

MENTAL HEALTH TIPS FOR KIDS



Coping Skills with Duck Wayne!

Your mind and your body are a **team**. Similar to how you brush your teeth and move your body everyday to keep it healthy, it's important to **take care of your mind**.

Try out these tips and tricks and be sure to share with your grownup if you need help.



But first, what is your mind?
Your mind is where your thoughts and feelings live.



Listen to your thoughts and feelings

Just like you'd listen carefully to a friend, pay attention to **your thoughts and feelings**. You may also notice **your body feels different** when you're sad, happy, frustrated, or upset.

Keep a list of activities that help you feel happy and calm

Some kids like **running**, some like playing **video games**, and some enjoy the cold delicious taste of **ice cream**.

Build Your Team

Build your team of people who can help you through **easy and challenging moments**. They might be **friends, parents, teammates, teachers, or others** in your community.

When you feel sad or upset use your list of activities and teams of people to help. We all have days we don't feel our best. Tell the people you trust how you are feeling and use the list you created to help.



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