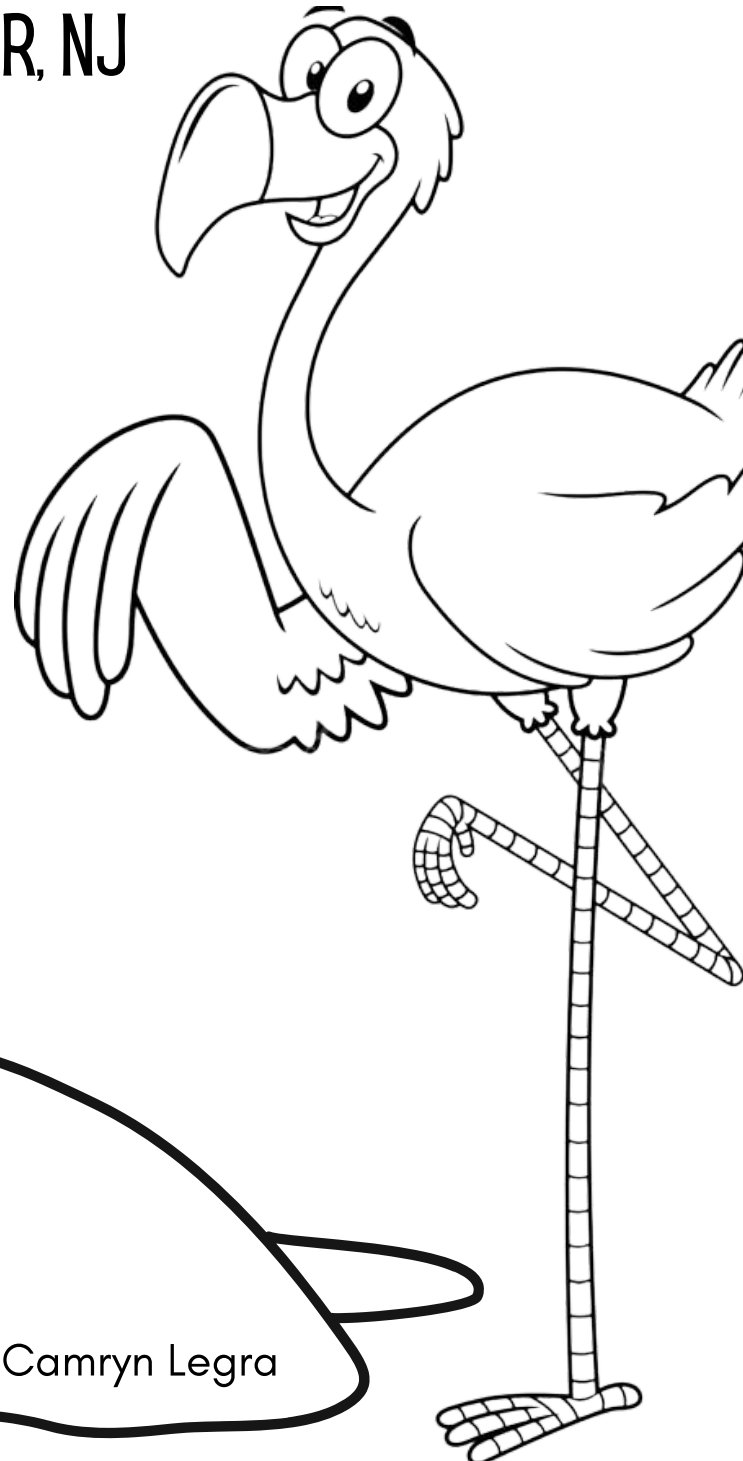
