



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**MENTAL WELLNESS**

GRADES 7 – 8



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

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**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.**



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## 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





# How the Brain Works with Emotion

The brain plays a crucial role in processing and experiencing emotions. Emotions are complex psychological and physiological responses to external stimuli that can influence our behavior, thoughts, and physical sensations.

This is called the limbic system. The brain works with emotion through several interconnected structures.

Identify which structure matches each label on the brain map below.

**amygdala, hippocampus, thalamus, hypothalamus, prefrontal cortex, neocortex**

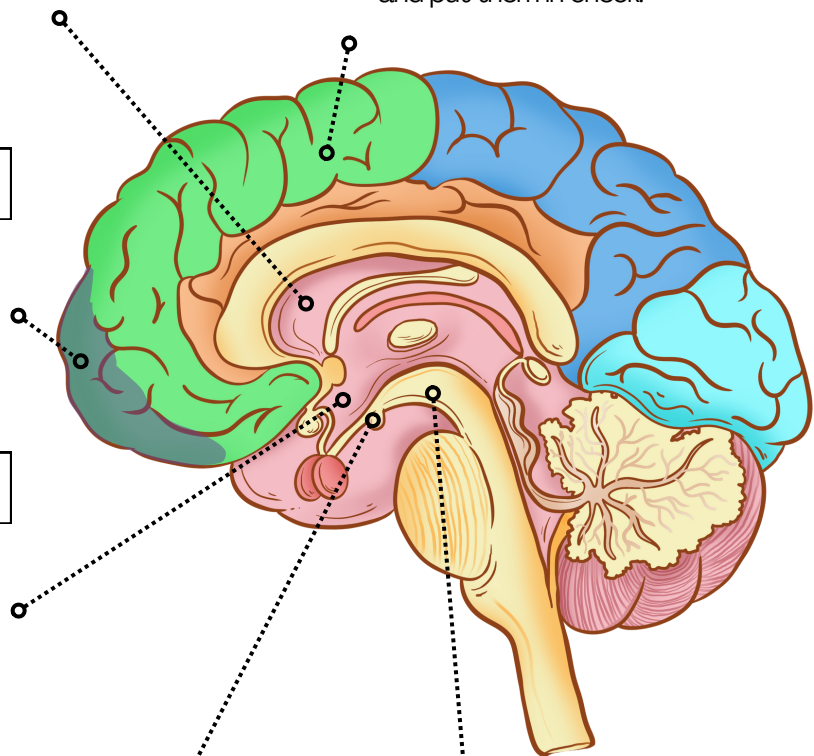
Responsible for relaying sensory and motor signals to the cerebral cortex and also plays a role in the regulation of consciousness, sleep, and alertness.

Responsible for higher cognitive functions, such as language and consciousness, and also plays a role in emotional processing.

The key that turns our emotions into physical responses.

An almond-shaped structure located under each hemisphere of the brain and is responsible for regulating emotion and memory, including those associated with the brain's reward system, stress, and the "fight or flight" response when someone perceives a threat.

The right lobe is linked to negative emotions, such as fear, aggression, and sadness, while the left lobe helps to regulate negative emotions and put them in check.



Plays an important role in memory formation, learning, and spatial navigation. It provides context for emotional meaning.

# MINDFULNESS WORD SEARCH

Find the emotions listed below.

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

Anger

Friend

Love

Calm

Gratitude

Peace

Confidence

Hope

Sad

Courage

Joy

Smile

Fear

Laugh

Stress

# BRAIN SCRAMBLE

Struggling to find the words to express how you feel? Unscramble the mental wellness themed words below.

