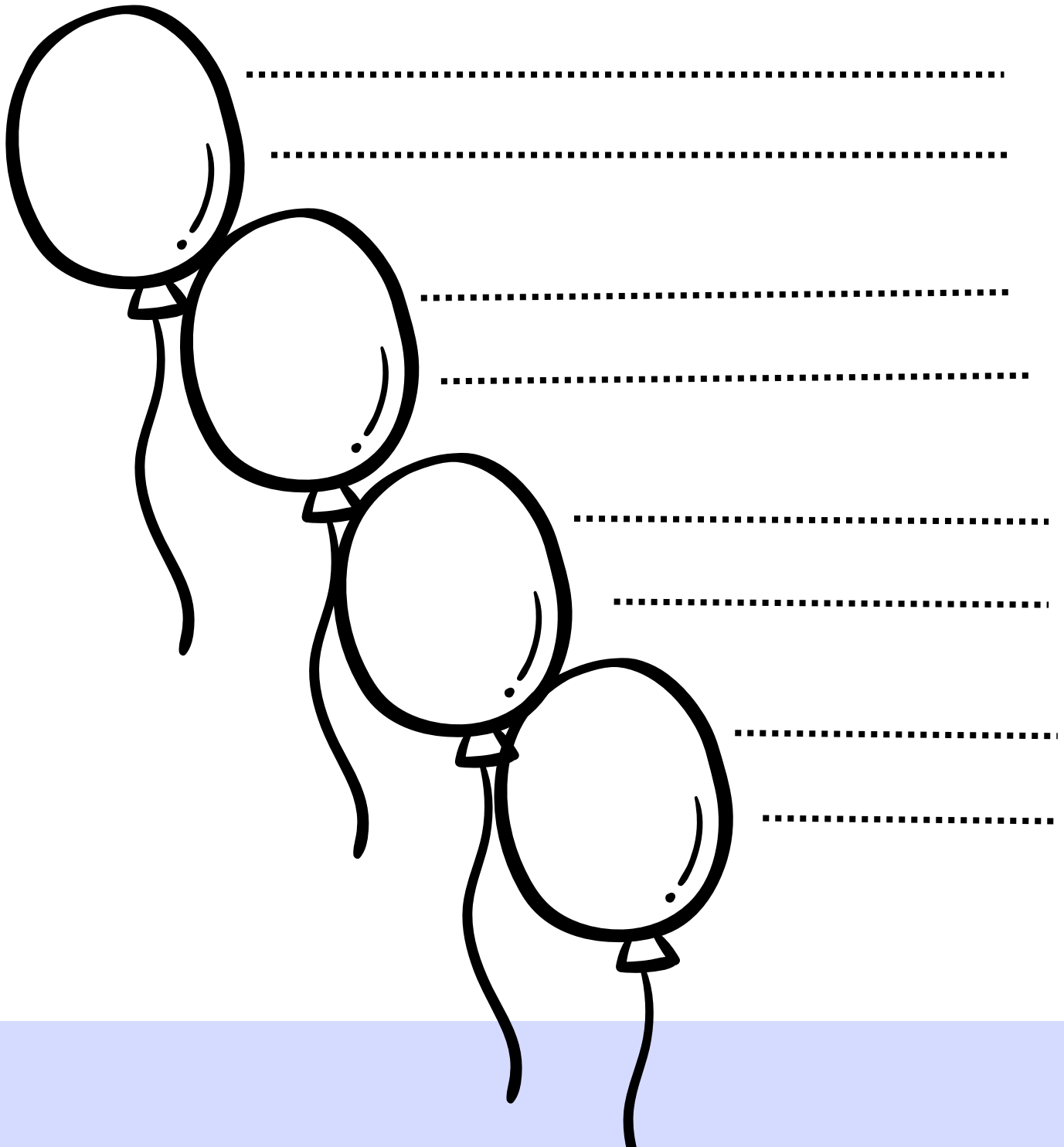


How did you feel about the exercise?
Did you calm your emotions a bit more?

You can use this technique every time you feel a very strong emotion and you're not able to control or calm down.

