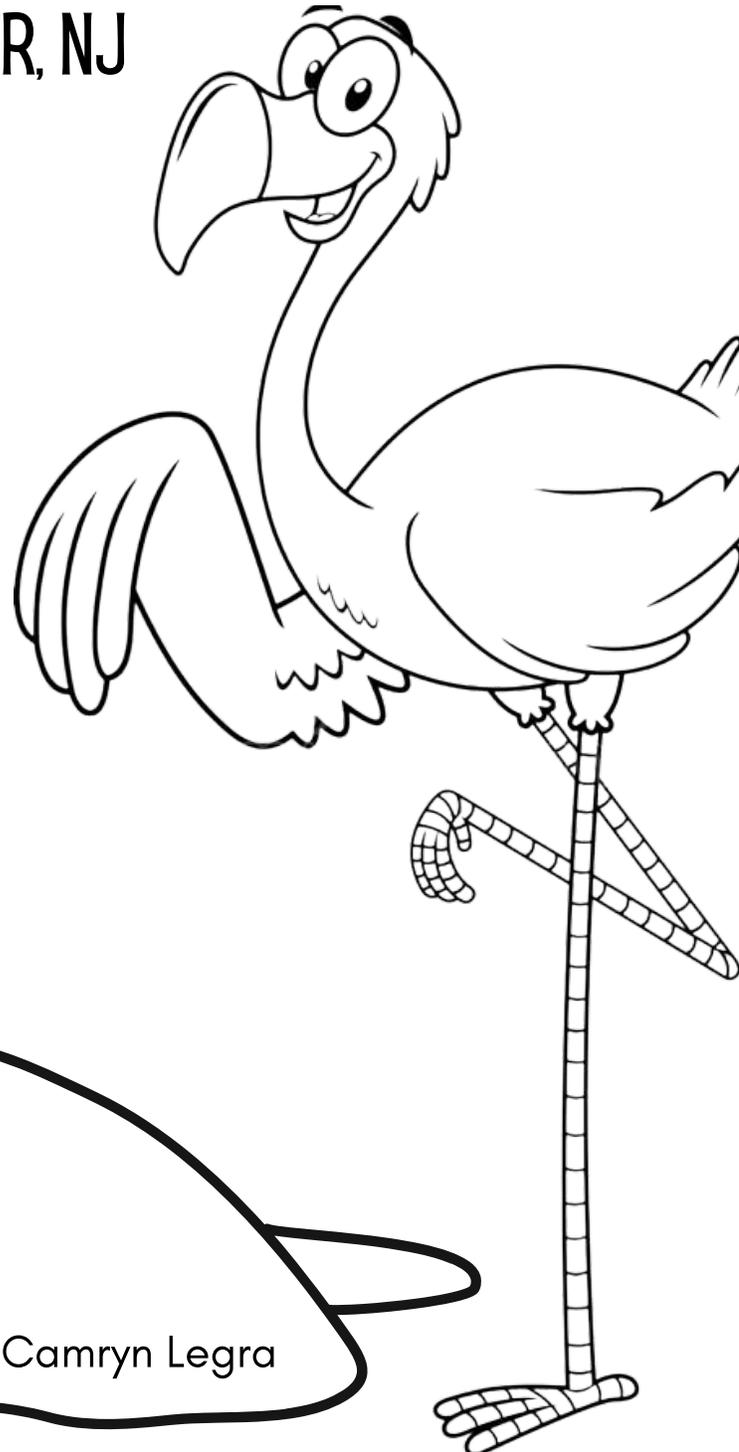
