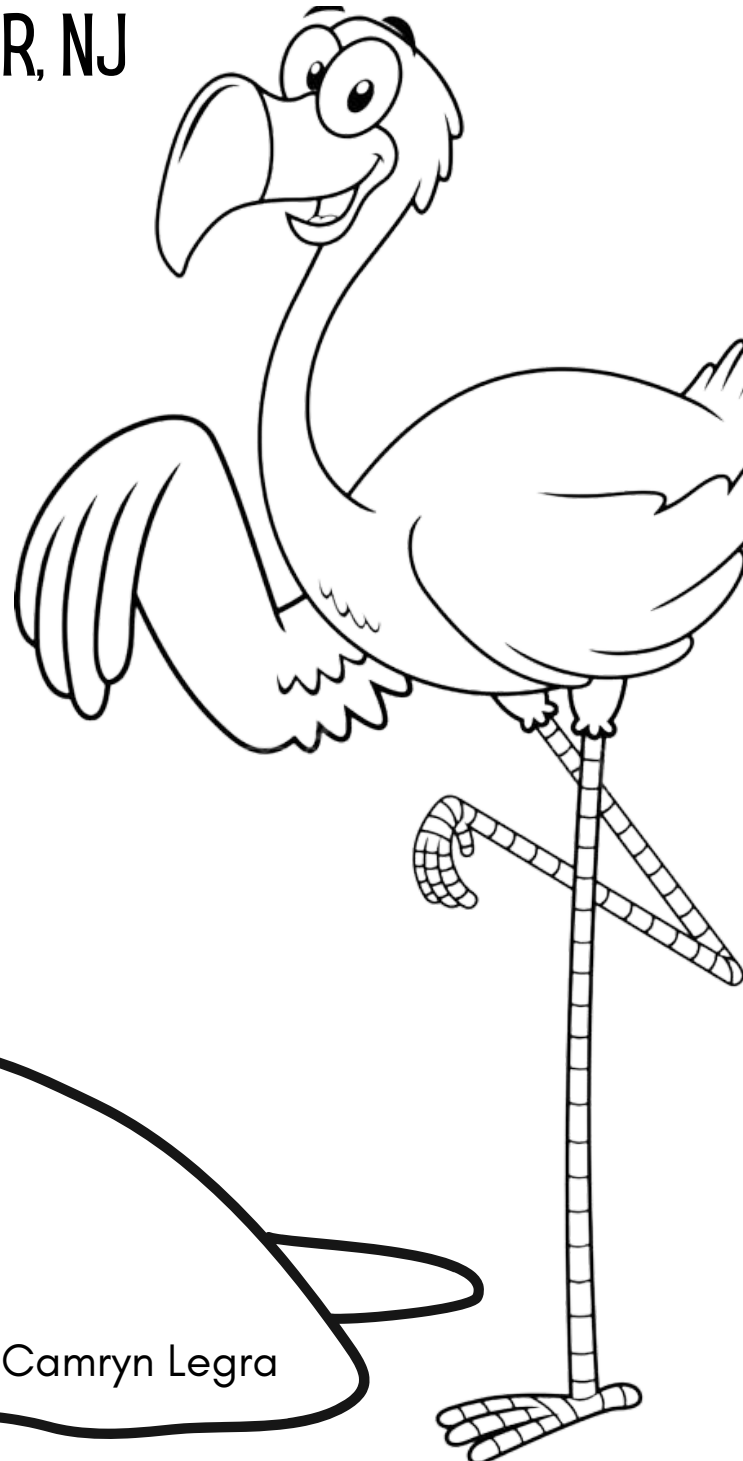
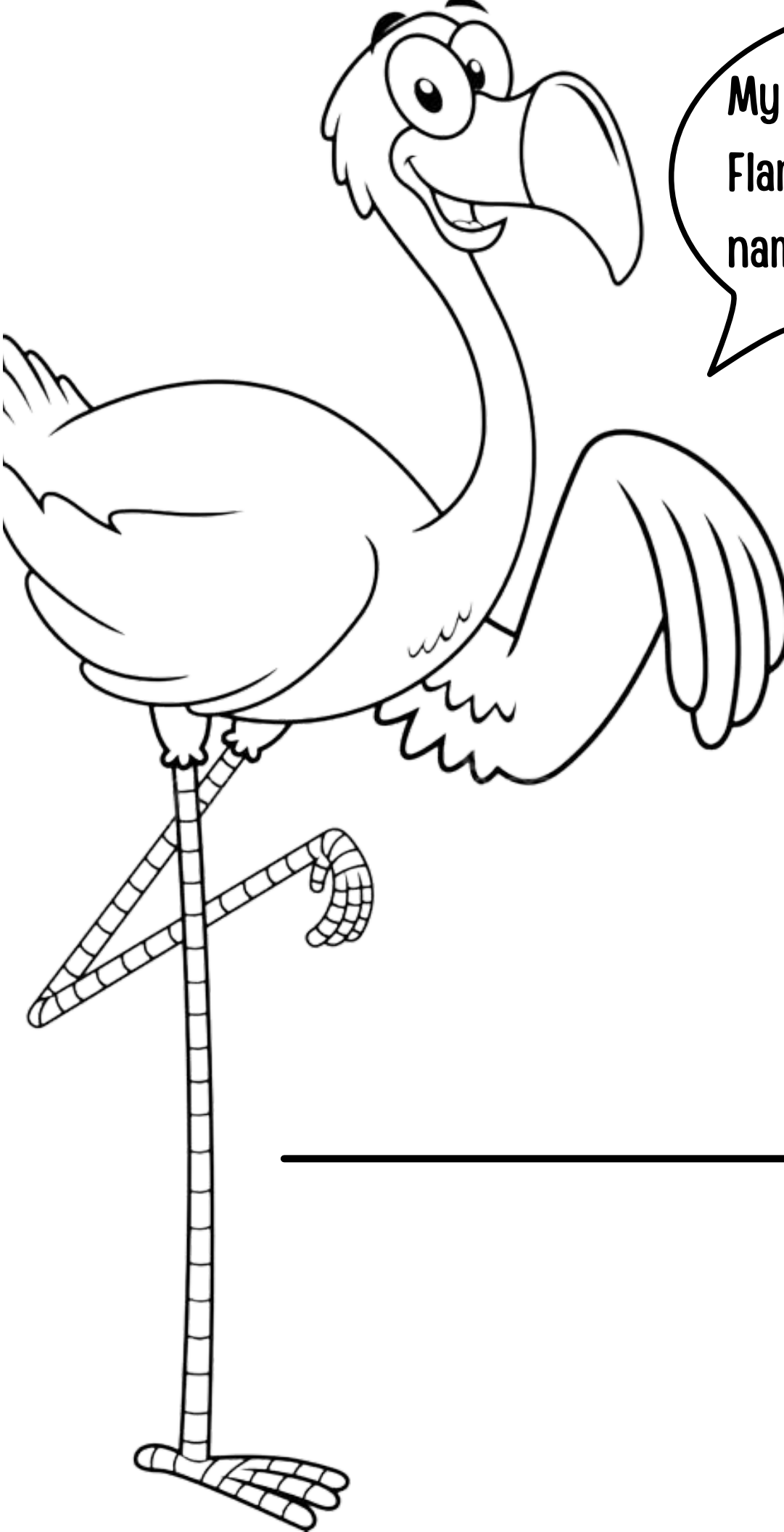


