# My Mental Health Plan

**Things I can do to take care of my mental health:**
- Breathe slowly
- Listen to music
- Play an instrument
- Draw or paint
- Take a nap
- Blow bubbles
- Play with a pinwheel
- Play dress-up
- Write a story
- Play with pets
- Ride a bike
- Play outside
- Read
- Play with toys
- Do a puzzle
- Sew or knit
- Smile or laugh
- Take a walk

**How to know if I feel mad, sad, or worried**
- Eat less or more
- Hard to get to sleep or stay asleep
- Argue more
- Cry easily
- Feel bored with things you like
- Want to be alone a lot
- Act before thinking
- Have less energy
- Feeling very nervous/stressed

**Things I can do with Others to Help Me Feel Better**
- Play a game
- Tell jokes
- Go for a bike ride
- Go for a hike
- Go to the store
- Go to the library
- Watch a movie
- Play a sport
- Have lunch with a friend
- Play outside
- Give and get hugs
- Dance and sing

**My trusted adults**
- Parents
- Grandparents
- Uncles/Aunts
- Older Brothers/Sisters
- Teachers
- Coaches
- Religious Leaders
- Scout Leaders
- School Counselors
- School Social Workers
- School Nurses
- Doctor
- Camp Counselors
- Any Others?

**People and places that can help me think of other things**
- Friends house
- Family member’s house
- Faith Community
- Community center or youth center
- Park
- Library
- My friends
- Grandparents
- Aunt or Uncle
- Brother, Sister, Cousin
- My friends

**PAWS UP for mental health**