

**Children's Mental Health Week
May 5-11, 2025!**

Five Ways to Well-Being Activity Booklet



Belongs to:



Youth Version

ALL ABOUT me

Self-portrait:

Hello! I'm...

Things that matter to me:

My goals:

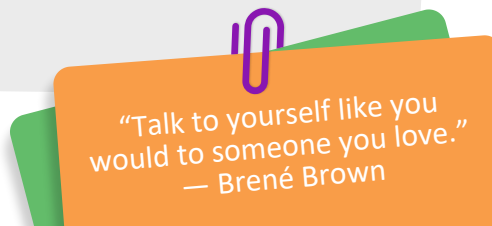
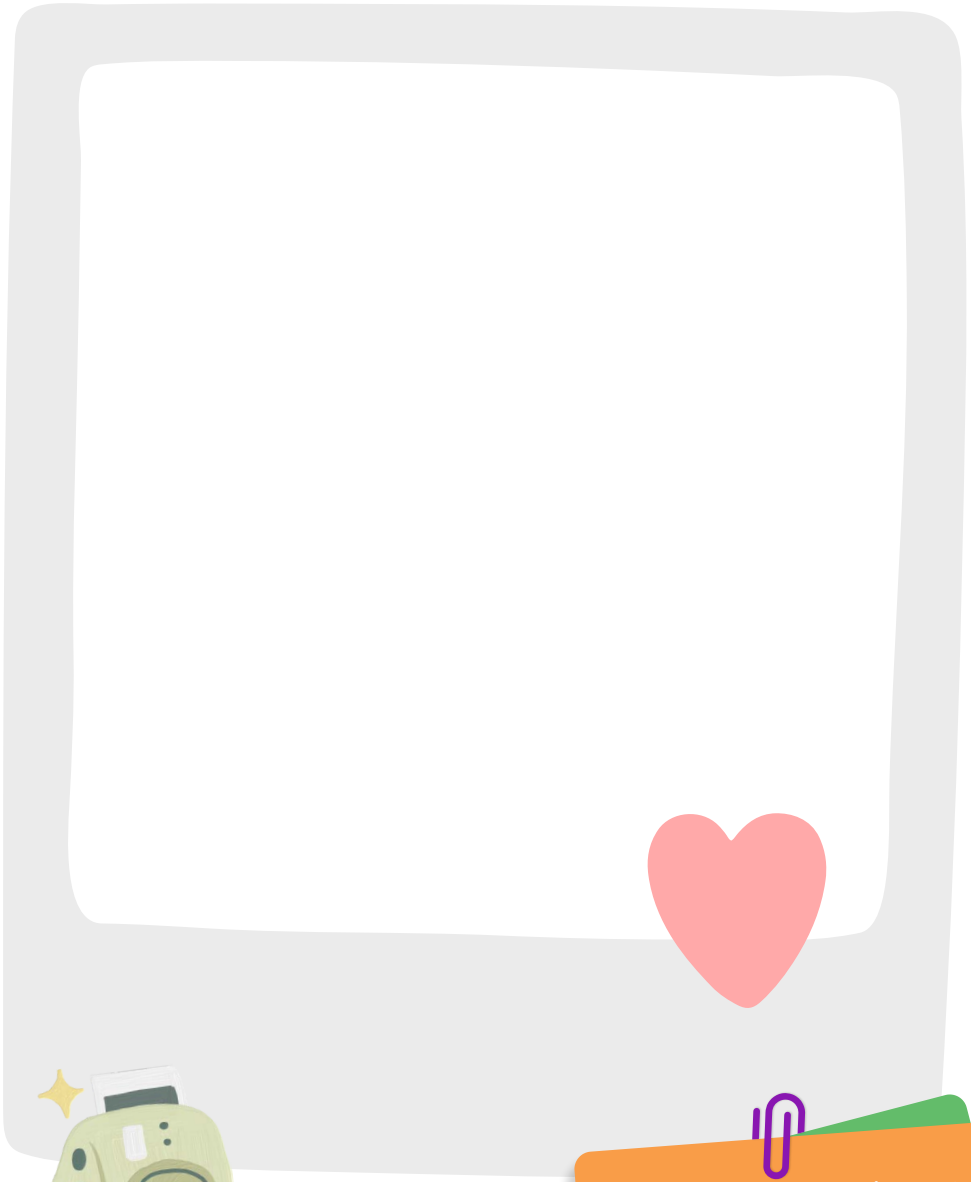
Favourite YouTuber or TikTok:

Things that make me happy:

-
-
-
-
-

FAVOURITE MEMORY OF AN ACTIVITY I'VE DONE WITH FAMILY OR FRIENDS!

