

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

Five Ways to Well-Being Activity Booklet



Belongs to:



Child Version

ALL *about* ME!

My name is...

I am

years old

My favourites

colour...

animal...

movie...

food...

This is me!

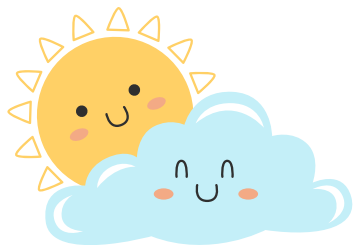
Things that
matter to me...

When I grow up...

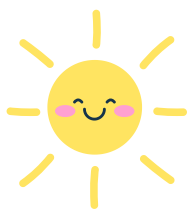
**DRAW A PICTURE OF YOUR
FAVOURITE PEOPLE!**



How are you feeling today?



Our feelings can be like the weather. They can change at any time. Think about how you're feeling right now, and what kind of weather it relates to.



Happy



Excited



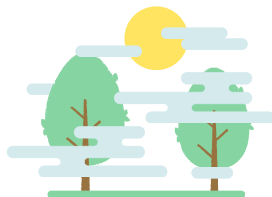
Confident



Worried



Scared



Confused



Bored



Irritated



Angry

DAILY MAP

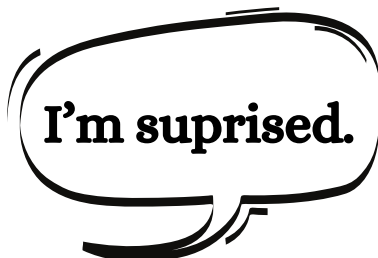
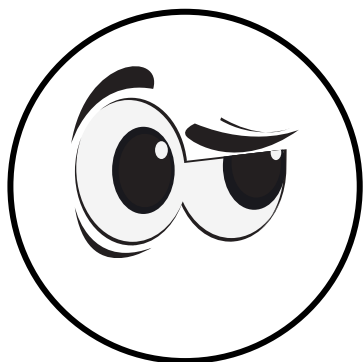
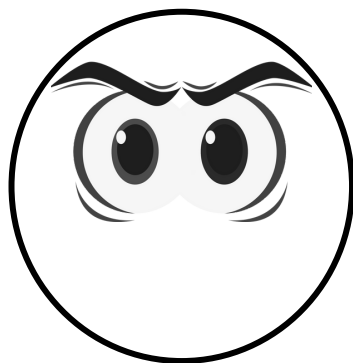
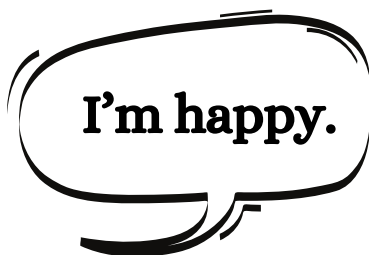
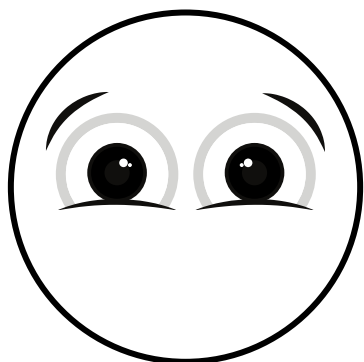
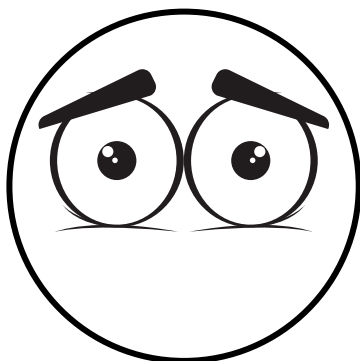
7 Essential Activities to Improve
Your Mental Health & Well-Being!



What is your favourite activity?