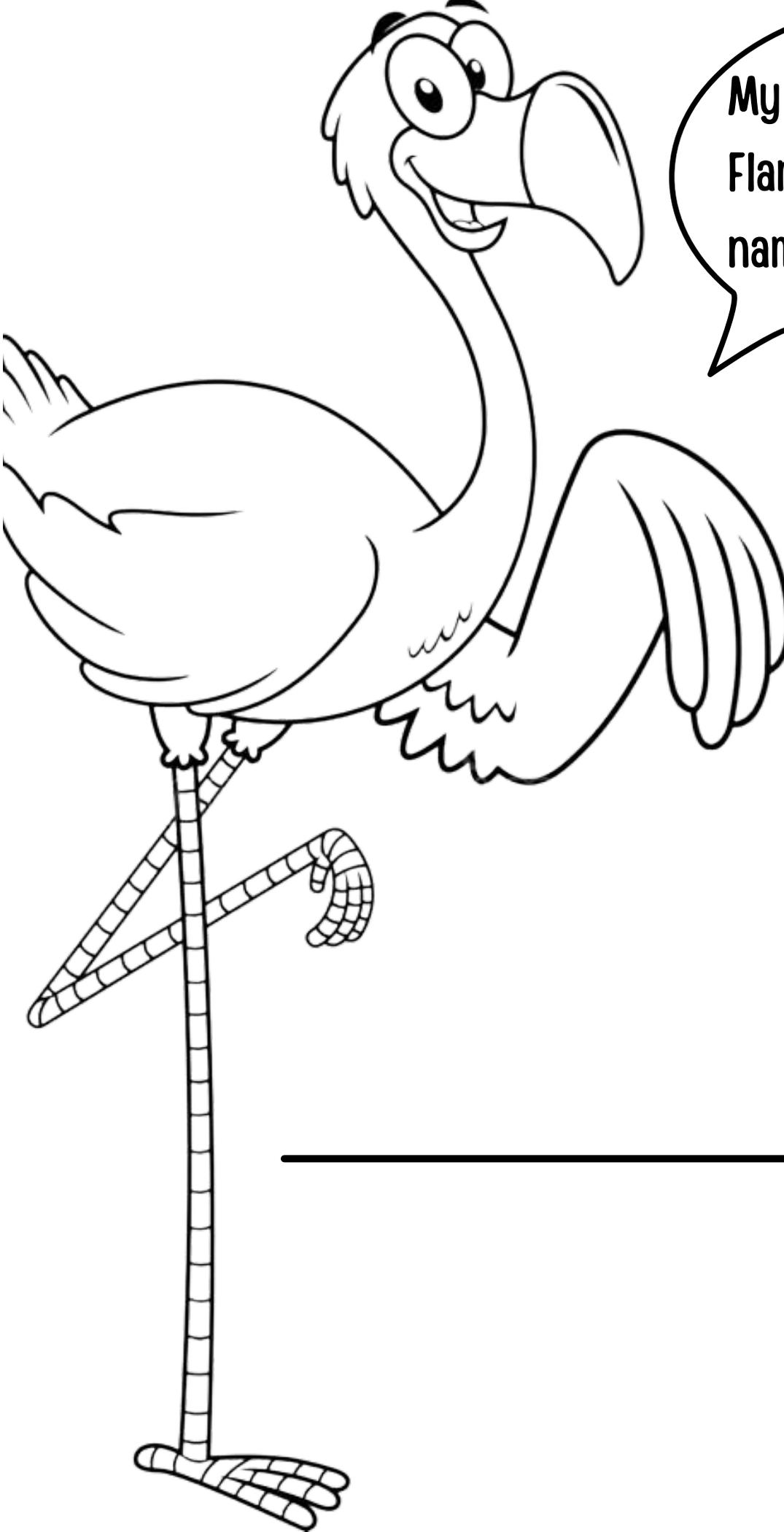