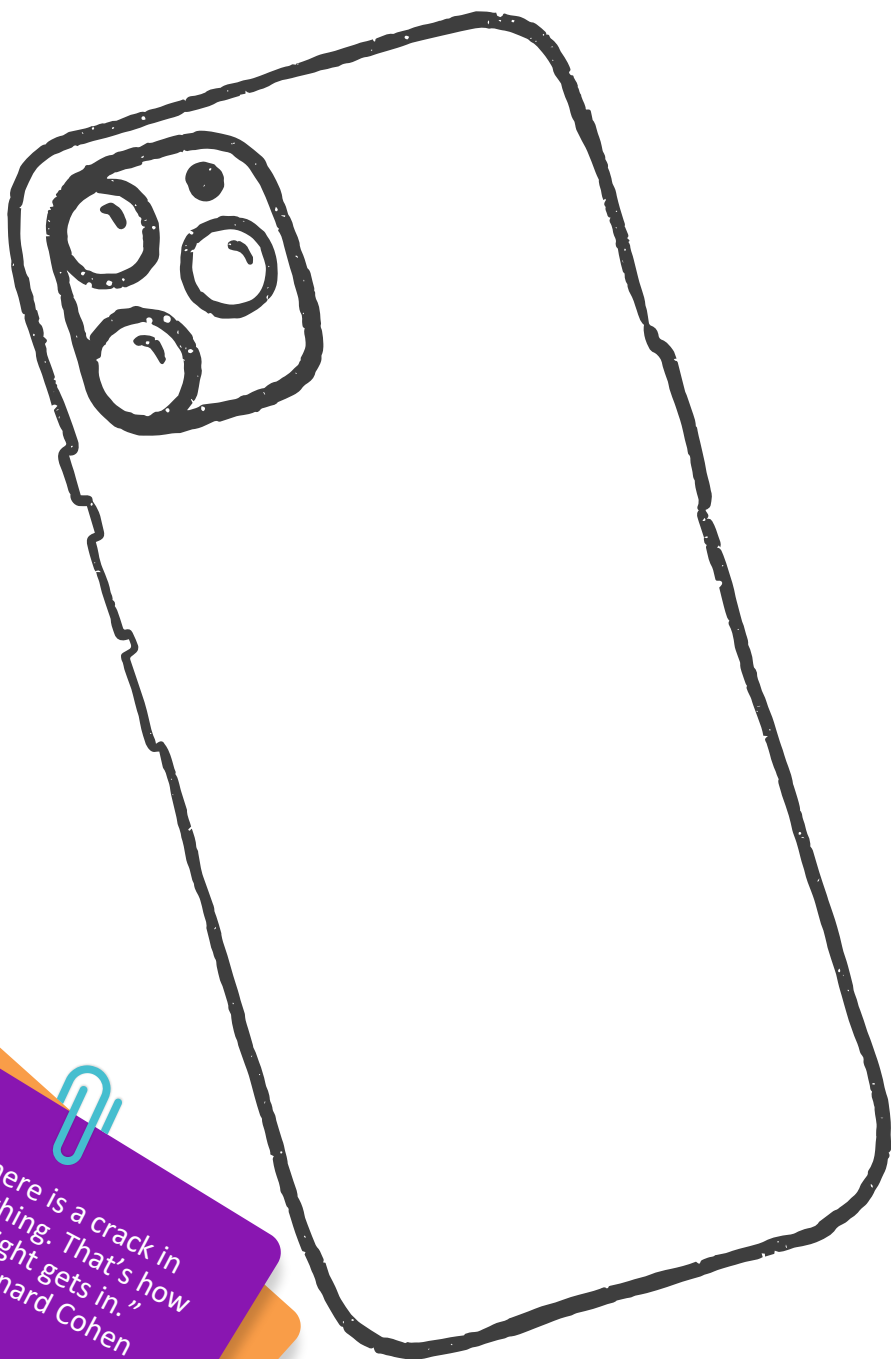
Write it down or draw a picture:



"Talk to yourself like you would to someone you love."
— Brené Brown

DESIGN YOUR OWN PHONE CASE

with things that best represent you!