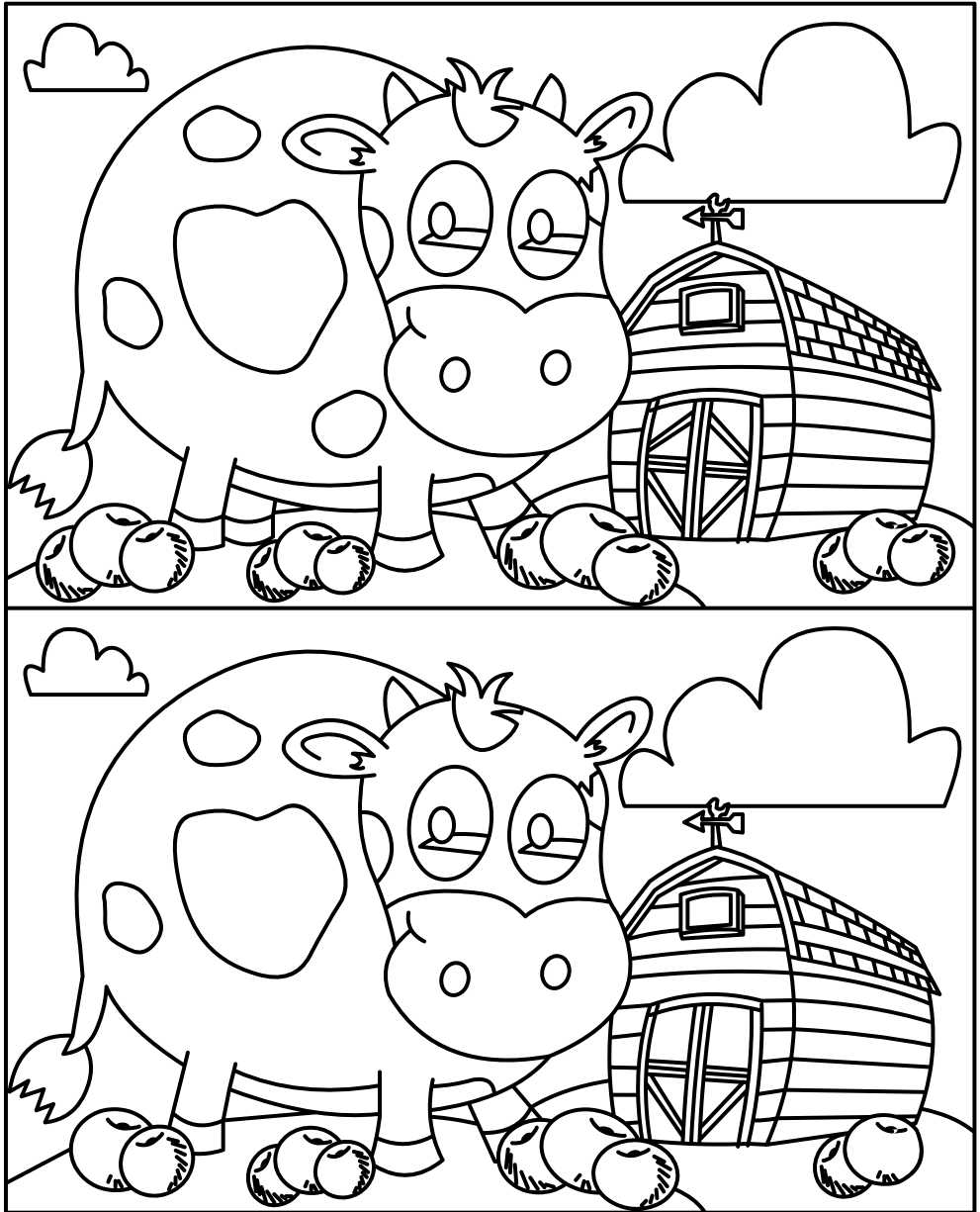
DRAW THE MOUTHS

Draw the expression for each emotion listed below.



TAKE NOTICE: SPOT THE DIFFERENCES

- Find the 7 differences in the pictures below.
- Colour the pictures accordingly.



Mental Health Check-In

BLUE



SAD



TIRED



BORED



WORRIED

YELLOW



SILLY



PROUD



ECSTATIC



ENERGIZED

WHAT ZONE ARE YOU IN?

RED



IRRITATED



ANGRY



FRUSTRATED



FURIOUS

GREEN



HAPPY



LOVING



FOCUSED

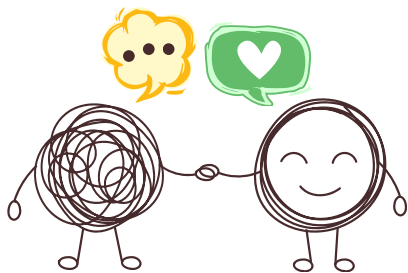


RELAXED

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.

What helps you go to the yellow and green zones?



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:

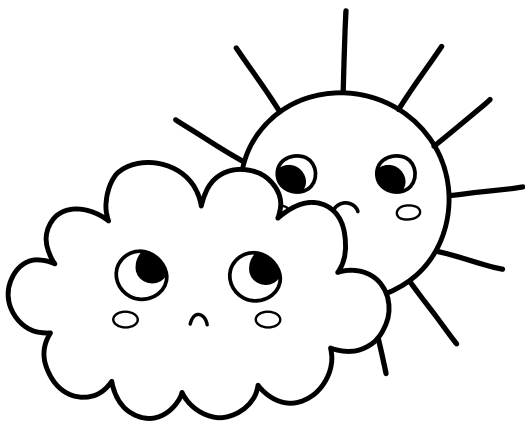
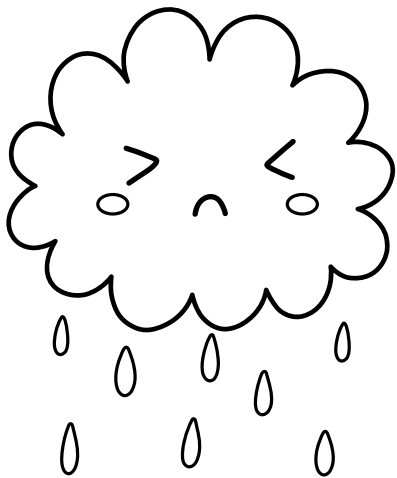
- ➡ You can reach **NEOFACS** 24/7 by phone at **705-360-7100** or Toll-Free at **1-866-229-5437/KIDS** (Ages 0-17).
- ➡ **One Stop Talk** offers children and their families access to free mental health support. Visit **OneStopTalk.ca** or call **1-855-416-8255**.
- ➡ You can also access support by contacting **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