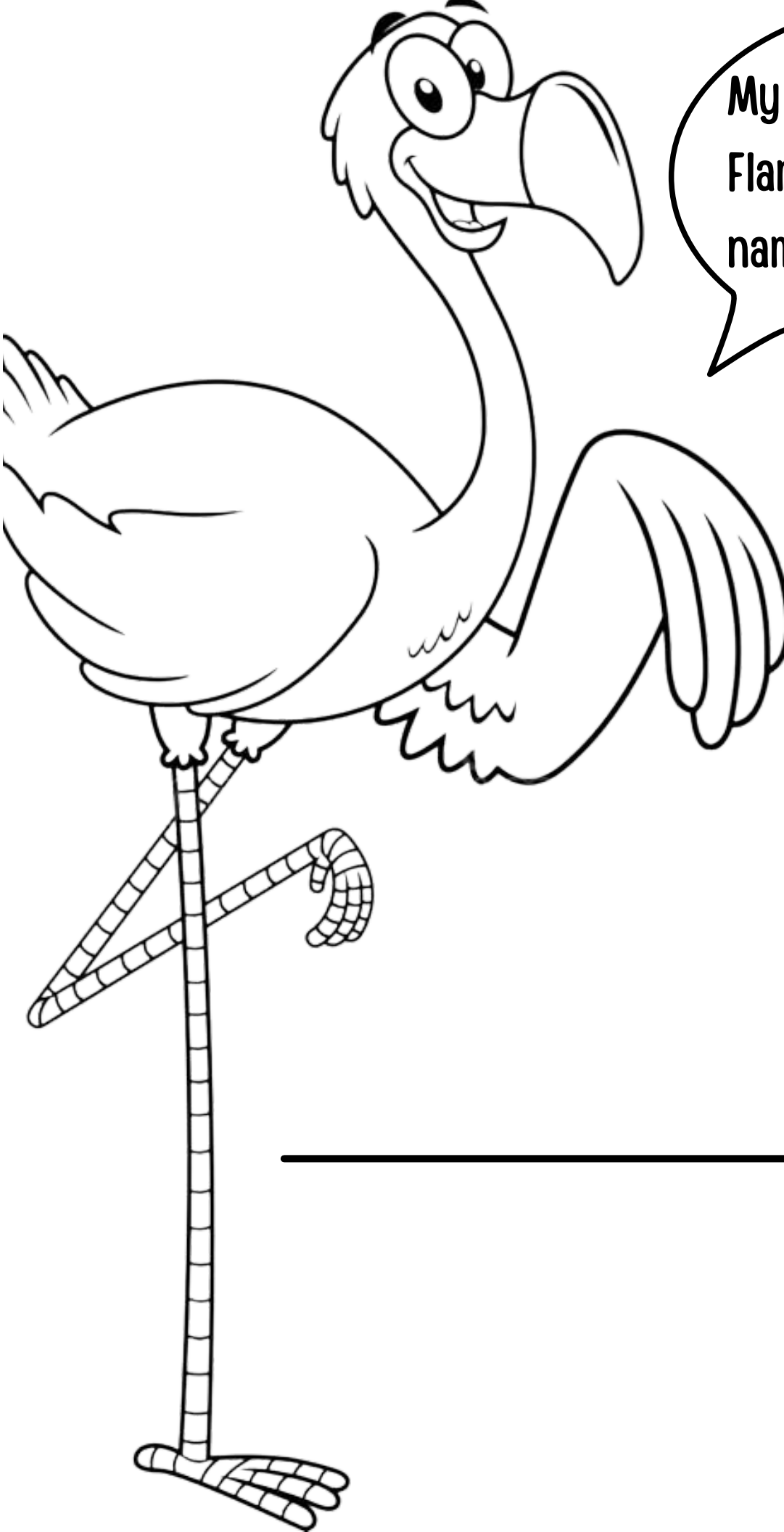