LET IT GO

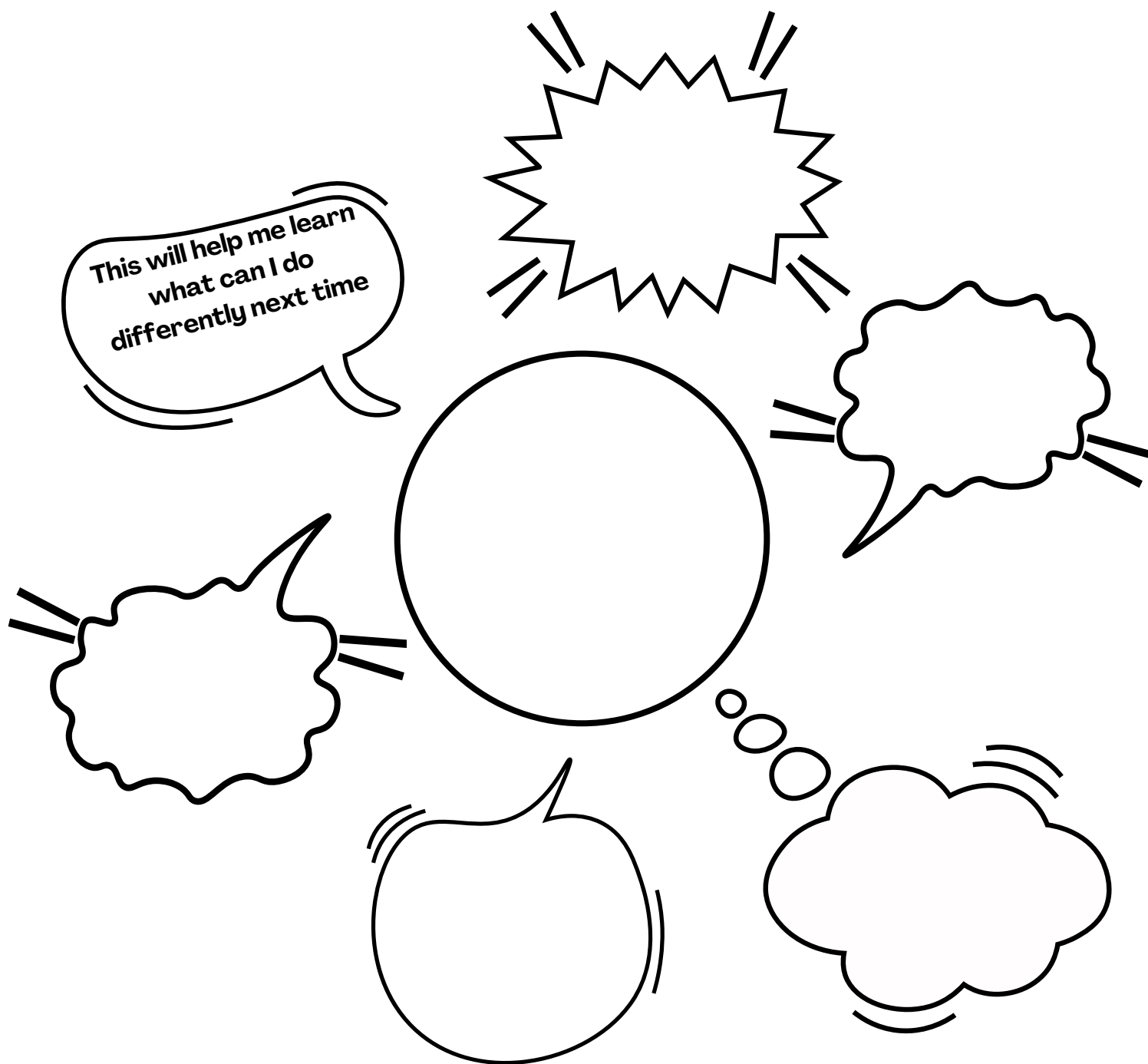
Sometimes our emotions change because of things we can't control or beliefs we have about ourselves. It can help letting go of those negative things. **What do you want to let go of?** Write it or draw it on the balloons to let it go. If you need, you can draw more balloons. *Example: Being afraid to ask for help.*



OVERCOMING FEAR

When you're about to do something that scares you, you might have a lot of mixed emotions or feel very afraid. However, selfpositive talk is one of the strategies you can use for these moments.