# GET A LEG UP ON MENTAL HEALTH

BROUGHT TO YOU BY NAMI MERCER, NJ



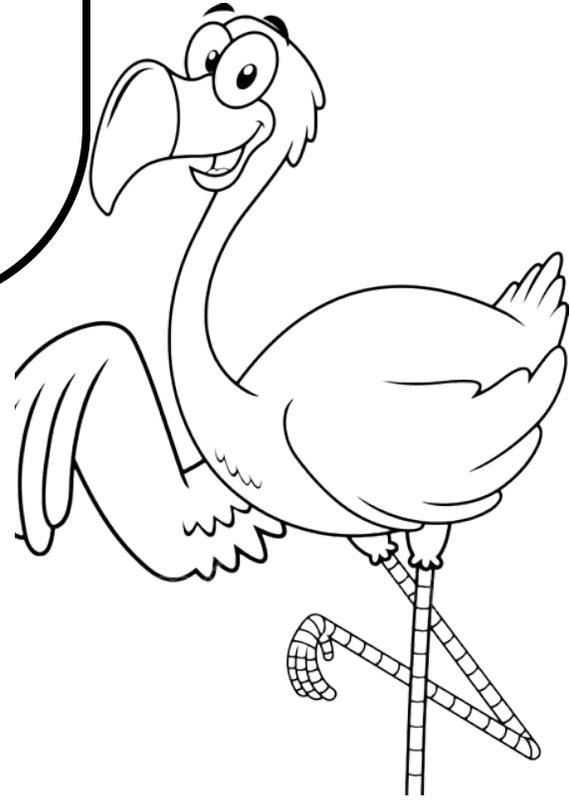
Created by: Camryn Legra



**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

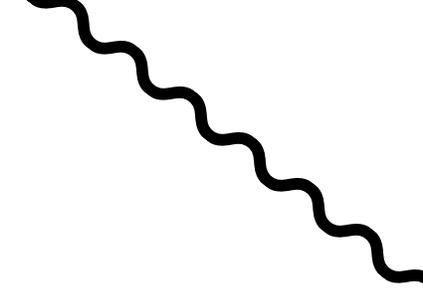
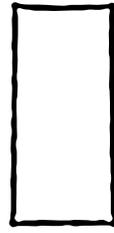
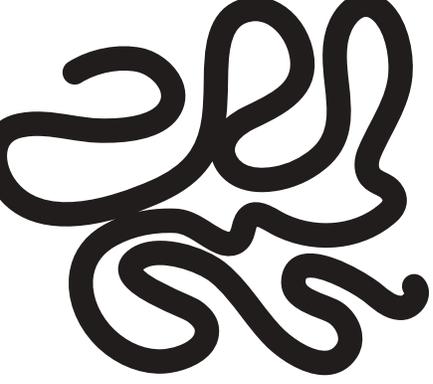
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