GET A LEG UP ON MENTAL HEALTH

BROUGHT TO YOU BY NAMI MERCER, NJ

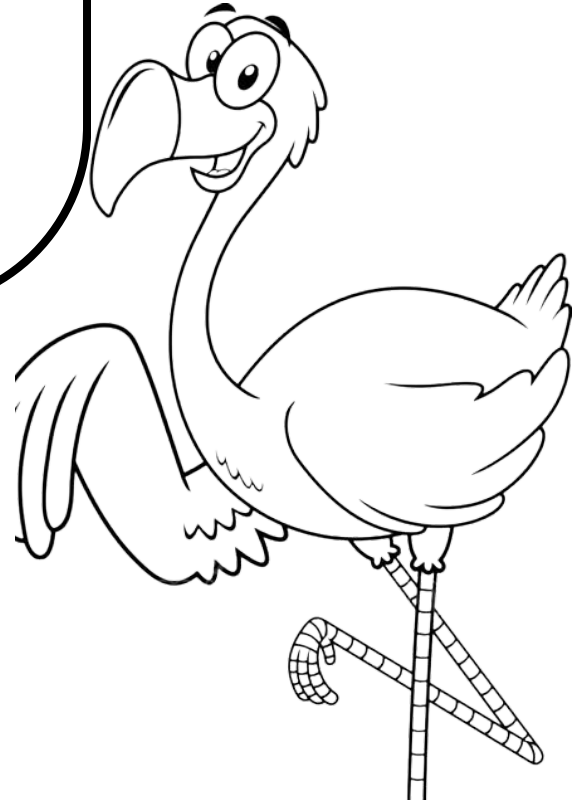


Created by: Camryn Legra



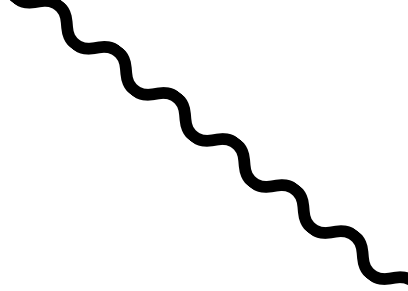
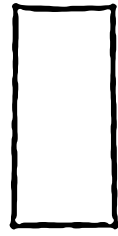
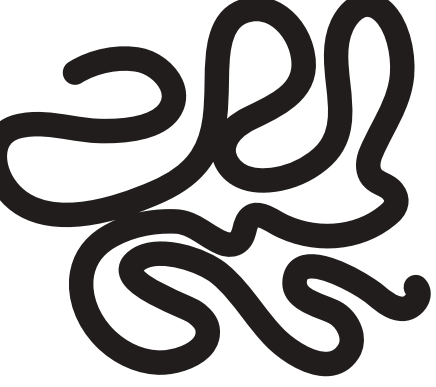
**My name is Ingo the
Flamingo! Write your
name below!**

We are all awesome in our own ways! 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. _____

