




Youth Pledge for Mental Health:

Take the **PAWESOME** Pledge for Mental Health!



**I PLEDGE
TO:**

-  Take care of my **Mental Health** every day.
-  Talk to my **Trusted Adults**.
-  Complete my **Mental Health Plan** and use it when I feel sad, mad or worried.

PAWS UP
for mental health



Name:

MY MENTAL HEALTH PLAN

Name: _____

1. Things I can do to take care of my mental health: feelings, thoughts, and actions

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

2. 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

3. People and places that can help me think of other things

Parents
Grandparents
Aunt or Uncle
Brother, Sister, Cousin
My friends

Friends house
Family member's house
Faith Community
Community center or youth center
Park
Library

4. 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

Go to lunch
Give and get hugs
Dance and sing

5. My trusted adults

Parents
Grandparents
Uncles/Aunts
Older Brothers/Sisters
Teachers
Coaches
Religious Leaders
Scout Leaders
School Counselors
School Social Workers
School Nurses
Doctors
Camp Counselors
Any Others?

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