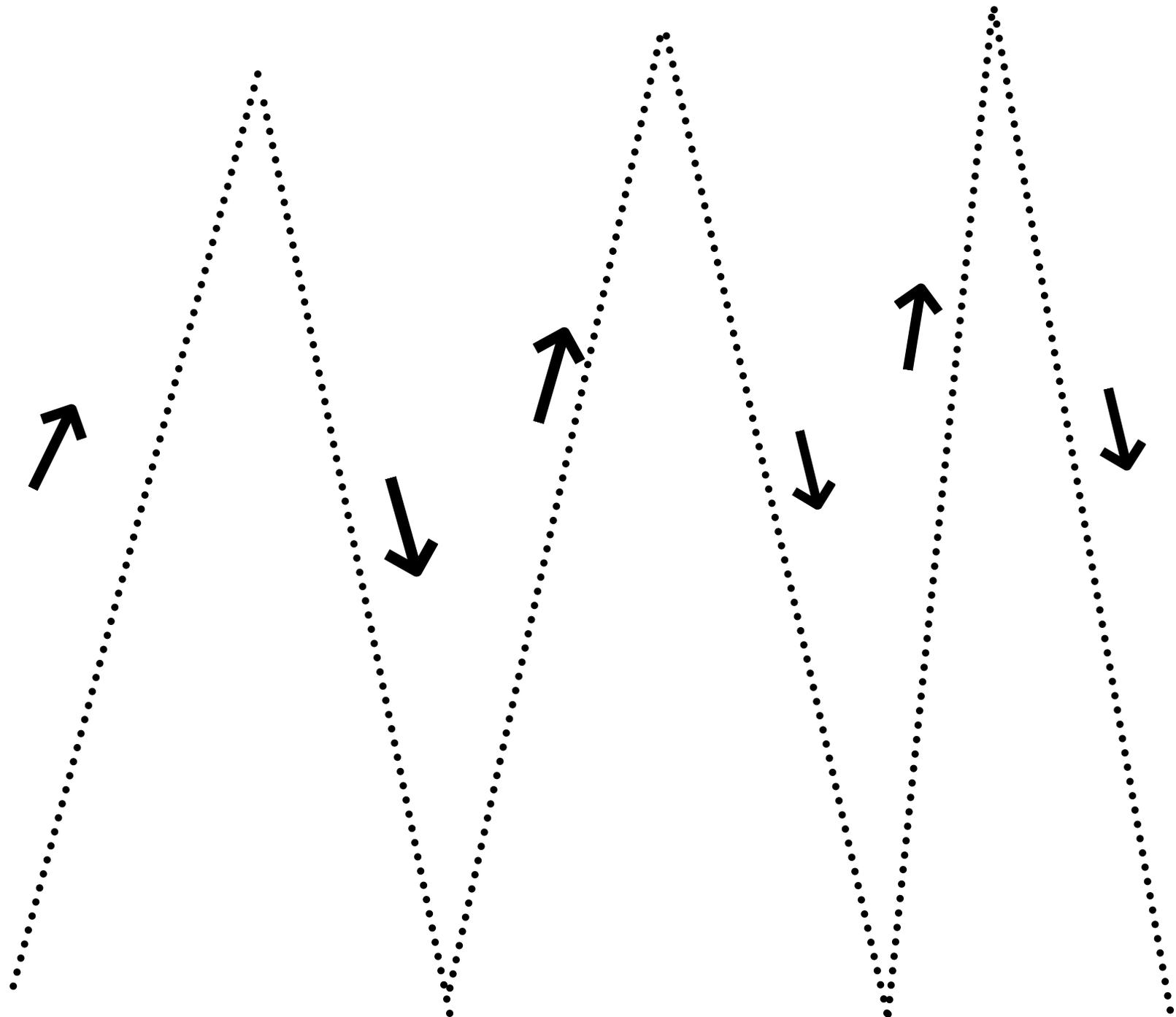


AMM

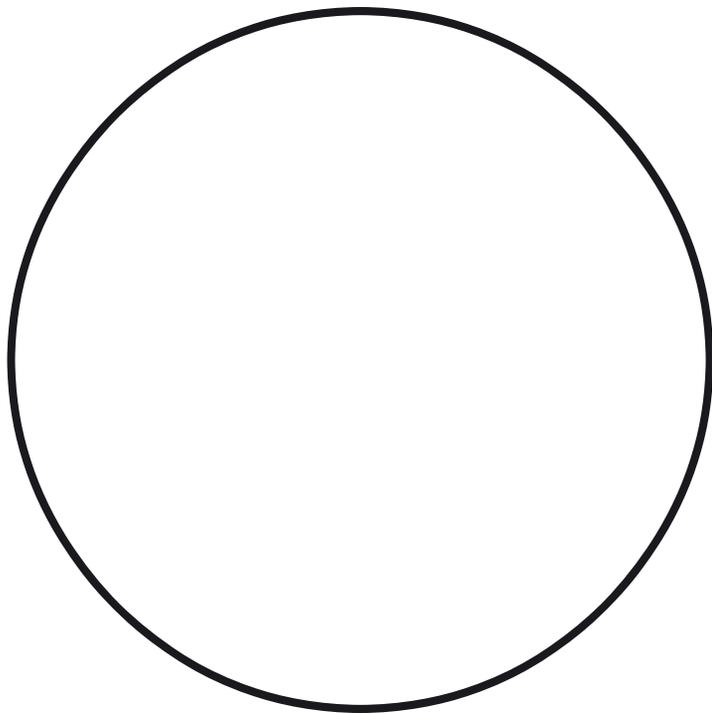
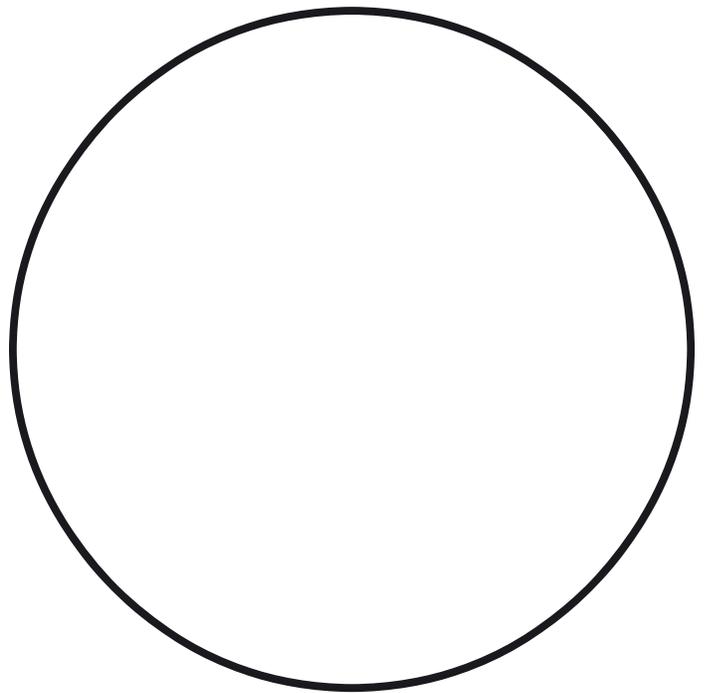
ENOUGH