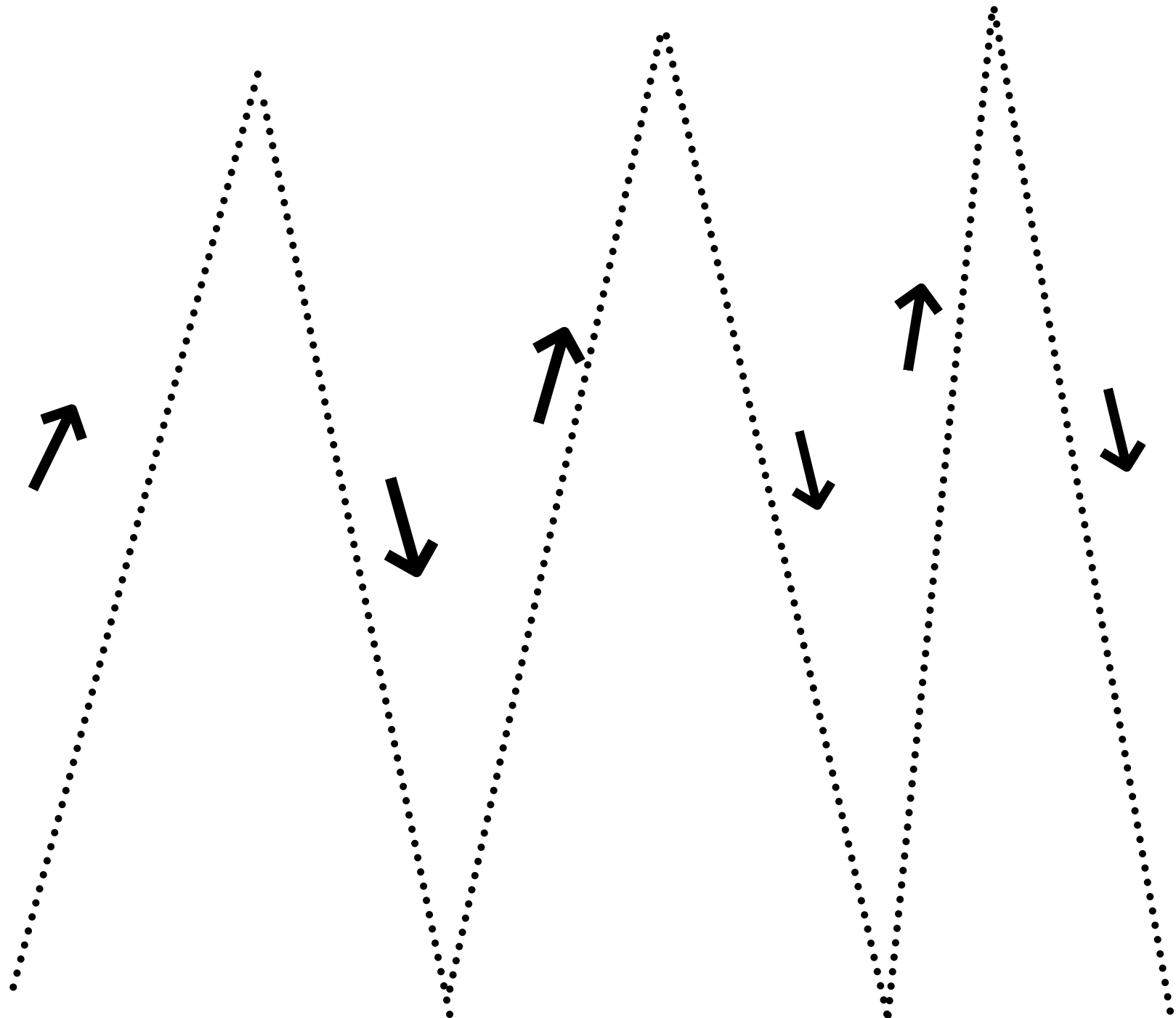


AMM

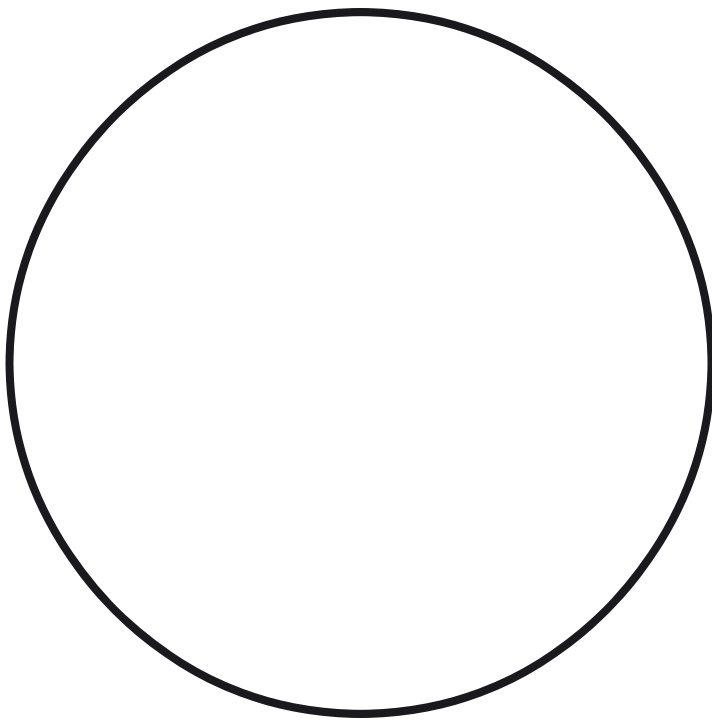
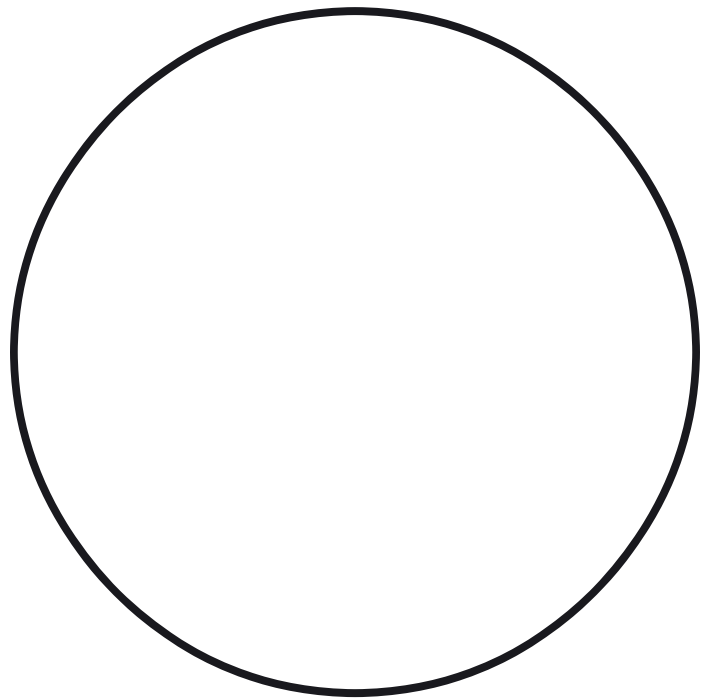
ENOUGH