GET A LEG UP ON MENTAL HEALTH

BROUGHT TO YOU BY NAMI MERCER, NJ

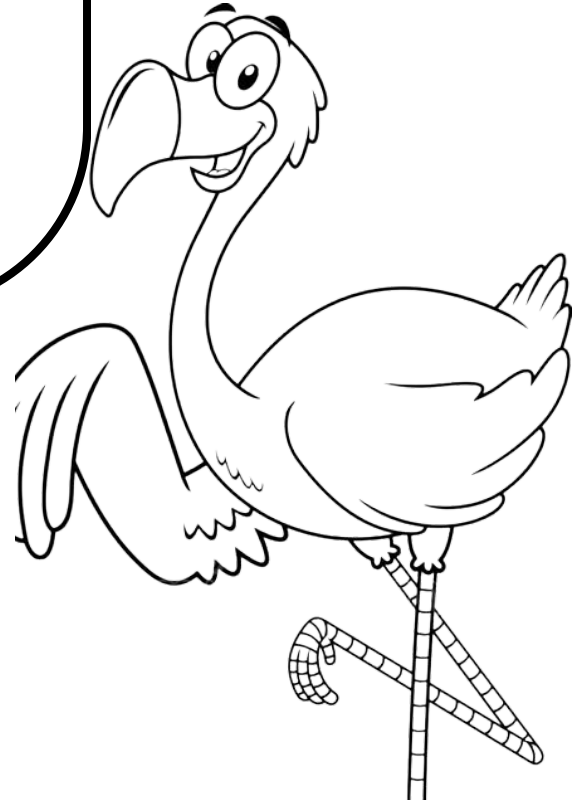


Created by: Camryn Legra



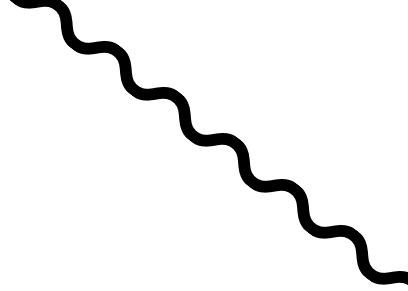
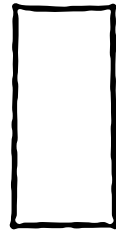
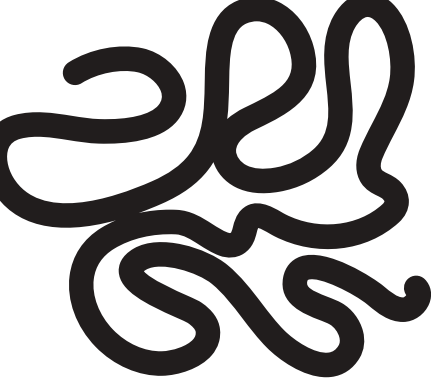
My name is Ingo the Flamingo! Write your name below!

We are all awesome in our own way! Some awesome things about me are that I am a good friend and I am funny. What are some awesome things about you?