**NFIMUDL**

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**TTONNCE**

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**REEANPSECREV**

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**CACENCTAEP**

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**LFSESMEEE-T**

---

**THAEBER**

---

**STEINL**

---

**IMTMISPO**

---

**OGCNIP**

---

**AEFRUTLG**

---

**RFLCEET**

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**SNGRESOEIFV**

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**INOCNTNCOE**

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**MSIDETN**

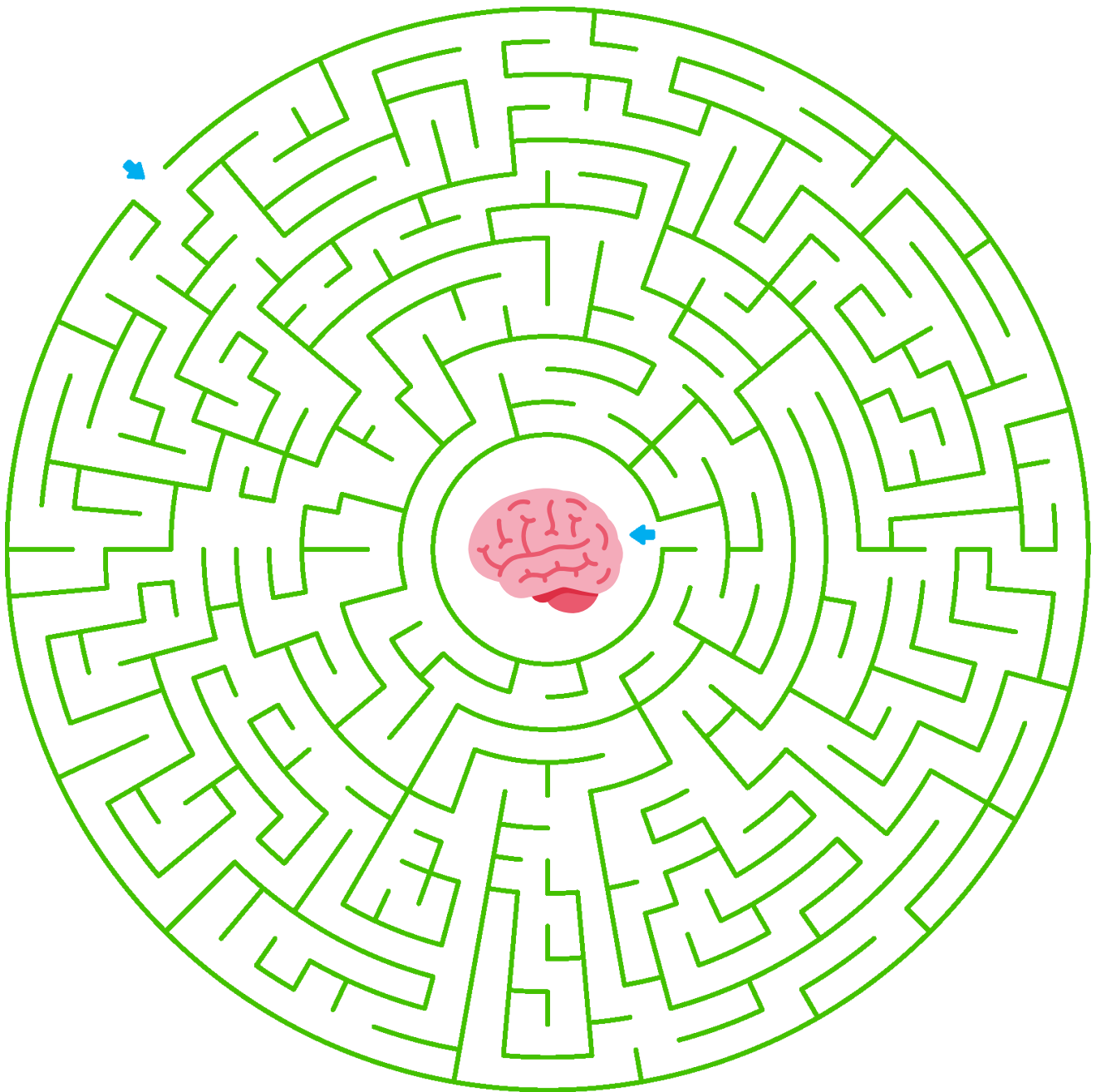
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**ESINRPI**

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# BRAIN GAME

Looking for a fun distraction? Find your way through this maze



# DAILY CHECK-IN

Date: \_\_\_\_\_

Today I want to feel...

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Today I will spread kindness by...

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# THE P MODORO TECHNIQUE

Are you feeling overwhelmed by large tasks? The Pomodoro Technique is a time management method based on 25-minute stretches of focused work broken by five-minute breaks. Longer breaks, typically 15 to 30 minutes, are taken after four consecutive work intervals. Each work interval is called a pomodoro, the Italian word for tomato.



Decide on a task to be done.



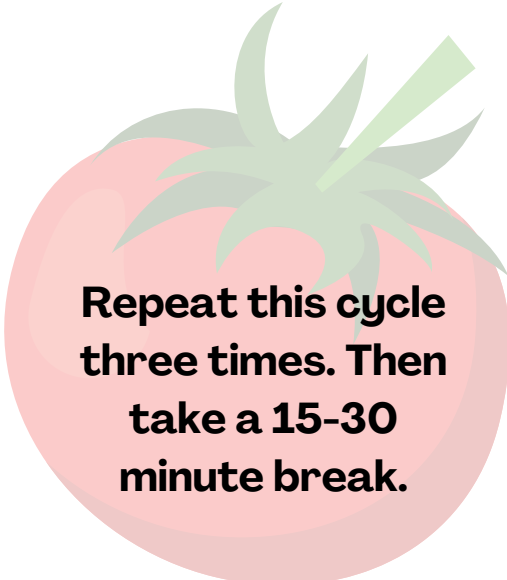
Set a timer for 25 minutes.