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

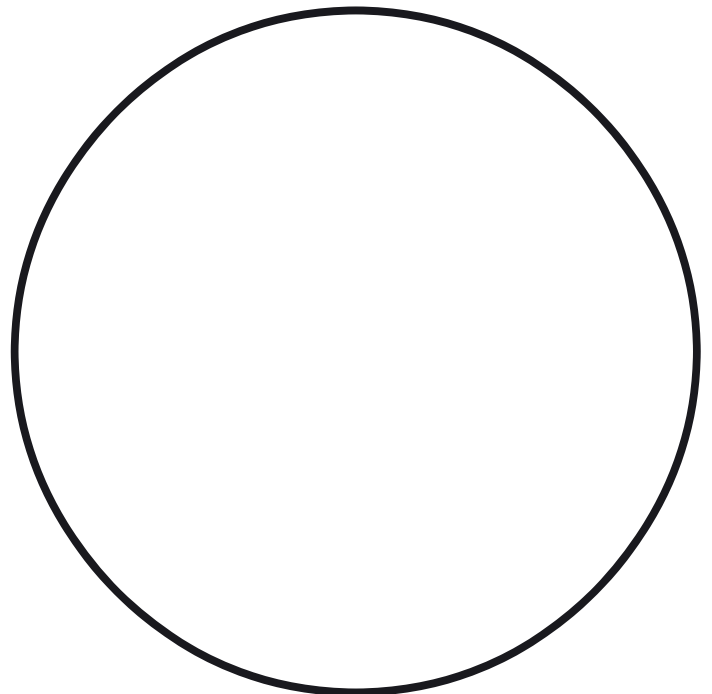


**Draw how you look
when you are happy**

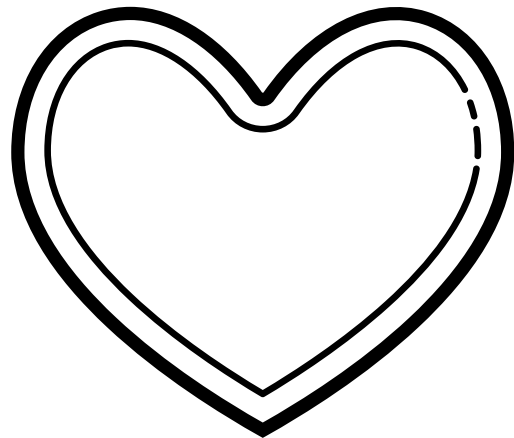
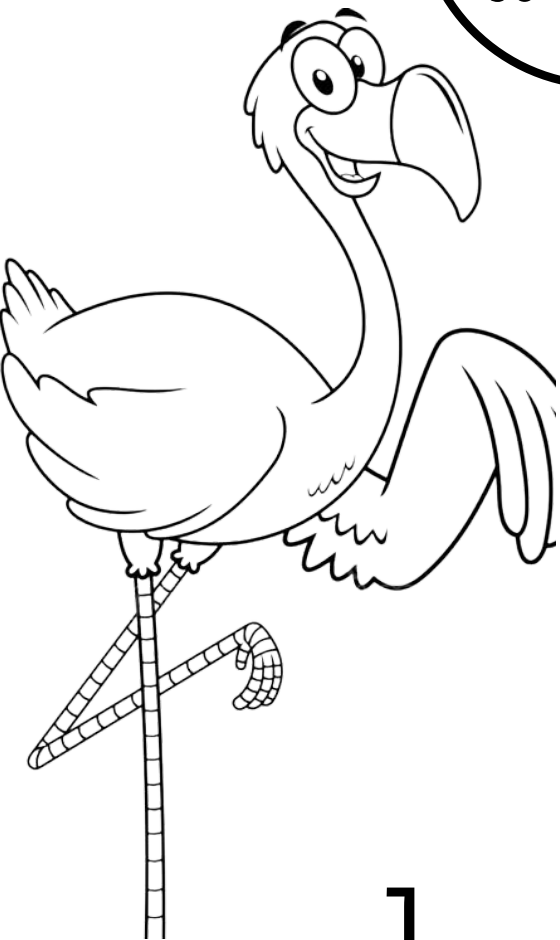