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

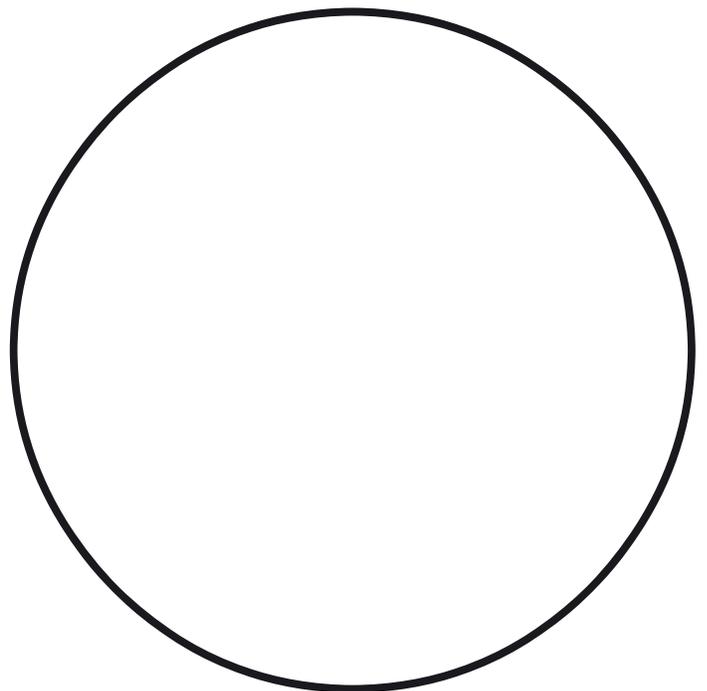


**Draw what your  
brain looks like when  
you are happy**

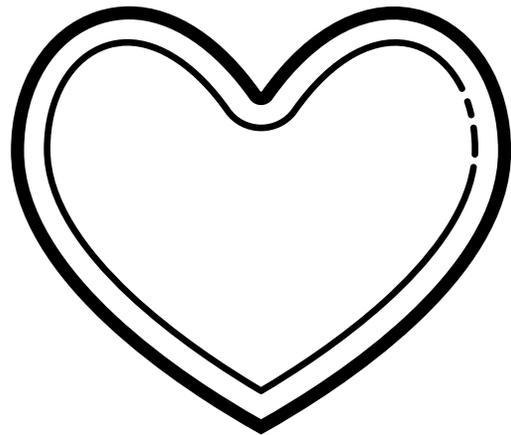
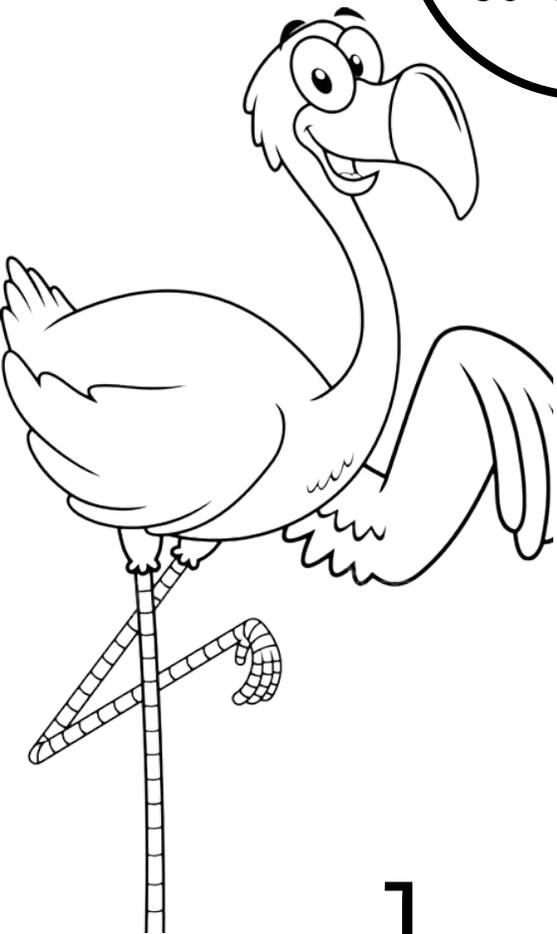


**Draw what your  
brain looks like when  
you are sad**

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



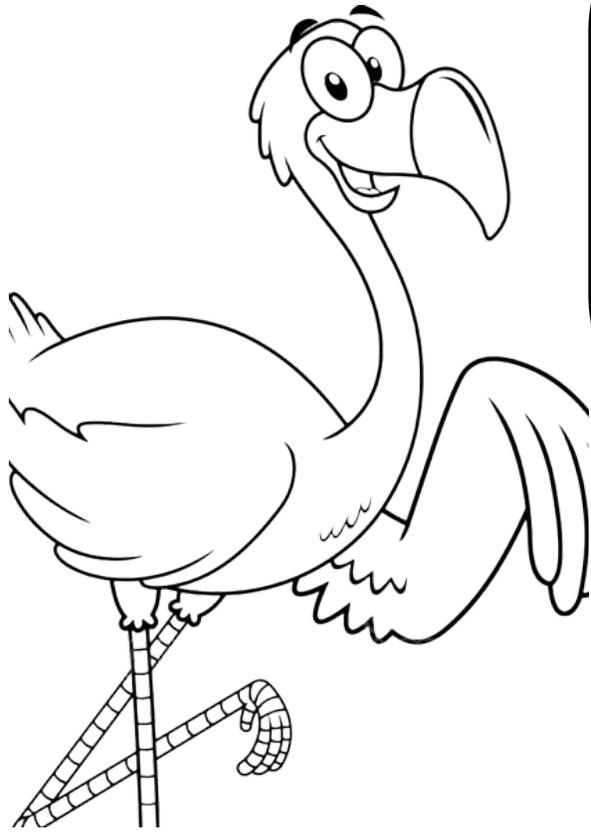
Sometimes we get sad, and that is okay. It is important we have people we can talk to when we are feeling down. Write down 3 people you trust to talk to when you are feeling sad.