Work on that task, uninterrupted until the timer ends.



Take a short 5 minute break.



Would you try the Pomodoro technique? Do you have any tips / tricks for tackling large tasks?

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# Goal Setting

Setting goals are an important skillset to manage our own expectations of ourselves. Complete this goal setting exercise and acknowledge a goal that is important to you.



My goal: \_\_\_\_\_

Why is this goal important to me?

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What steps do I need to take to reach my goal?

- 1** \_\_\_\_\_
- 2** \_\_\_\_\_
- 3** \_\_\_\_\_
- 4** \_\_\_\_\_
- 5** \_\_\_\_\_

How will I know when I have reached my goal?

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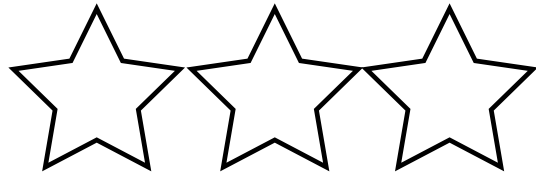


# Empathetic Behaviors

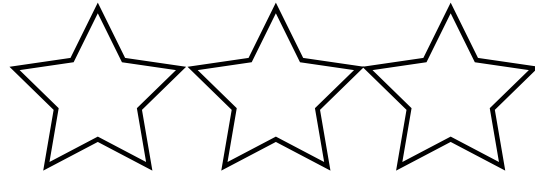
Empathy is the ability to understand and share the feelings of another. In a modern world where people may be isolated, polarized and disconnected, empathy is a valued practice and skill. Do you practice any of these empathetic behaviors? Rate your empathy level below by coloring the stars as applicable.

**Sometimes   Often   All the time**

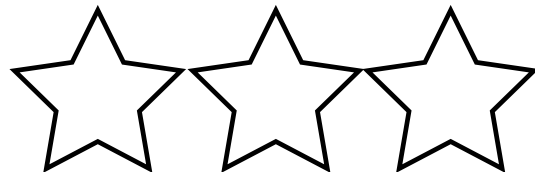
I practice active listening skills by making eye contact and avoiding distractions when people speak to me.



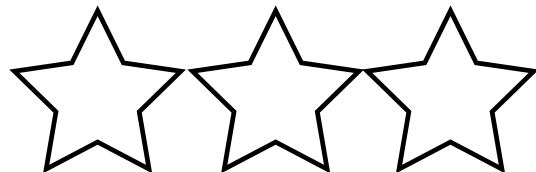
I feel overwhelmed when I witness horrific events on TV or in real life.



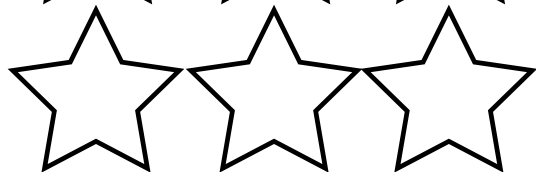
I am genuinely curious about other people and I ask lots of questions.



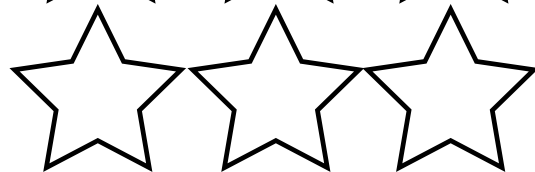
I put the needs of others before myself.



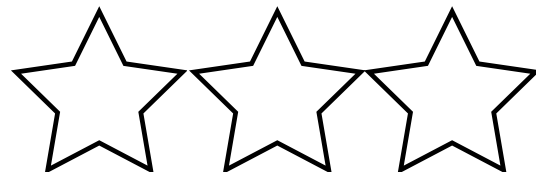
I validate the feelings of others.



I imagine myself in the position of other people.



People trust you to share their feelings or concerns with you.



# Embracing Empathic Language

Take a moment to reflect on how our language impacts our empathy.

## Instead of this:

“You’ll get over it”.

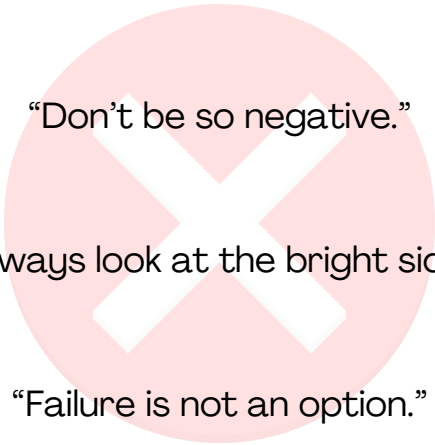
“Don’t be so negative.”

“Always look at the bright side”.

“Failure is not an option.”

“Think happy thoughts.”

“It could be worse.”



