



Hello, this companion brochure will provide you with information about the book your child will be reading, Gizmo's Pawesome Guide to Mental Health®. It will suggest activities you can do with your child to reinforce the lessons in the guide.

Gizmo's Pawesome Guide to Mental Health® has five primary lessons:

LESSON 1- Introduction to mental health and self-care

LESSON 2 - Signs of when mental health needs attention and healthy coping activities

LESSON 3 - Identifying and connecting to Trusted Adults

LESSON 4 - Completing "My Mental Health Plan"

LESSON 5 - Activities to reinforce the lessons in the guide

LESSON ONE (pages 1-9)

This lesson describes mental health as your child's feelings, thoughts, and actions. It also teaches daily self-care activities that children can do by themselves or with you. This supports their overall wellness in fun ways!



 Gizmo Tip: Look at page 8 and choose an activity to do with your child. You can even make up your own activity and give it a try.



Gizmo Tip: Look at page 11 to talk with your child about their behavior changes that signal when they may be feeling sad, mad, or worried.

LESSON TWO (pages 10-19)

This lesson introduces different ways children can recognize when their mental health needs attention. It also provides children with ideas of how they may take care of their own mental health when they feel sad, mad, or worried.

 Gizmo Tip: Look at pages 14-19 to talk about the people your child likes to do things with, explore the different places they can go, and activities they can do together.

LESSON THREE (pages 20-25)

This lesson describes what a trusted adult is and how children can identify and connect with them to talk about their feelings, thoughts, and actions.

Trusted adults may be a parent, guardian, school staff, or another adult in a child's life. Having a variety of trusted adults supports children's mental health 24/7.

 Gizmo Tip: Look at pages 22 and 23 and talk with your child about the trusted adults in their life.

 Gizmo Tip: Look at pages 24 and 25 and ask your child how they would like to practice talking with a trusted adult.



LESSON FOUR (pages 26-29)

This lesson helps children create their own mental health plan, which they can then use when they feel their mental health needs attention. They use what they have learned in the guide to complete each section, so their plan is unique to them.

MY MENTAL HEALTH PLAN

Name: _____

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

<input type="checkbox"/> Breathe slowly	<input type="checkbox"/> Ride a bike
<input type="checkbox"/> Listen to music	<input type="checkbox"/> Play outside
<input type="checkbox"/> Play an instrument	<input type="checkbox"/> Read
<input type="checkbox"/> Draw or paint	<input type="checkbox"/> Play with toys
<input type="checkbox"/> Take a nap	<input type="checkbox"/> Do a puzzle
<input type="checkbox"/> Blow bubbles	<input type="checkbox"/> Sew or knit
<input type="checkbox"/> Play with a pinwheel	<input type="checkbox"/> Watch a movie
<input type="checkbox"/> Play dress-up	<input type="checkbox"/> Take a walk
<input type="checkbox"/> Write a story	<input type="checkbox"/> _____
<input type="checkbox"/> Play with pets	<input type="checkbox"/> _____

2. How to know if I feel mad, sad, or worried

<input type="checkbox"/> Eat less or more	<input type="checkbox"/> Want to be alone a lot
<input type="checkbox"/> Hard to get to sleep or stay asleep	<input type="checkbox"/> Act before thinking
<input type="checkbox"/> Argue more	<input type="checkbox"/> Have less energy
<input type="checkbox"/> Cry easily	<input type="checkbox"/> Feeling very nervous/stressed
<input type="checkbox"/> Feel bored with things you like	<input type="checkbox"/> _____

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

<input type="checkbox"/> Parents	<input type="checkbox"/> Friends house
<input type="checkbox"/> Grandparents	<input type="checkbox"/> Family member's house
<input type="checkbox"/> Aunt or Uncle	<input type="checkbox"/> Faith Community
<input type="checkbox"/> Brother, Sister, Cousin	<input type="checkbox"/> Community center or youth center
<input type="checkbox"/> My friends	<input type="checkbox"/> Park
<input type="checkbox"/> _____	<input type="checkbox"/> Library

4. Things I can do with Others to Help Me Feel Better

<input type="checkbox"/> Play a game	<input type="checkbox"/> Go to lunch
<input type="checkbox"/> Tell jokes	<input type="checkbox"/> Give and get hugs
<input type="checkbox"/> Read	<input type="checkbox"/> Dance and sing
<input type="checkbox"/> Go for a bike ride	<input type="checkbox"/> _____
<input type="checkbox"/> Go for a hike	<input type="checkbox"/> _____
<input type="checkbox"/> Do a puzzle	<input type="checkbox"/> _____
<input type="checkbox"/> Go to the store	<input type="checkbox"/> _____
<input type="checkbox"/> Go to the library	<input type="checkbox"/> _____
<input type="checkbox"/> Watch a movie	<input type="checkbox"/> _____
<input type="checkbox"/> Play a sport	<input type="checkbox"/> _____

5. My trusted adults

<input type="checkbox"/> Parents	<input type="checkbox"/> Grandparents
<input type="checkbox"/> Uncles/Aunts	<input type="checkbox"/> Older Brothers/Sisters
<input type="checkbox"/> Teachers	<input type="checkbox"/> Coaches
<input type="checkbox"/> Religious Leaders	<input type="checkbox"/> Scout Leaders
<input type="checkbox"/> School Counselors	<input type="checkbox"/> School Social Workers
<input type="checkbox"/> School Nurses	<input type="checkbox"/> Doctors
<input type="checkbox"/> Camp Counselors	<input type="checkbox"/> Any Others?
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

PAWS UP for mental health



 **Gizmo Tip:** Review your child's Mental Health Plan together and put it in a place where they can use it to take care of their mental health every day, and to help them when they feel sad, mad, or worried. You can make and save copies of your child's Mental Health Plan, and also complete a Trusted Adult Pledge at this link: www.gizmo4mentalhealth.org/mental-health-pledge Free gifts are available. Copies of the Mental Health Plan can be shared with other Trusted Adults in your child's life.

LESSON FIVE (pages 30-36)

This lesson reviews the use of mindfulness and art activities. When a child is sad, mad or worried, there are ways to calm both body and mind.

These optional activities reinforce the lessons in the guide and are available at this link:
www.gizmo4mentalhealth.org/allages

 **Gizmo Tip:** You may wish to try some of these activities with your child.



RESOURCES FOR TRUSTED ADULTS (page 37)

This section of the guide provides various resources to support your family's mental health. Additional resources can be found at:

www.gizmo4mentalhealth.org/resources

If experiencing a mental health crisis,
Call or text 988 or Chat www.988lifeline.org
In an emergency, call or text 911

 **Gizmo Tip:** Remember, everyone is different. Do what works for you, your child, and your family.

988 SUICIDE & CRISIS
LIFELINE

**Gizmo's
PAWESOME**

**Guide to
Mental Health**

**COMPANION
BROCHURE**