**Draw how you look
when you are sad**

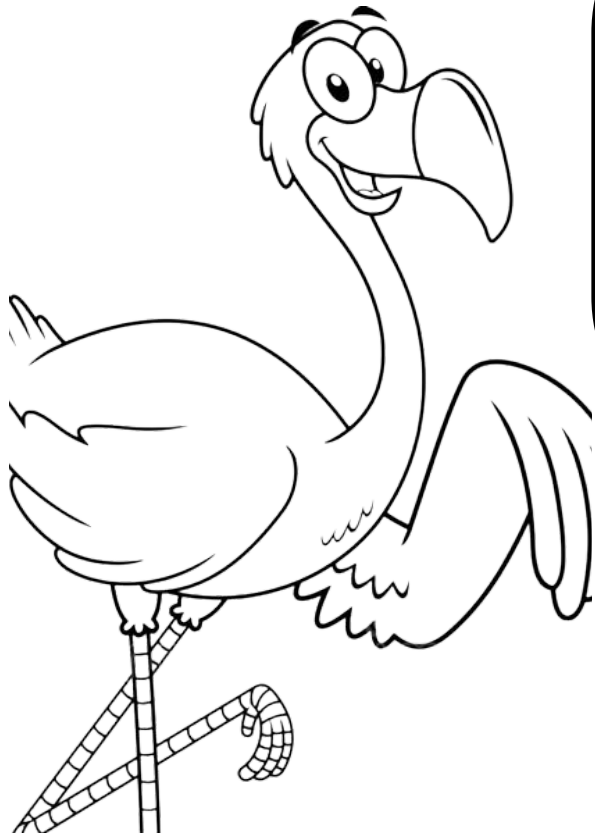
**Draw how you look
when you are angry**



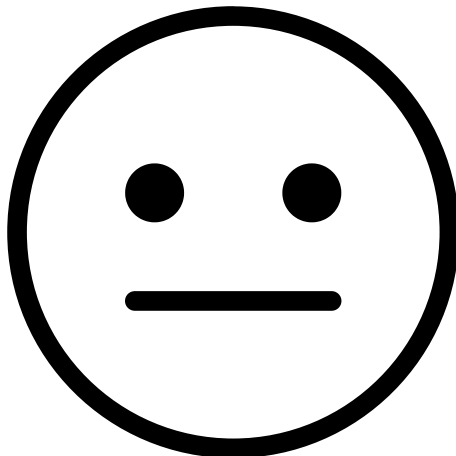
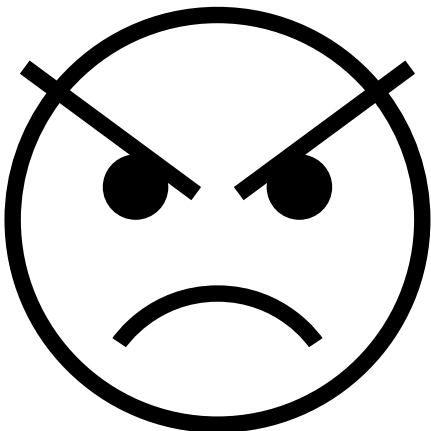
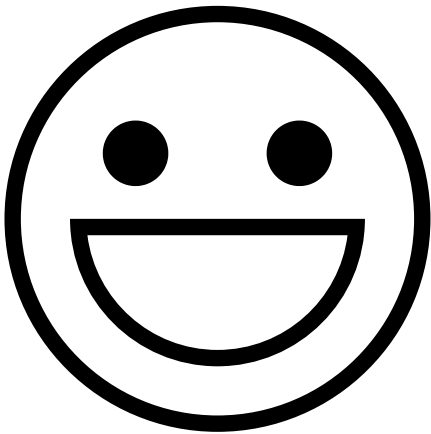
Sometimes we get sad, and that is okay. It is important we have people we can talk to when we are feeling down. List 3 people you trust to talk to when you are feeling sad.



1. _____
2. _____
3. _____



Color the face that matches how 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