Use this space to write down all those phrases that you would like to remember every time you're afraid and draw yourself in the center.

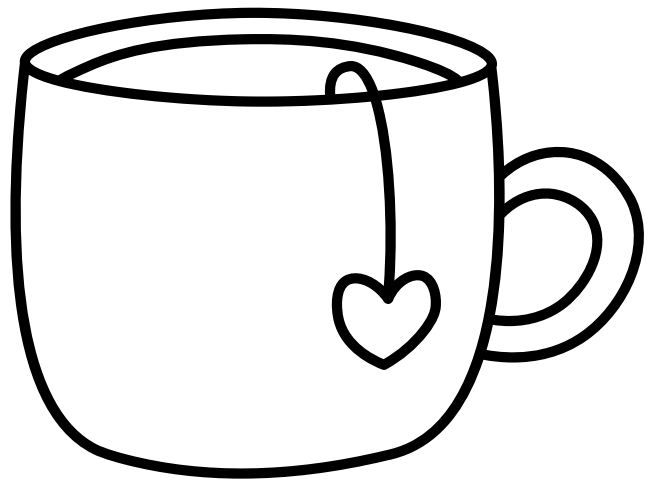


FILL YOUR EMOTIONAL CUP

Imagine that your well-being and emotional balance are this cup. Positive experiences, pleasant people, and happy moments fill it up, while stress and negative moments empty it. Now, let's see how your cup is.

How will people know if you need help filling your cup?

How can people help you fill your cup?



What fills your cup?