5 Awesome Things About Me

1. _____
2. _____
3. _____
4. _____
5. _____

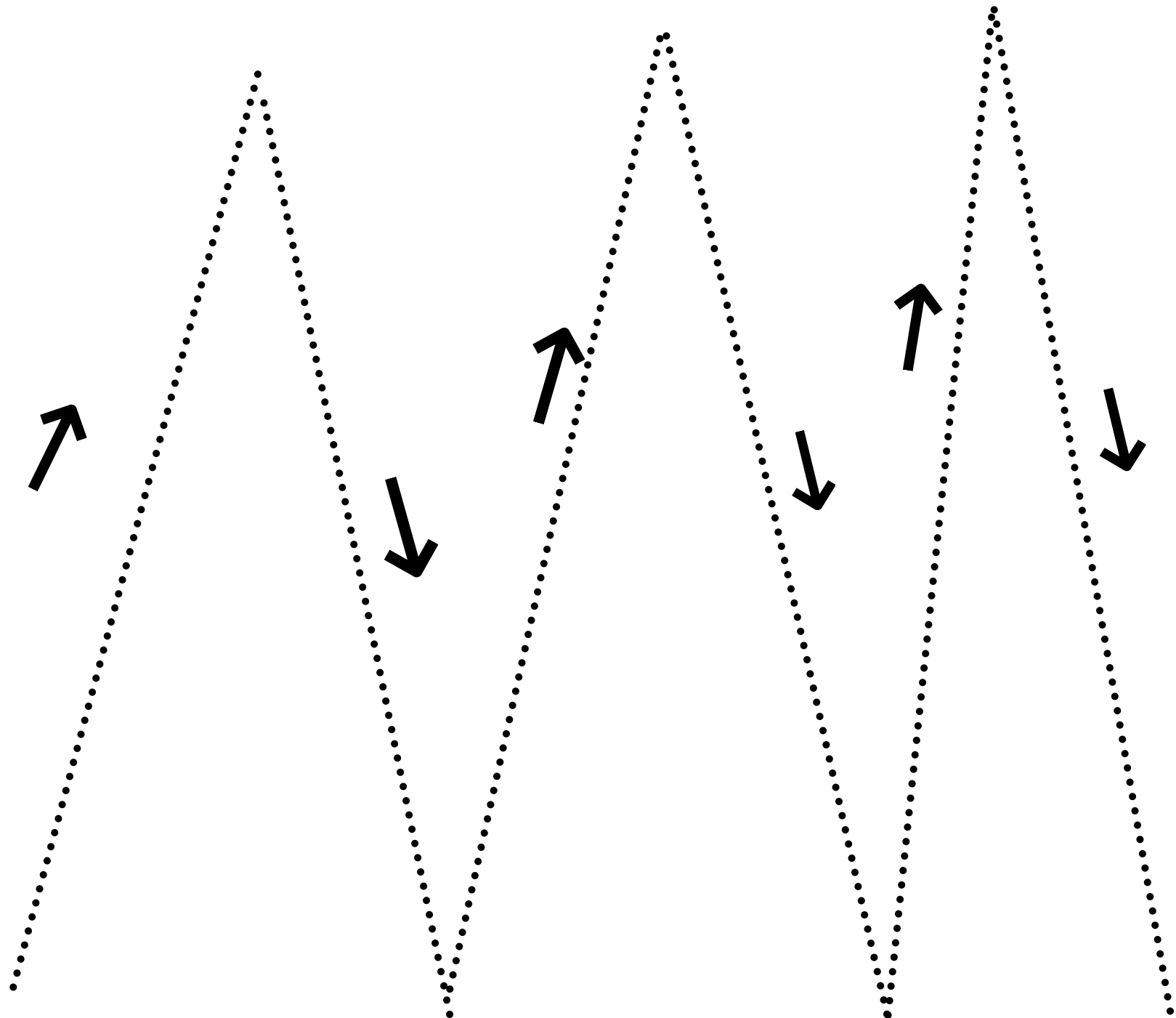


AMM

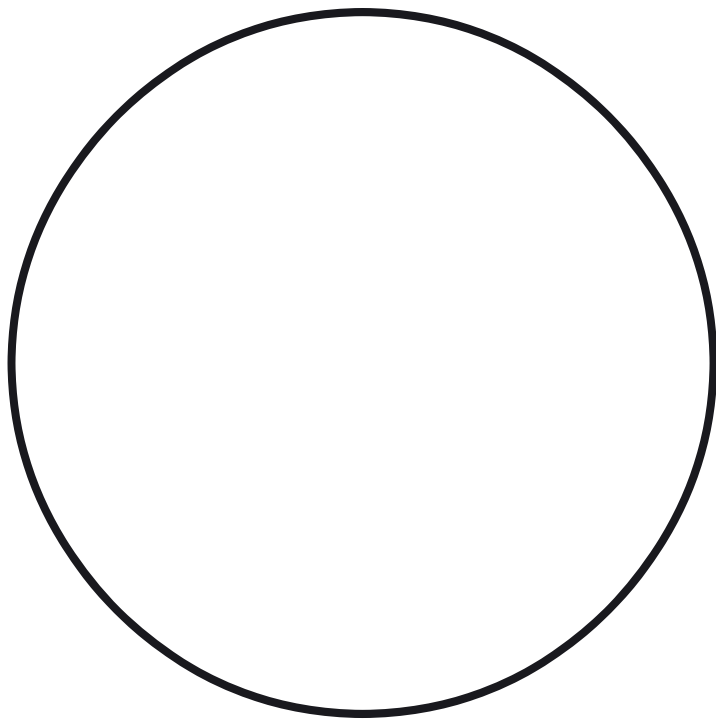
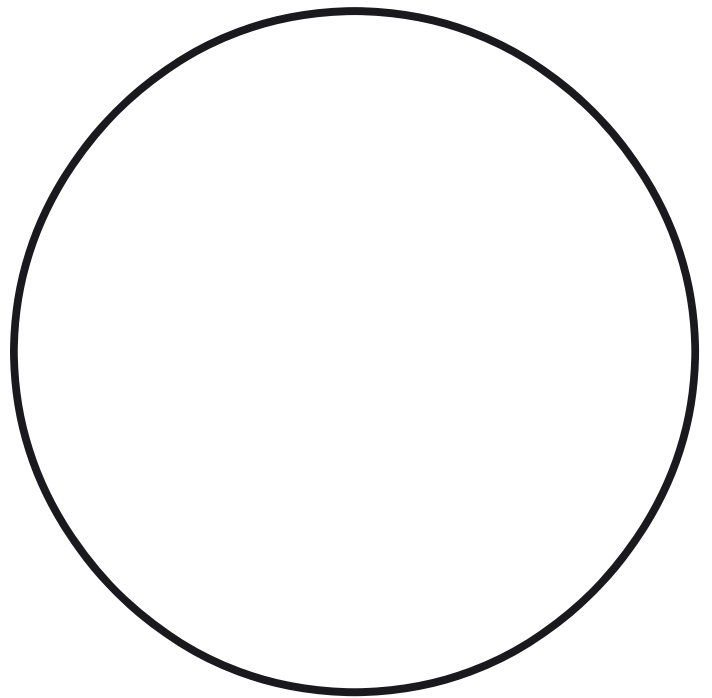
ENOUGH