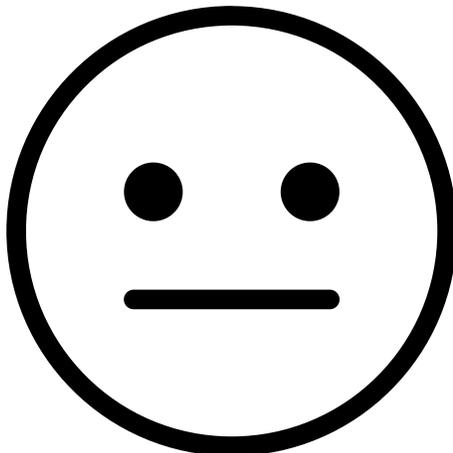
1. \_\_\_\_\_

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**

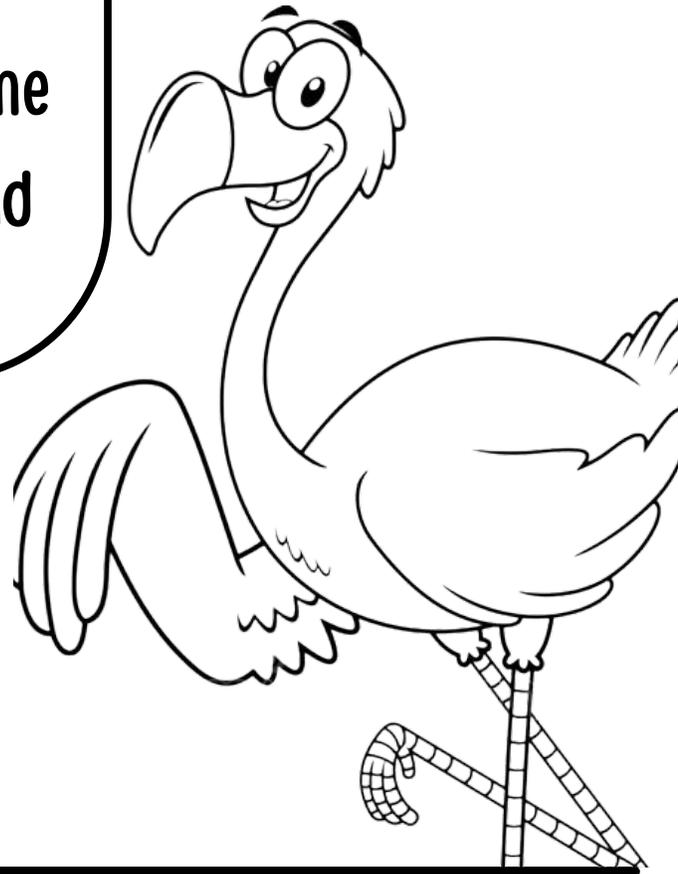