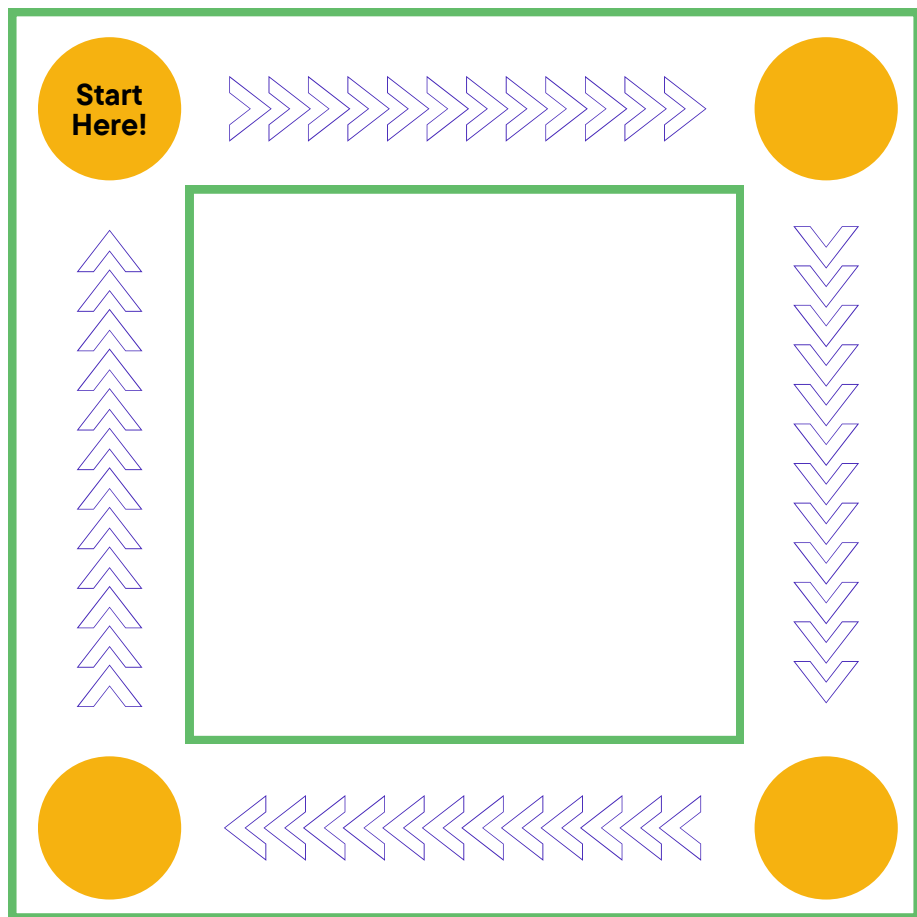
IT'S OKAY
TO NOT
BE OKAY
ALL THE TIME

some days are harder than others



I AM CAPABLE
OF SO MUCH!

Mindfulness Exercise: **BOX BREATHING**



1. Place your finger on the dot that says “Start Here!”
2. Take a deep breath in and count to 4.
3. Move your finger to the next dot as you release your breath.
4. Breathe in at each corner and count to 4 until you complete the box.



Acts of Kindness



Write or draw about 3 times when you were a good friend
and filled someone's bucket (made them feel better!).



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

Child 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**.

Community members in need of help are encouraged to reach out to the services available in their community, including NEOFACS, or if they know a child, youth or family in need of support.



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**.

Access resources for children and families:



Family Care Centre is a resource hub for parents/caregivers of children with mental health challenges by Children's Mental Health Ontario and Parents for Children's Mental Health.

www.family.cmho.org



EarlyON Child and Family Centres and **Brighter Futures** provides support to parents/caregivers and programming for children aged 0-6.

www.neofacs.org/prevention

**BRIGHTER
FUTURES
GRANDIR
ENSEMBLE**



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

Ce document est également disponible en français.

#5Ways #CMHW2025 #MHW2025