**Trace the lines! Breathe in while
you go up and breathe out
while you trace down.**

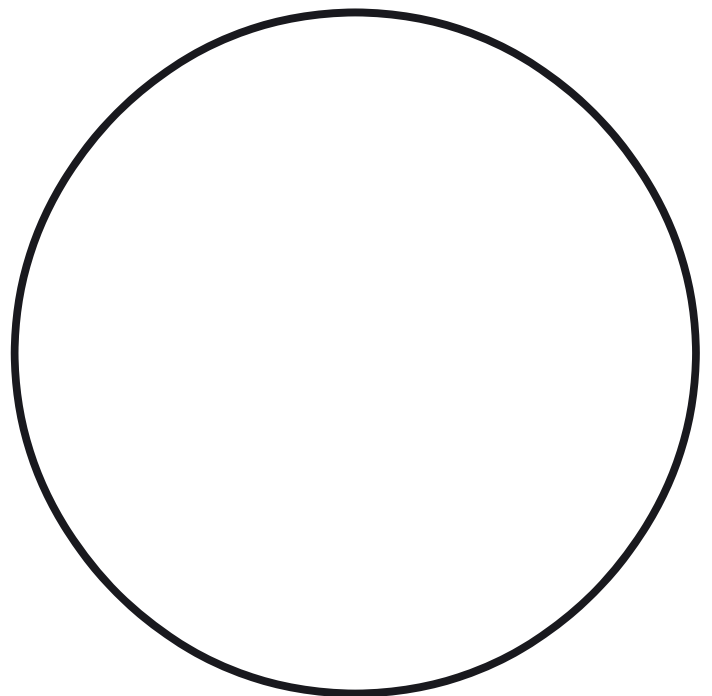


**Draw what your
brain looks like when
you are happy**

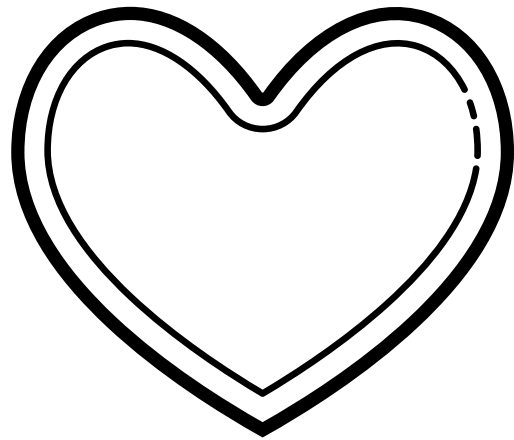
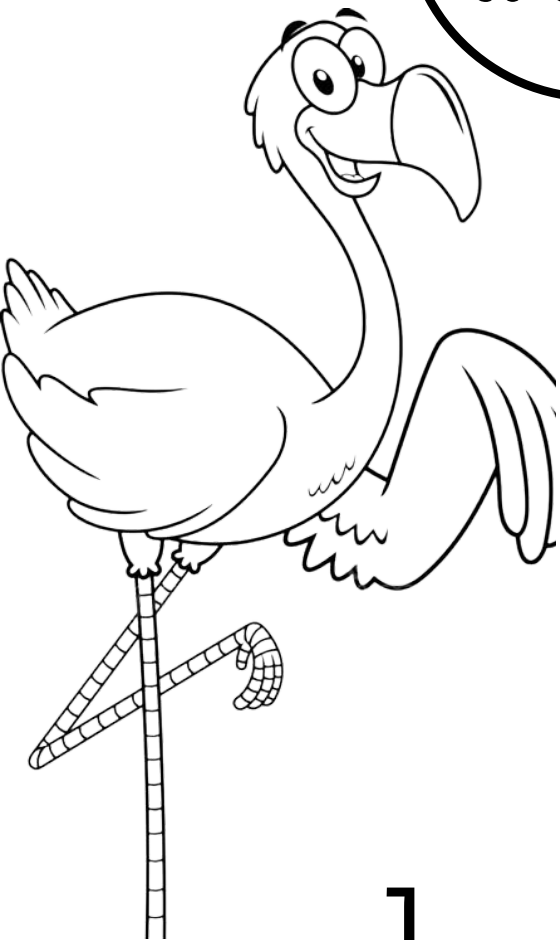


**Draw what your
brain looks like when
you are sad**

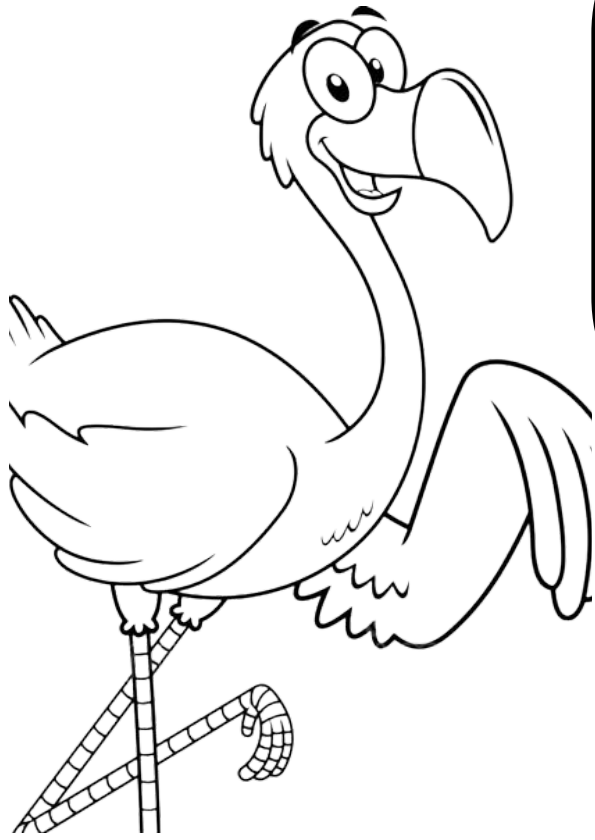
**Draw what your
brain looks like when
you are angry**