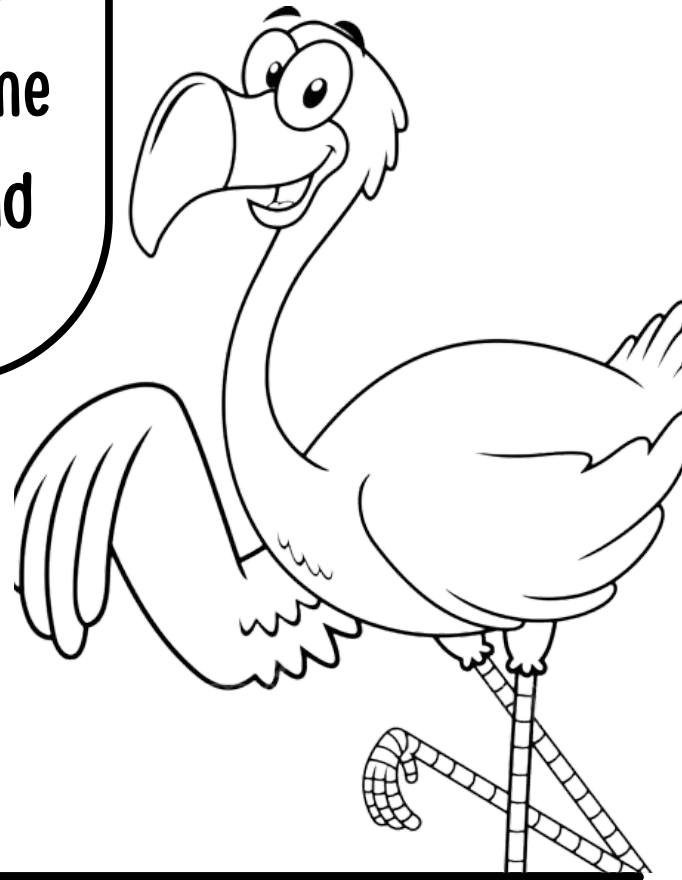
HELP

SAD

FAMILY

TRUST

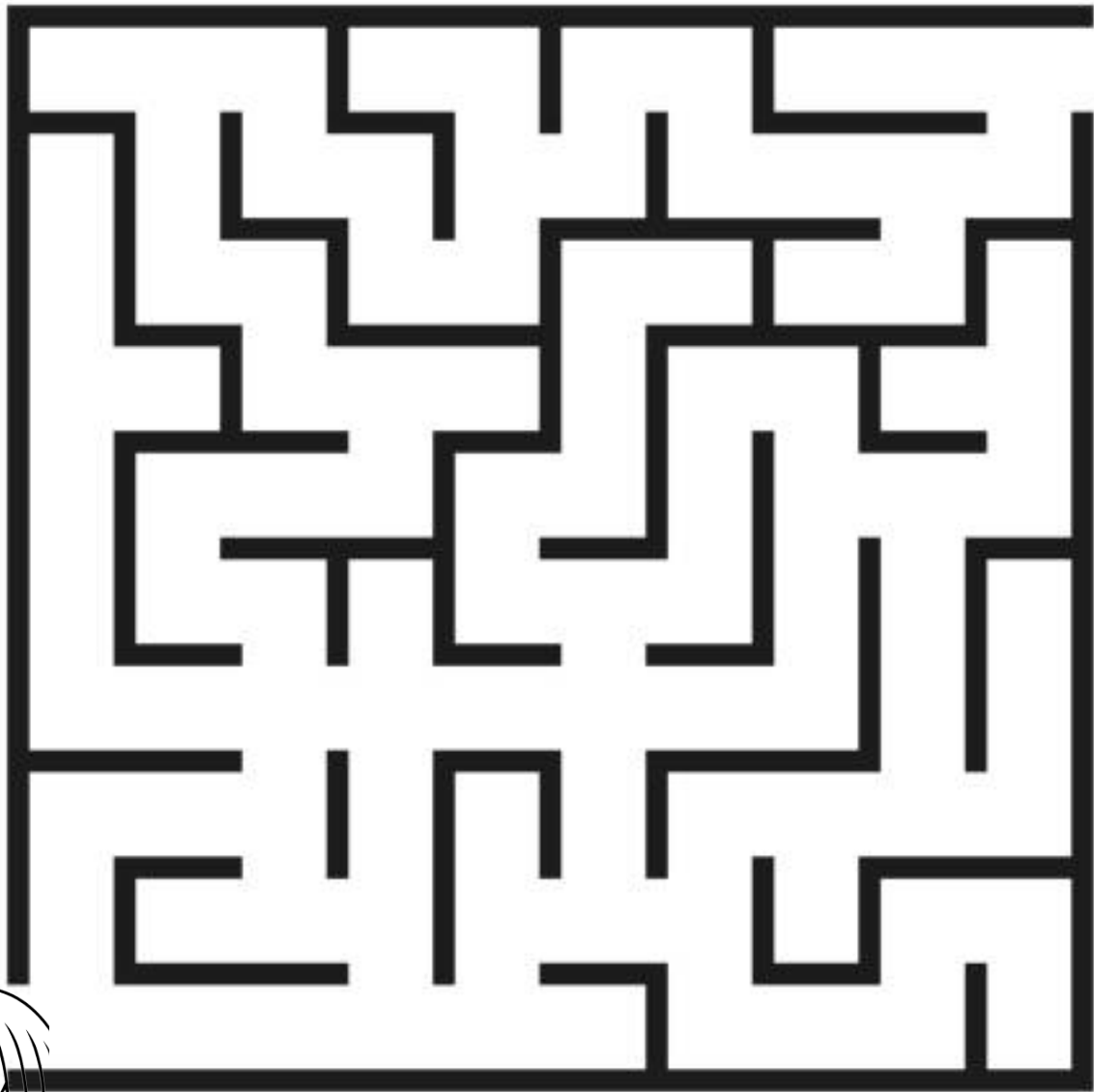
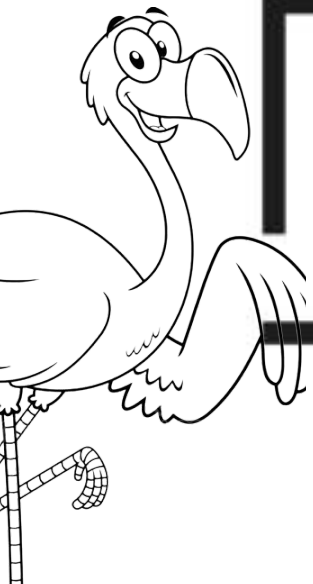
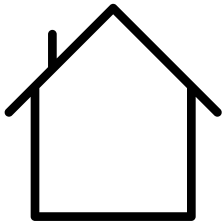
We all get sad sometimes. When I am sad, I know I can talk to my friend Billy. My favorite things to make me feel better are going on a walk and eating a snack. What about you?



