

Mental Health Activity Bundle!

23 sheets consisting of:

- coloring pages
- scribble amplification
- mandalas (DIY & pre-made coloring pages)
- mental health themed word games

& more

DISCLAIMER: these activities are not intended to act as or replace mental health therapy



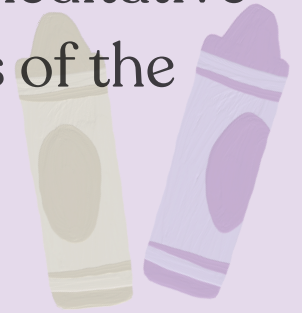
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Please note: pages are not individually numbered but are included here for reference*

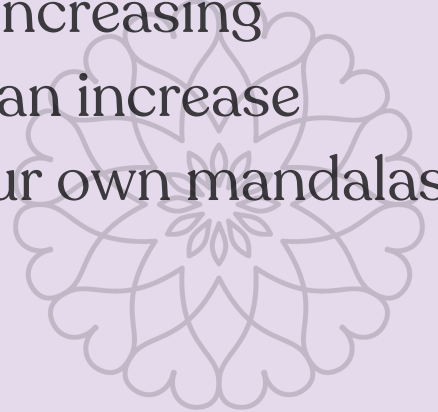
Benefits

Coloring: benefits individuals by reducing anxiety and stress. It may improve brain function and motor skills. It may aid focus and can provide meditative qualities such as relaxation and calmness of the mind and body.



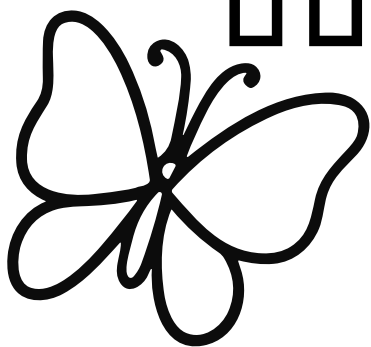
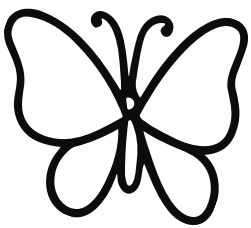
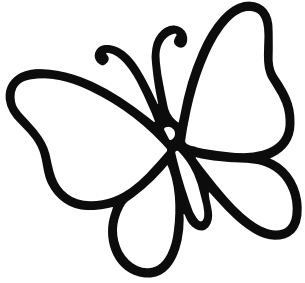
Scribble amplification: benefits individuals by aiding in focusing the mind on the present moment to relax and alleviate stress and anxiety. It is utilized in art therapy but can be utilized on your own as a coping tool to decompress.

Mandalas: benefits individuals by increasing mindfulness and relaxation. They can increase tranquility and balance. Making your own mandalas can spark creativity and balance.



THE MORE YOU KNOW!