**HELP**

**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?

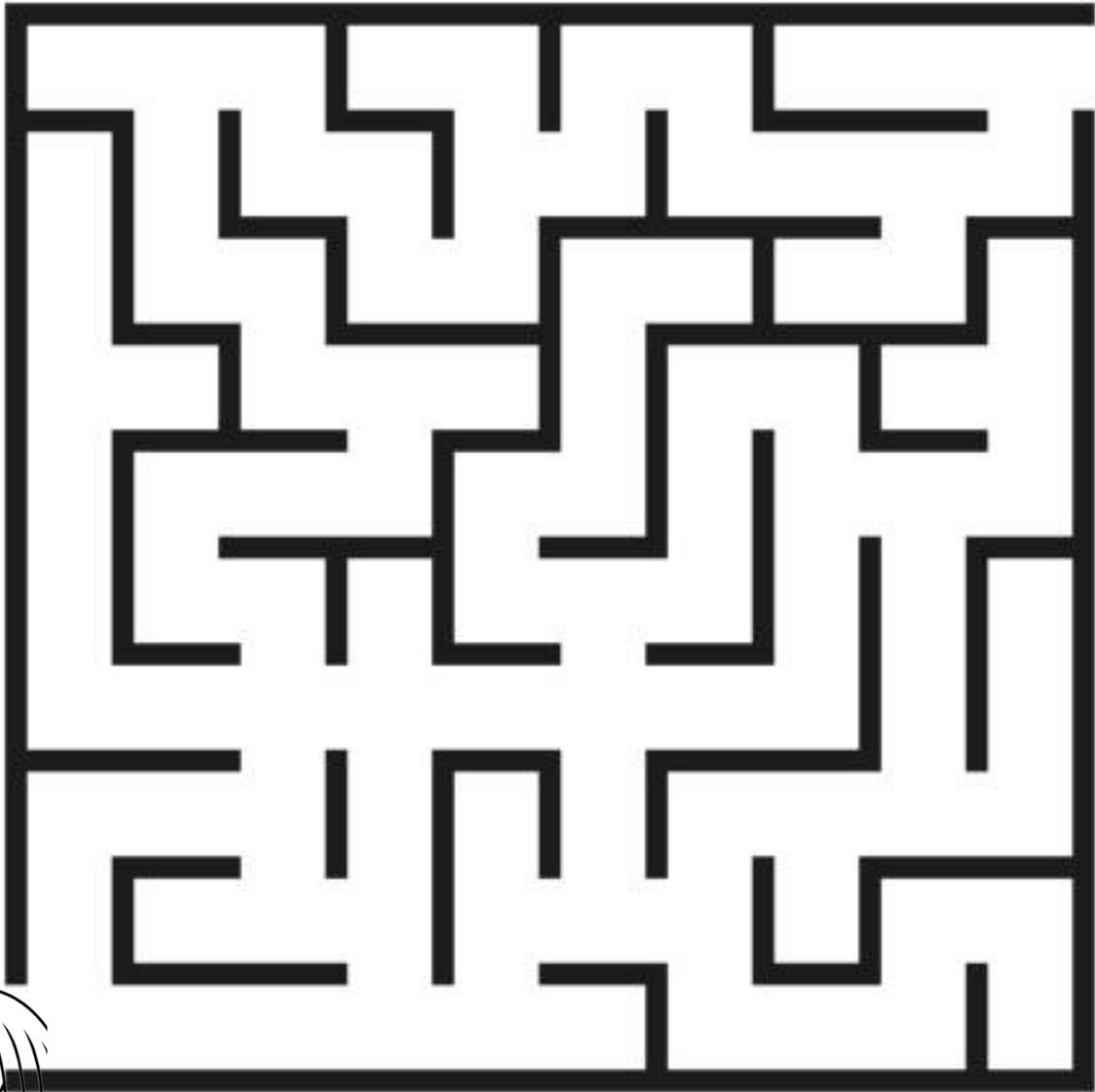
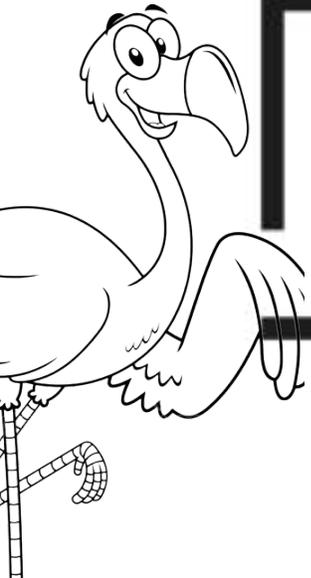
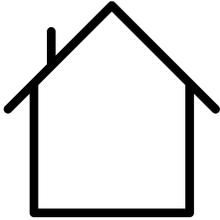