When I feel sad I know I can talk to _____ and 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

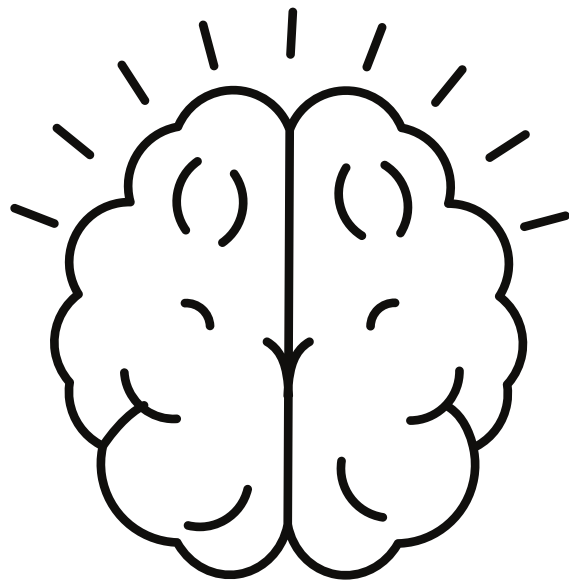
rpuod



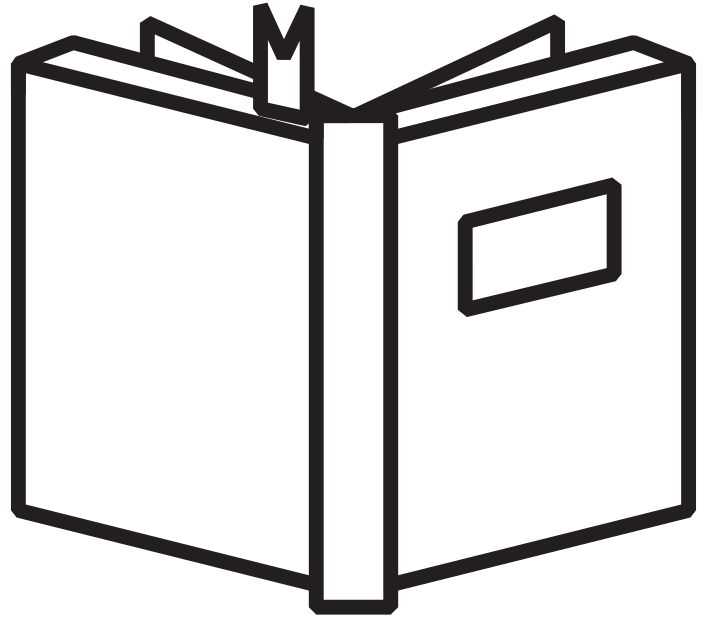
Let's work together to make a list of ways we can calm down when we feel overwhelmed.

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

BE
KIND
TO
YOUR
MIND



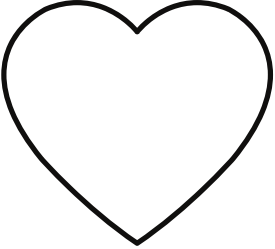
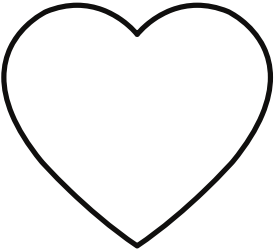
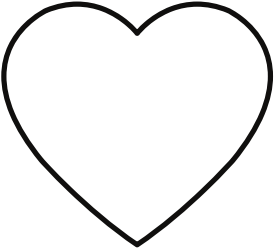
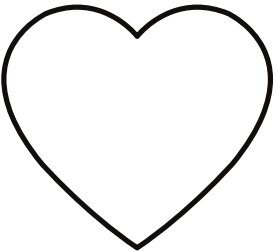
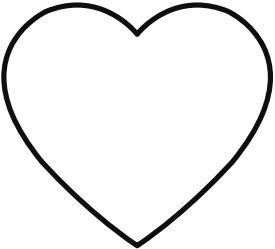
**Ingo's favorite books.
You might like to read
them too!**