MENTAL
HEALTH
IS JUST AS
IMPORTANT
AS YOUR
PHYSICAL
HEALTH



YOU
MATTER



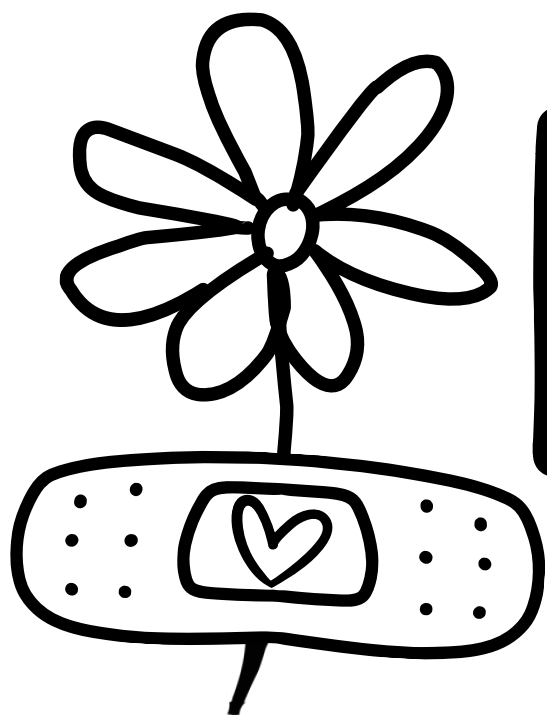


let it

BEE

IT IS A
BEAUTIFUL