---

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

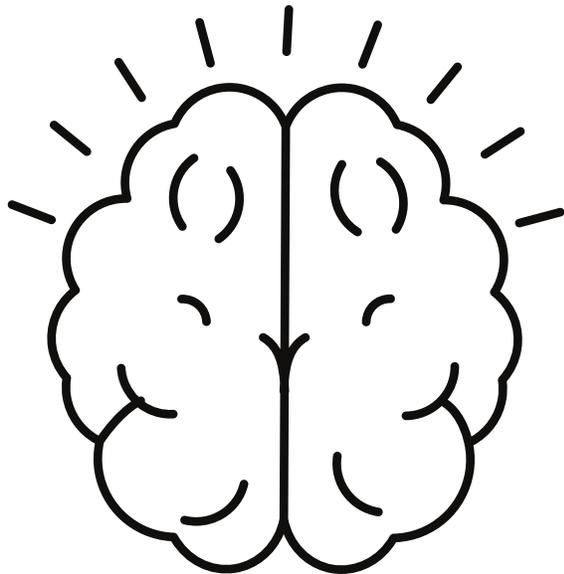
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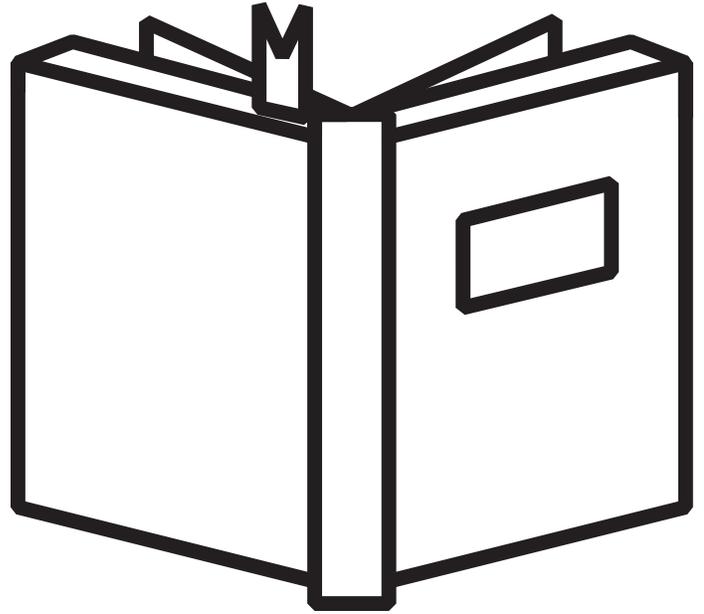
Let's work together making a list of ways we can calm down when we feel overwhelmed.

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

BE  
KIND  
TO  
YOUR  
MIND

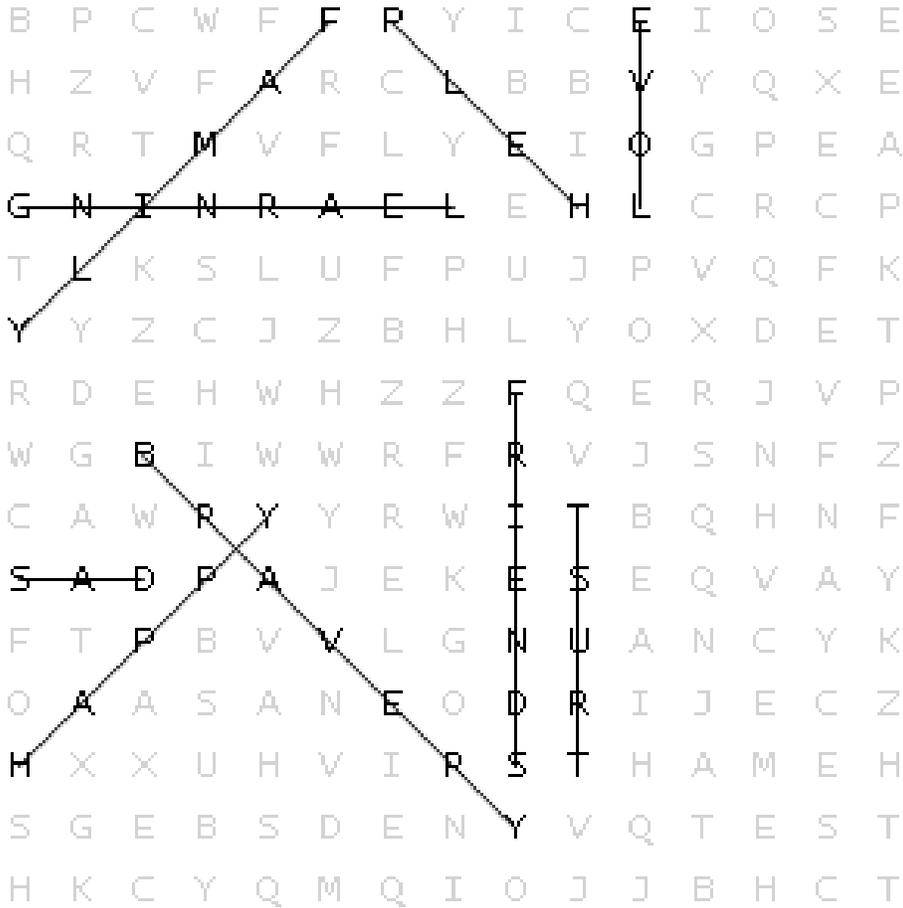


**Ingo's favorite books.  
You might like to read  
them too!**



- 
- 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