-
- 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**

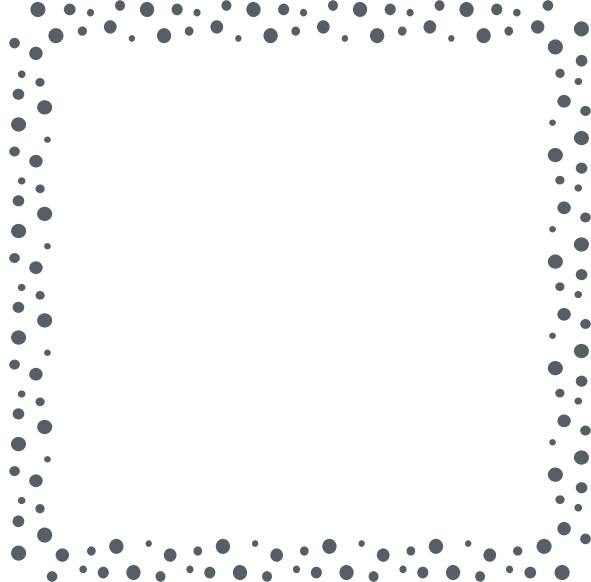
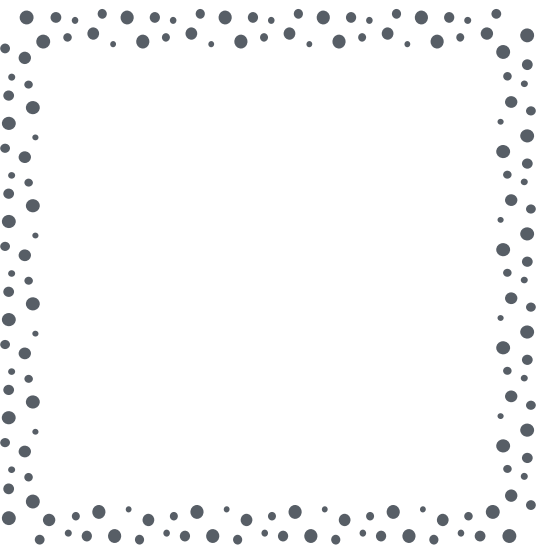
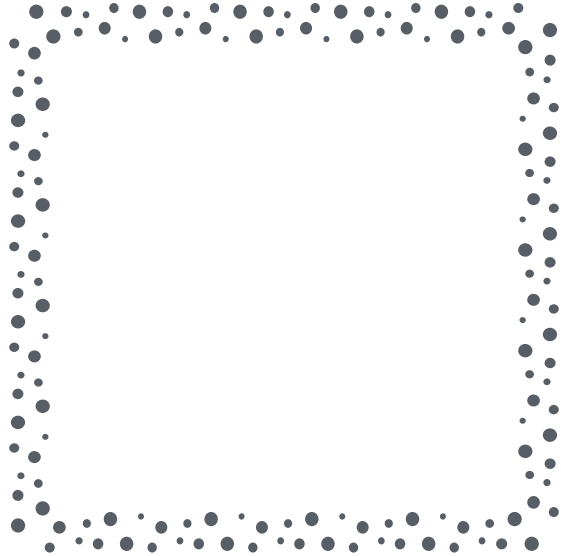
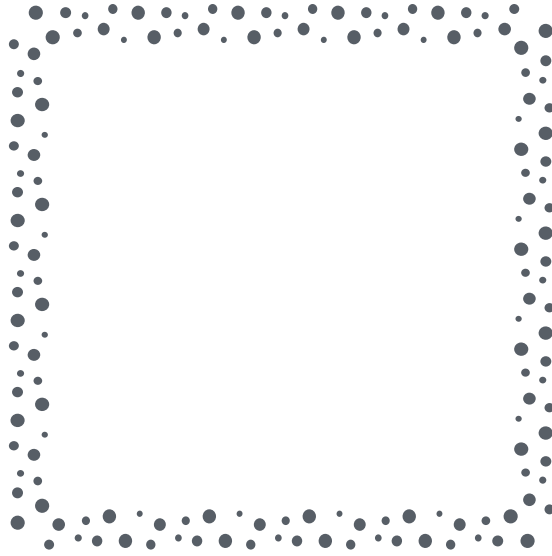
Color Matching!

Direction: Color the hearts accordingly.

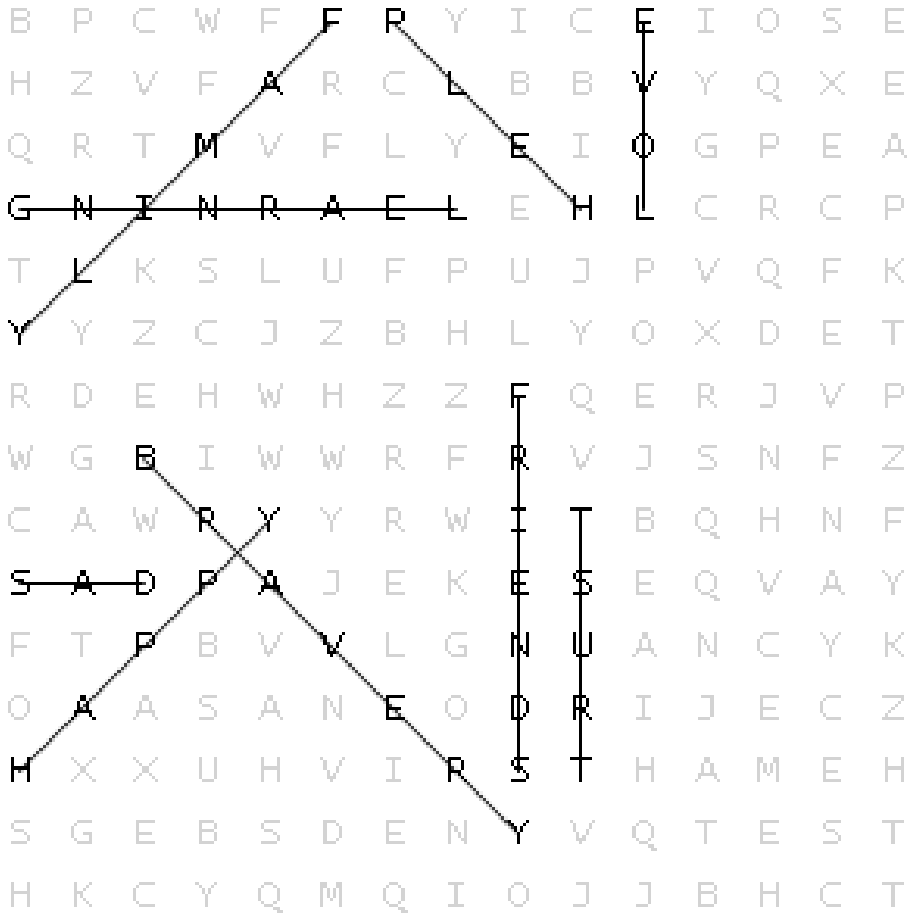
	I see a red heart.
	I see a pink heart.
	I see a blue heart.
	I see a green heart.
	I see a yellow heart.



Fill the boxes with words and pictures of people, places, and things that make you happy!



Answer Key!



word unscramble

word search

happy
scared
worried
excited
disappointed
proud



National Alliance on Mental Illness

nami

Mercer

Serving the New Jersey Capital Area

609-799.8994

home@namimercer.org

1235 Whitehorse-Mercerville Rd.

Bldg. C, Ste. 303

Hamilton, NJ 08619