




# 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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PAWS UP**  
for mental health

