

Go Gentle On Your Mental Health



Practice Self – Care

Mental Health Awareness Month

Grades 3–5 (Ages 8–10)

Journal Time

Give students a prompt like “What makes me feel safe?” or “Something kind I did this week...”

Nature Walk + Mindfulness

A short walk where kids silently observe things they see, hear, and feel.

Positive Affirmation Mirrors

Let kids write kind notes or affirmations on sticky notes for a “kindness mirror.”

Breathing Buddies

Lay down with a stuffed animal on their belly and watch it rise and fall as they breathe.

Grades 6–8 (Ages 11–13)

Digital Detox Hour

A screen-free hour with quiet music, journaling, or art.

Guided Meditation or Yoga

Short mindfulness sessions (lots of free ones on YouTube or apps like Calm or Headspace).

Emotion Wheel Discussions

Teach more complex emotional vocabulary to help them express themselves.

Coping Skills Toolbox

Create a small kit with stress balls, fidget items, breathing techniques, and affirmations.



This collection of activities helps children and teens manage their mental health and practice self-care. The goal is to help support mindfulness, positivity, and emotional balance.

Grades K–2 (Ages 5–7)

Feelings Chart / Color Your Mood

Use a color wheel or emoji faces to help kids name their feelings.

Mindful Breathing with Bubbles

Blow bubbles to practice slow, deep breathing.

Calm Corner / Peace Place

Set up a cozy nook with stuffed animals, books, and soft lighting where kids can go to calm down.

Gratitude Drawing

Ask kids to draw something that made them smile today.

Grades 9–12 (Ages 14–18)

Gratitude Journals

Daily or weekly entries focused on small positives.

Walk & Talk

Take a walk while talking with a student — sometimes teens open more when moving.

Vision Boards

Let students create boards with goals, dreams, or calming images.



HEALTHY LEARNERS

MENTAL HEALTH

Toolkit