## Try this:

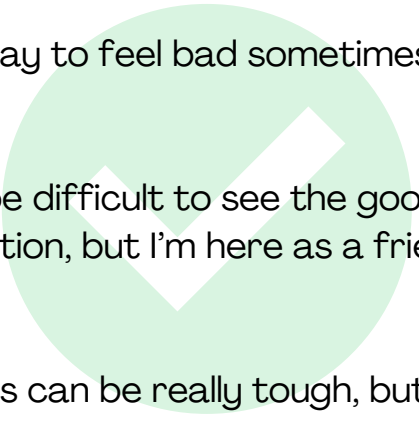
“It’s hard, but time will heal”.

“It’s okay to feel bad sometimes.”

“It can be difficult to see the good in this situation, but I’m here as a friend”.

“Things can be really tough, but I believe in you.”

“Sometimes we experience bad things. How can I support you?”



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Insert your own example below.

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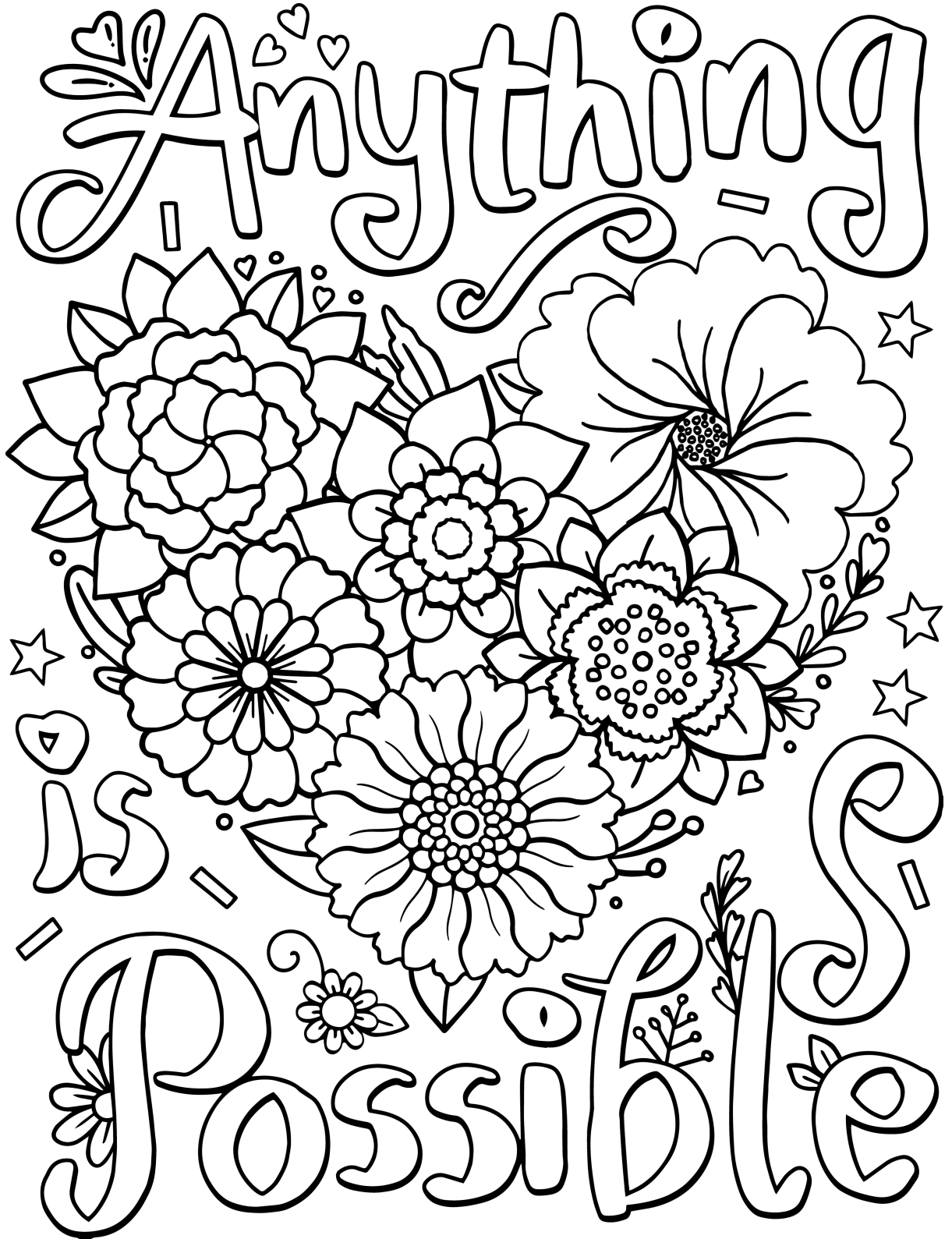
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Take a mental break and color this page.



# 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



# 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**

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