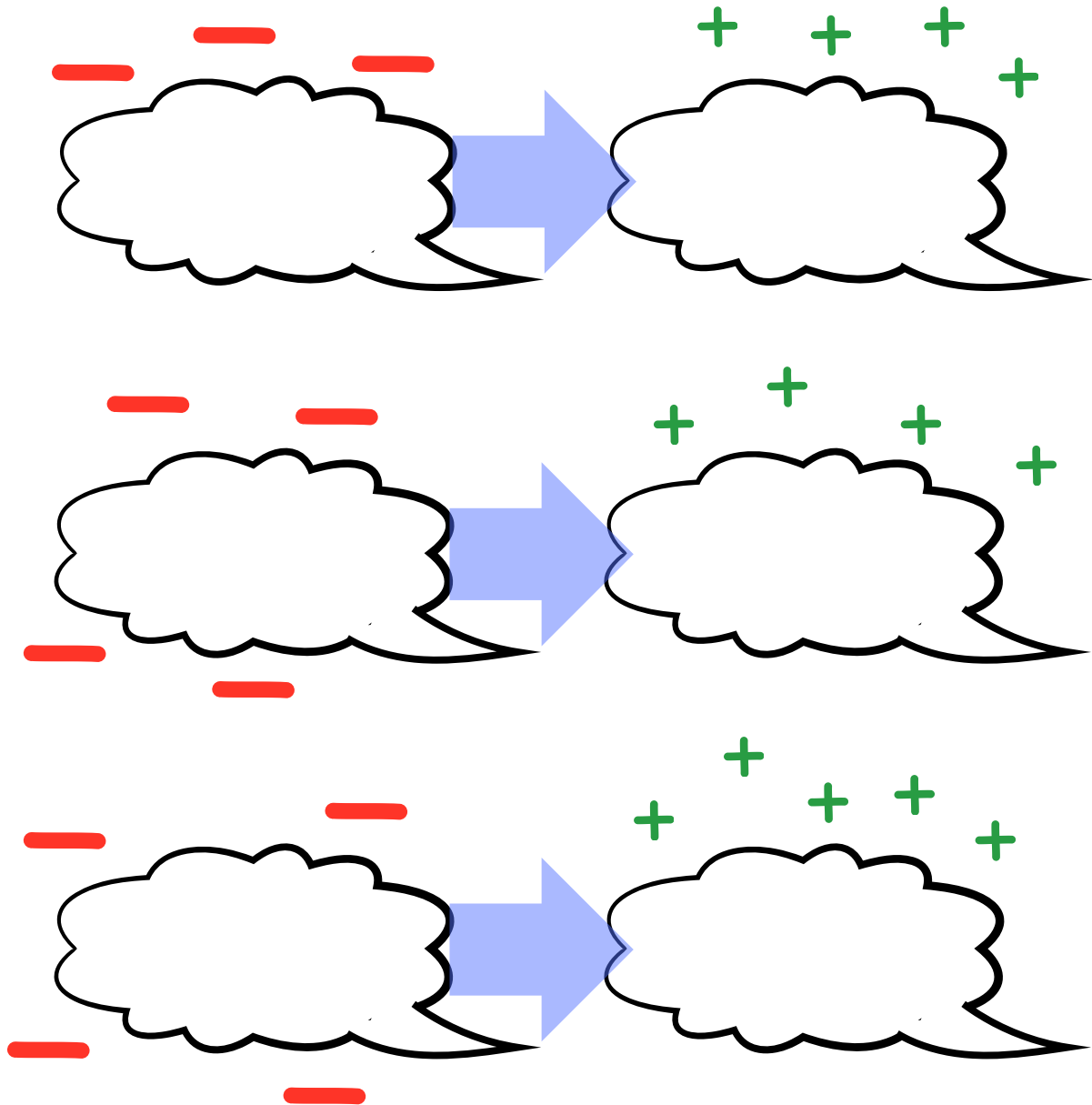
- _____
- _____
- _____
- _____

What empties your cup?

- _____
- _____
- _____
- _____

NEGATIVE TO POSITIVE THOUGHTS

You already know a bit about negative thoughts and how important it is to talk to ourselves positively. Use this space to identify which negative thoughts you are having and how you could change them to be positive.



Empathy Essentials: Identifying Key Acts of Support

Mark activities or behaviors you appreciate from others when you're feeling negative emotions. Reflect on the gestures and behaviors that make you feel better. Share this list with your family and friends.



Listening without Interrupting:

Patiently listening to their feelings without interrupting or judging.



Offering a Hug:

Giving a comforting hug to show support and understanding—just be sure the person gives consent before you touch them.



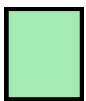
Asking Questions:

Asking questions shows that we have an interest in better understanding each other.



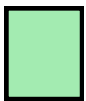
Offering a Distraction:

Engaging in a fun activity or game to divert your mind from distressing thoughts.



Sending Positive Messages:

Sharing uplifting texts or notes, reminding you of your worth and importance.



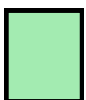
Asking if You Want to Talk:

Respecting your choice to share or not, giving you control over your feelings.



Avoiding Judgment:

Refraining from judgmental comments, allowing you to express yourself freely.

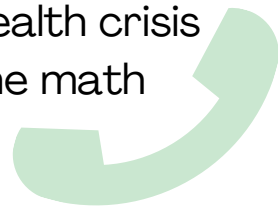


Expressing Empathy:

Showing understanding with statements like 'I'm here for you' or 'I understand.'

DO YOU NEED HELP?

Remember, help is just a call away at the mental health crisis hotline. Together, we find strength. Complete the math equations below to uncover the hotline.



$$\textcircled{12} - 6 = \textcircled{\quad} + 3 = \textcircled{\quad}$$

$$\textcircled{4} * 3 = \textcircled{\quad} - 4 = \textcircled{\quad}$$

$$\textcircled{16} \div 4 = \textcircled{\quad} + 4 = \textcircled{\quad}$$

Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.



TEXT PLEDGE

RISE UP

Commit to all ten pledges

1

**STOP DISTRACTED
DRIVING**

6

**STOP DOMESTIC
VIOLENCE AND ASSAULT**

2

**END
DISCRIMINATION**

7

**END DRIVING UNDER
THE INFLUENCE**

3

**END ACTS
OF VIOLENCE**

8

**STOP HUMAN
TRAFFICKING**

4

**PREVENT BULLYIN AND
CYBER BULLYING**

9

**PROTECT ANIMAL
RIGHTS**

5

**RAISE MENTAL HEALTH
AWARENESS**

10

**PROTECT THE
ENVIRONMENT**

www.textpledge.us