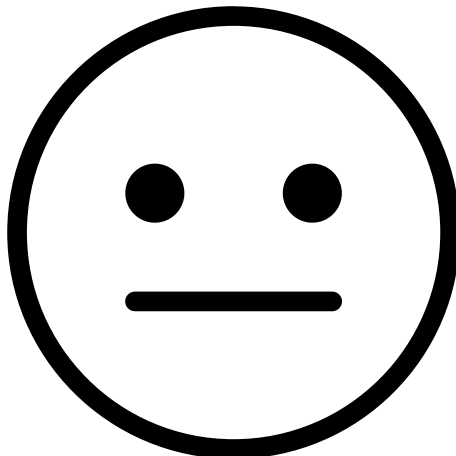
Sometimes we get sad, and that is okay. It is important we have people we can talk to when we are feeling down. Write down 3 people you trust to talk to when you are feeling sad.



1. _____
2. _____
3. _____



Color in which emotion
you are feeling today!



I AM
BRAVE
ENOUGH
TO TRY
NEW
THINGS!



Word Search!

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

LOVE

BRAVERY

LEARNING

HAPPY

FRIENDS

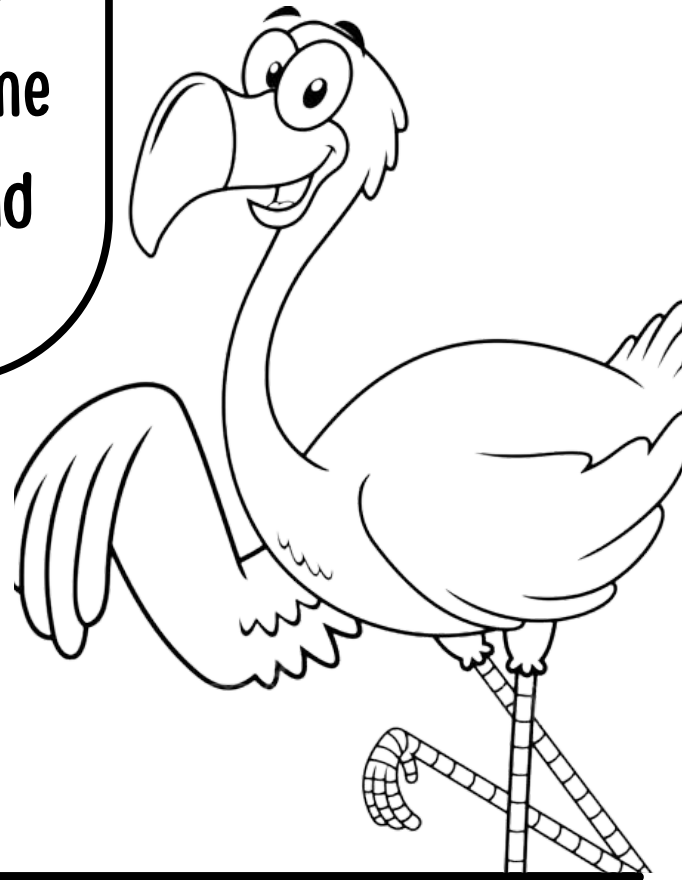
HELP

SAD

FAMILY

TRUST

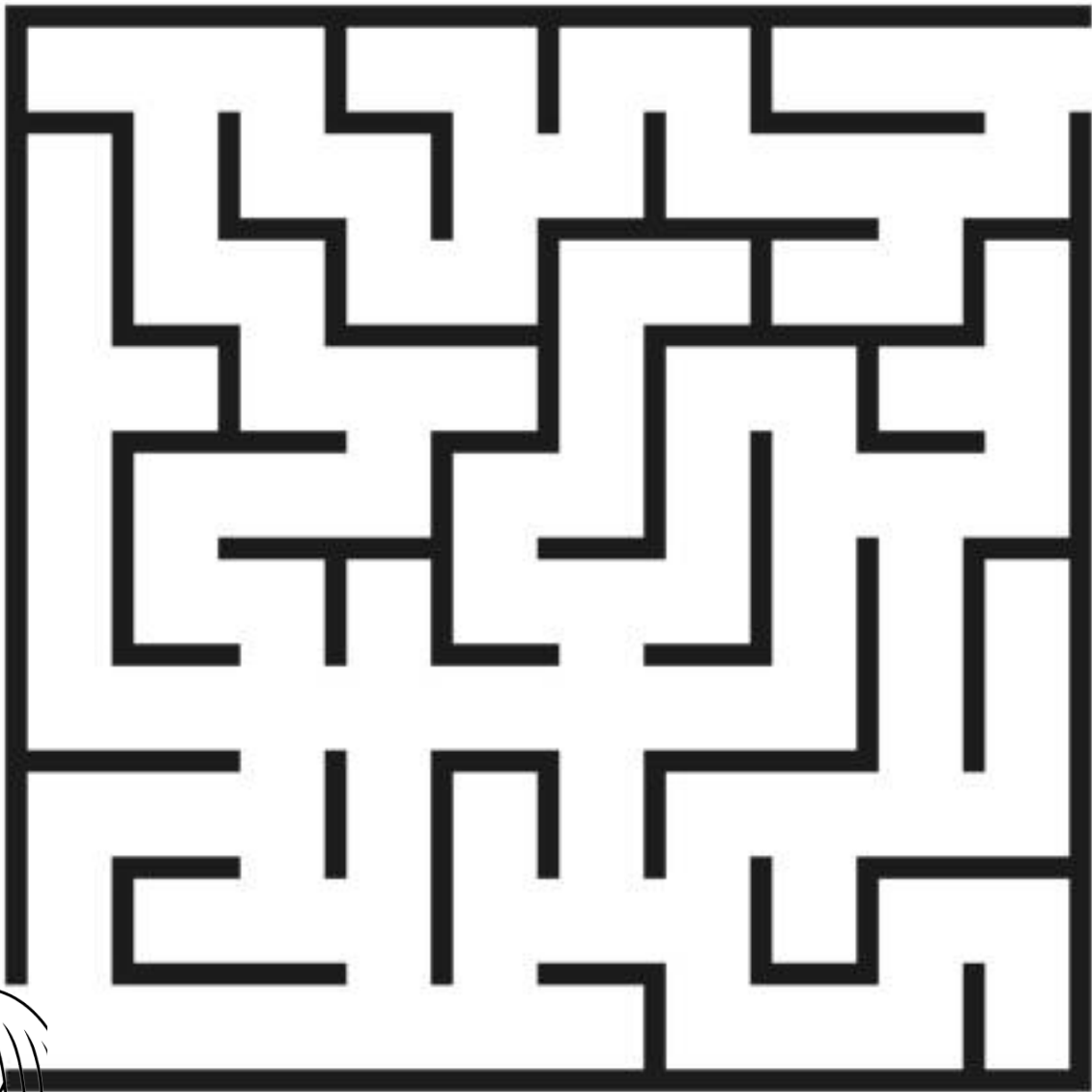
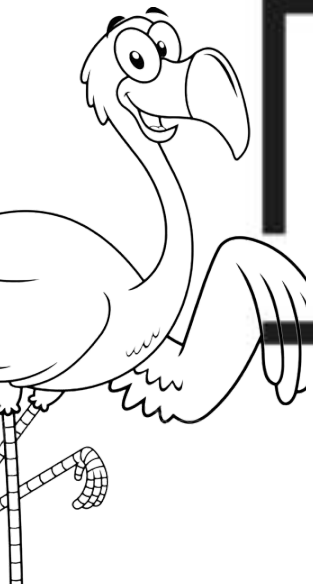
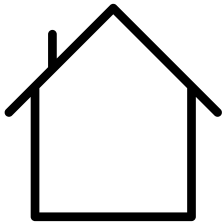
We all get sad sometimes. When I am sad, I know I can talk to my friend Billy. My favorite things to make me feel better are going on a walk and eating a snack. What about you?



When I feel sad I know I can talk
to _____ to feel better.

My favorite thing to do to make
me feel better is

**Ingo got lost going home! He
needs to ask his friends to help
him find his way back!**



Feelings Unscramble!

OH NO! I need help
unscrambling these
words!



