

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"

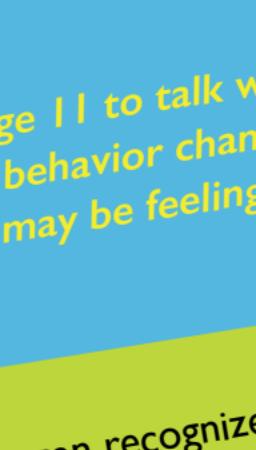
**LESSON 5** - Activities to reinforce the lessons in the guide

## LESSON ONE (pages 1-9)



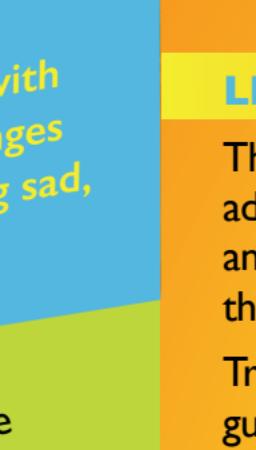
This lesson describes mental health as your child's feelings, thoughts, and actions. It also teaches daily self-care activities that children can do by themselves or with you. This supports their overall wellness in fun ways!

**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.

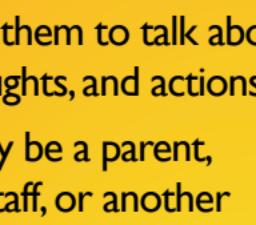


## LESSON TWO (pages 10-19)

**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

- Breathe slowly
- Listen to music
- Play on instrument
- Draw or paint
- Take a nap
- Blow bubbles
- Play with a pinwheel
- Play dress-up
- Write a story
- Play with pets

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

- Eat less or more
- Want to be alone a lot
- Argue more
- Cry easily
- Feel bored with things you like

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

- Ride a bike
- Play outside
- Read
- Play with toys
- Do a puzzle
- Sew or knit
- Smile or laugh
- Take a walk

5. My trusted adults

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

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](http://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:  
[\(www.gizmo4mentalhealth.org/allages\)](http://www.gizmo4mentalhealth.org/allages)

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



## RESOURCES FOR TRUSTED ADULTS (page 37)