"There is a crack in
everything. That's how
the light gets in."
— Leonard Cohen

PICTURE DESCRIPTION

Write a few sentences about the picture
and what it makes you feel.



I feel... happiness, calmness, joy, hope, anxiety, sadness, confusion, gratitude, nostalgia, contentment, appreciation?

“The soul is stronger than its surroundings.”

**“The soul is stronger
than its surroundings.”
— William James**

VISION BOARD

Make a vision board of your goals, and see how it can contribute to a more fulfilling life and have a positive impact on your mindset and overall well-being.

Goal:

Goal:

Goal:

Goal:

Goal:

Goal:

NOTES:

"When you do things from
your soul, you feel a river
moving in you, a joy."
— Rumi

SELF-REGULATION TOOLBOX



Write down some tools that work for you and that will help you to self-regulate. Keep these strategies in your toolbox to use again and again in order to keep your mood 'just right'.

Examples are provided to help get you started!

- Talk to somebody.
- Take some deep breaths.



Mental Health

Check-In

WHAT CAN HELP...

Draw, write or describe what can help you when you are feeling each of these emotions.

When I feel stressed...

When I need a break...

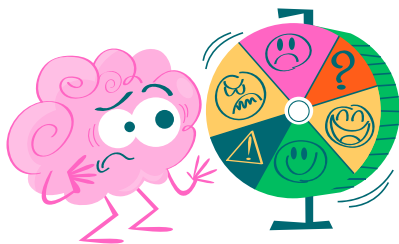
When I feel hurt...

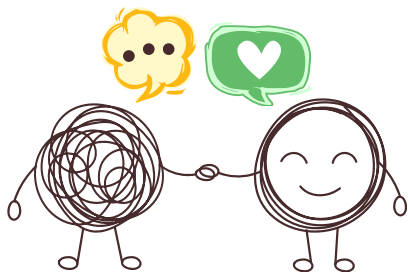
When I feel angry...

When I feel worried...

Helpless, uncertain, worried, sad, frustrated, angry...

While it's possible to sort through these feelings on your own, it can also be helpful to talk through your feelings with someone you trust—perhaps your kindest and most empathetic friend, a trusted adult, or a child and youth mental health professional.





DO YOU OR SOMEONE YOU KNOW NEED MENTAL HEALTH SUPPORT?

You are not alone! We are here to help.

North Eastern Ontario Family and Children's Services (NEOFACS) offers a number of programs and services for children, youth and families.



Don't wait to access services or get help:

- ➡ You can reach **NEOFACS** 24/7 by phone at **705-360-7100** or Toll-Free at **1-866-229-5437/KIDS** (Ages 0-17).
- ➡ **One Stop Talk** offers youth and their families immediate access to free mental health support. Visit **OneStopTalk.ca** or call **1-855-416-8255**.
- ➡ You can also access support by contacting **Kids Help Phone** (**1-800-668-6868**, text **CONNECT** to **686868**, visit **kidshelpphone.ca**) or another crisis line.
- ➡ Thinking of suicide? Help is available 24/7. **Call or text 9-8-8**. Learn more at **988.ca**.
- ➡ **Hope for Wellness Helpline** provides support to Indigenous people. Call **1-855-242-3310** or visit **hopeforwellness.ca**.

If you are at immediate risk, please call **911** or visit your nearest hospital Emergency Department.

Friendly reminder to check in with yourself.

Everyone may experience brief problems with some issues, but when those problems start to interfere with everyday living, it may be time to reach out for help.

Access a full list of resources and supports at www.neofacs.org/support-information

WHAT IS A FRIEND?

List 5 ways you can be a good friend.

Include examples of times when you have been or have had a good friend.

1



2



3



4



5

"The only way to have a friend is to be one."
— Ralph Waldo Emerson





Friend **INTERVIEW**

Find a new friend or someone you want to get to know better and ask the questions below!


Friend's Name: _____

What are things that make me happy?

Who is your favourite YouTuber or TikToker?

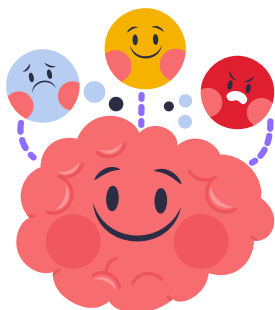
What is something you wish people knew about you?