yahpp

redsca

drriwoe

eedcitx

pitedpoindsa

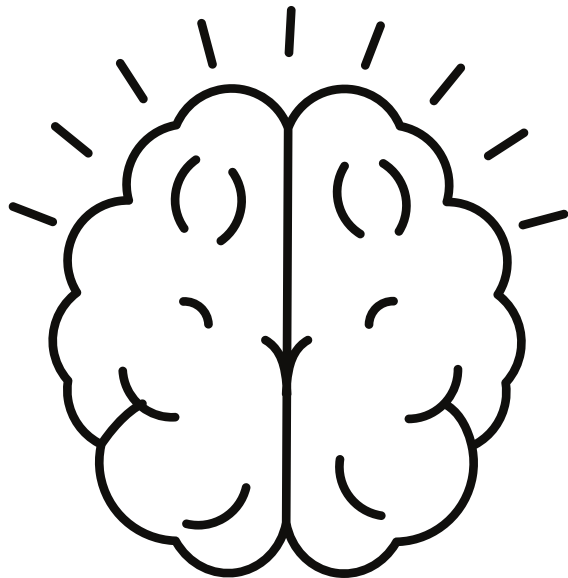
rpuod



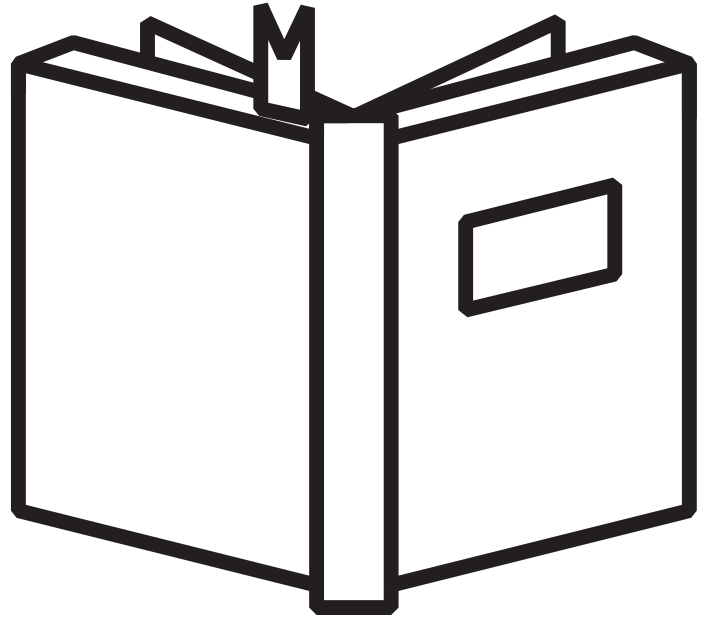
Let's work together making a list of ways we can calm down when we feel overwhelmed.

- 1. Take a walk**
- 2. Talk to a friend**
- 3. Color**
- 4.** _____
- 5.** _____
- 6.** _____

BE
KIND
TO
YOUR
MIND

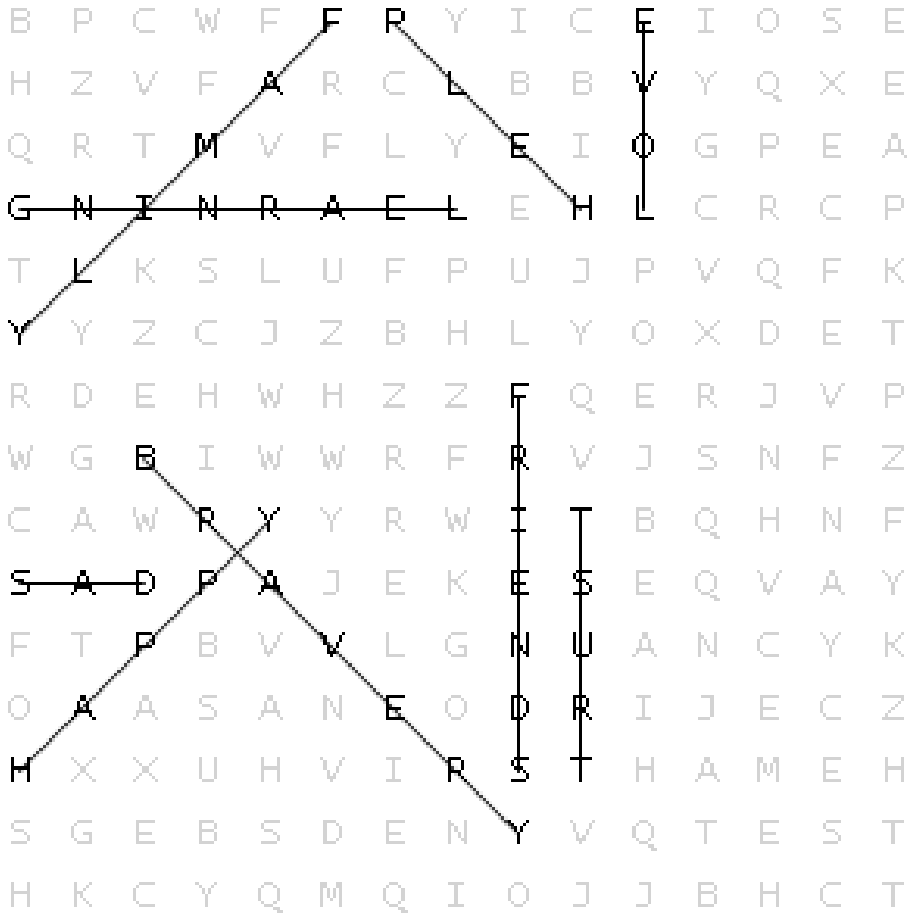


**Ingo's favorite books.
You might like to read
them too!**



-
- 1. The Very Cranky Bear by Nick Bland**
 - 2. Glad Monster, Sad Monster by Ed Emberley and Anne Miranda**
 - 3. Mouse Was Mad By Linda Urban**
 - 4. The Way I Feel by Janan Cain**
 - 5. My Magic Breath by Allison Taylor**
 - 6. The Good Egg by Jory Joy and Pete Oswald**

Answer Key!



word search

word unscramble

happy
scared
worried
excited
disappointed
proud