What makes a good friend?



*"The less harshly we judge ourselves, the more accepting we become of others."
— Harold H. Bloomfield*

daily mood tracker



Today I am grateful for

Today I felt (check all that apply)

- | | | | |
|-----------------------------------|------------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Joyful | <input type="checkbox"/> Sad | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Motivated | <input type="checkbox"/> Jealous | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Proud | <input type="checkbox"/> Valued | <input type="checkbox"/> Annoyed | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Excited | <input type="checkbox"/> Loved | <input type="checkbox"/> Tired | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Fine | <input type="checkbox"/> Confused | <input type="checkbox"/> _____ |

I felt like this because:



Things that improve my mood:



Note to self:

"The only difference
between a flower and a
weed is judgement."
— Wayne Dyer



HABIT TRACKER



Our daily habits can help shape our well-being and influence how we think, feel, and act.

HABIT OF:

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GOALS & RESULTS

"You cannot have a positive life and a negative mind."
— Joyce Meyer

Help us raise awareness for child and youth mental health from May 5-11, 2025!

Annually, Mental Health Week is acknowledged during the first week of May with an emphasis on children's mental health. Recognizing Children's Mental Health Week (CMHW) is more important than ever!

The Five Ways to Well-Being

The Five Ways to Well-Being is a set of five simple, evidence-based actions, which can improve well-being in everyday life.

Join us in celebrating mental health and well-being by incorporating these actions into your daily life!



1. **Connect**: Talk and listen. Be there. Feel Connected.



2. **Take Notice**: Appreciate the simple things that give you joy.



3. **Be Active**: Move your mood. Do what you can. Enjoy what you do.



4. **Keep Learning**: Embrace new experiences. See opportunities. Surprise yourself.



5. **Give**: Your time. Your words. Your presence.

Share What You Do!

Share your actions with us on social media and use the hashtags #5Ways and #CMHW2025 or #MHW2025. Challenge your friends and family to do the same!



5 Ways to Well-being Challenge!

Let's raise awareness for child and youth mental health and well-being throughout the month of May 2025!

We challenge you to take part in activities that promote the Five Ways to Well-Being!



Ways to Participate Include:

1. Write or draw positive messages as an act of kindness using sidewalk chalk or window paint.
2. Fill out the 5 Ways to Well-Being Colouring Page.*
3. Complete this 5 Ways to Well-Being Activity Booklet.*
4. Attend a community event that supports one of the 5 Ways: Connect, Take Notice, Be Active, Keep Learning, or Give.



(*Download the resources online or collect a printed copy from a NEOFACS office.)

Enter for a chance to win a \$75 Gift Card!



Children and youth in the Districts of Cochrane and Timiskaming who complete the challenge are eligible to enter a draw for a chance to win 1 of 12 prizes of a \$75 gift card.



To enter the contest, complete the **online entry form** by **May 30, 2025, at 12 pm.**

Full contest rules and details are available at:
www.neofacs.org/CMHW

If you have any questions, please email
event@neofacs.org.



This contest is made possible with support from the **North Eastern Ontario Children's Foundation**, thanks to a generous donation from **J&B Cycle & Marine**.

5 Ways to Well-Being Activity Booklet

Connect | Take Notice | Be Active | Keep Learning | Give



Youth Version



Brought to you by **North Eastern Ontario Family and Children's Services (NEOFACS)**, in collaboration with **The New Mentality** and the **Northeastern Ontario Mental Health Week Committee**.



North Eastern Ontario
Family and Children's Services
Services à la famille et à l'enfance
du Nord-Est de l'Ontario

You can reach **NEOFACS** 24/7, 365 days a year, by phone at **705-360-7100** or Toll-Free at **1-866-229-5437/KIDS**.

@neofacs

Get connected to groups and activities for youth in your community:



youth
wellness
hubs
ONTARIO

carrefours
bien-être
pour les jeunes
DE L'ONTARIO



@tnm.neofacs

Kapuskasing, Kirkland Lake & Timmins



@ywhtimmins

Kapuskasing Youth Hub



@kapyouthhub



@youthtimiskaming



uff_north@porcupinehu.on.ca



@porcupine_info



Access resources and download a copy of the booklet at www.neofacs.org/CMHW

Ce document est également disponible en français.

#5Ways #CMHW2025 #MHW2025

*"It is never too late to be what you might have been."
— George Eliot*