DAY TO

HEAL





Be

kind

to your

mind

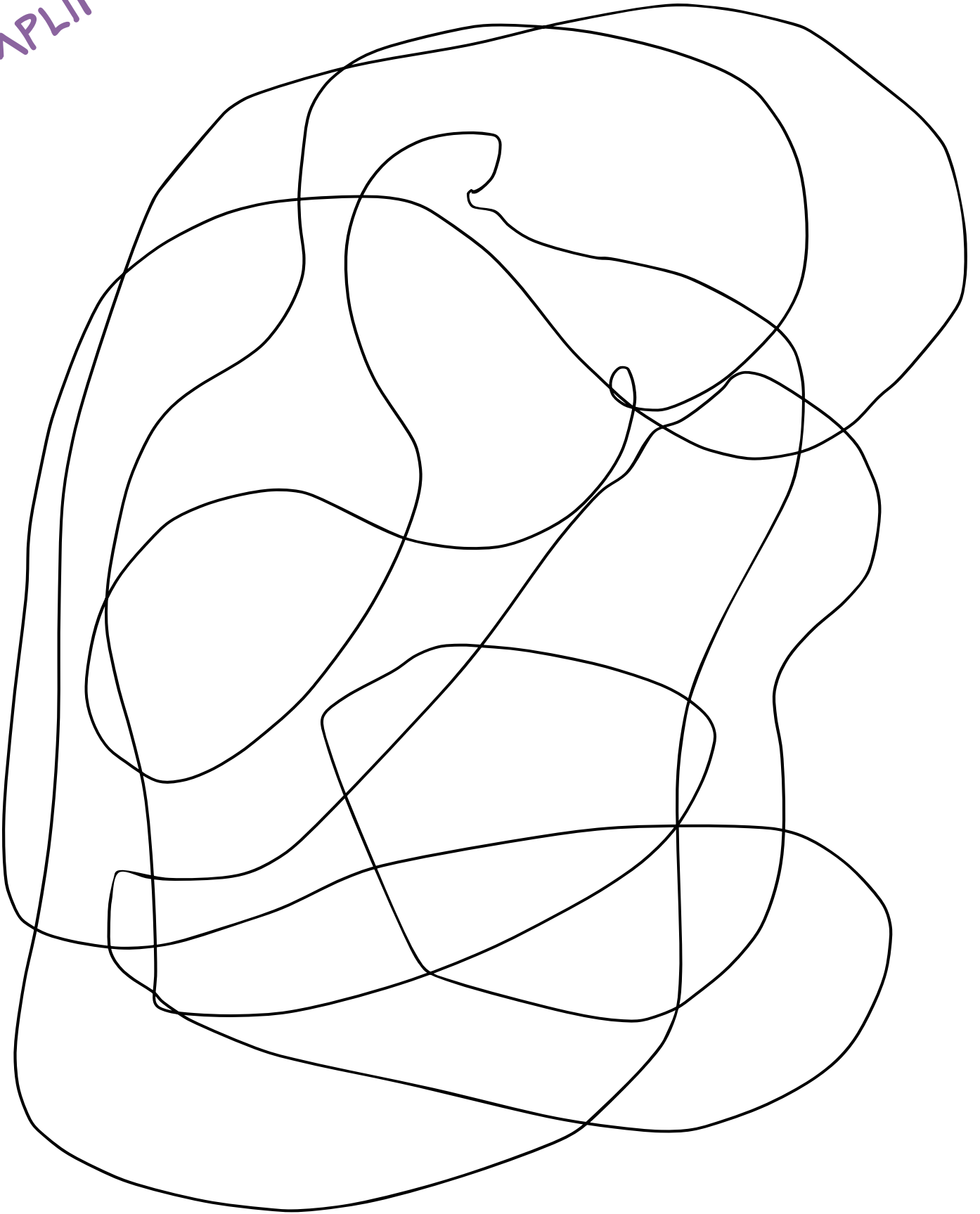


Therapy

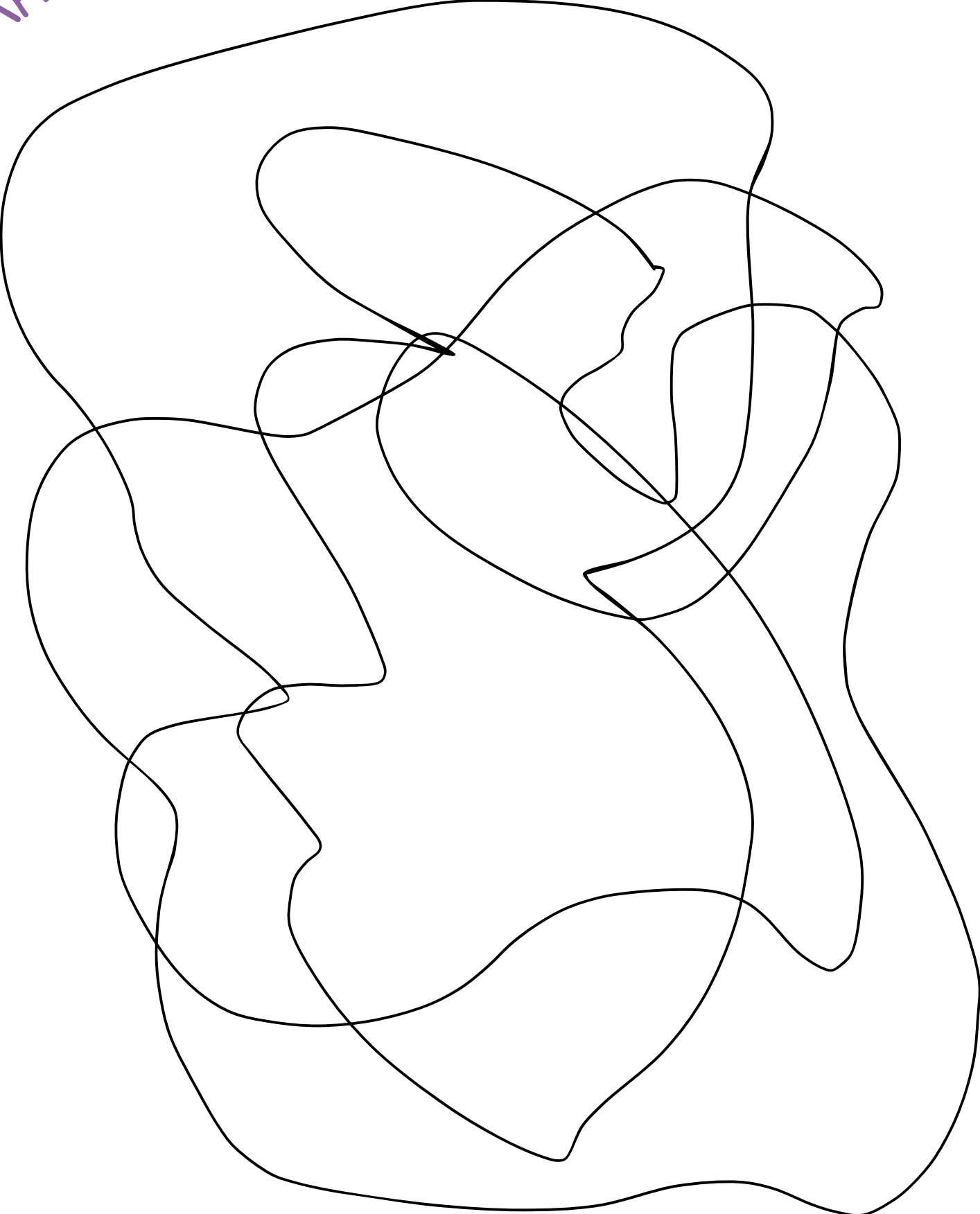
is

cool

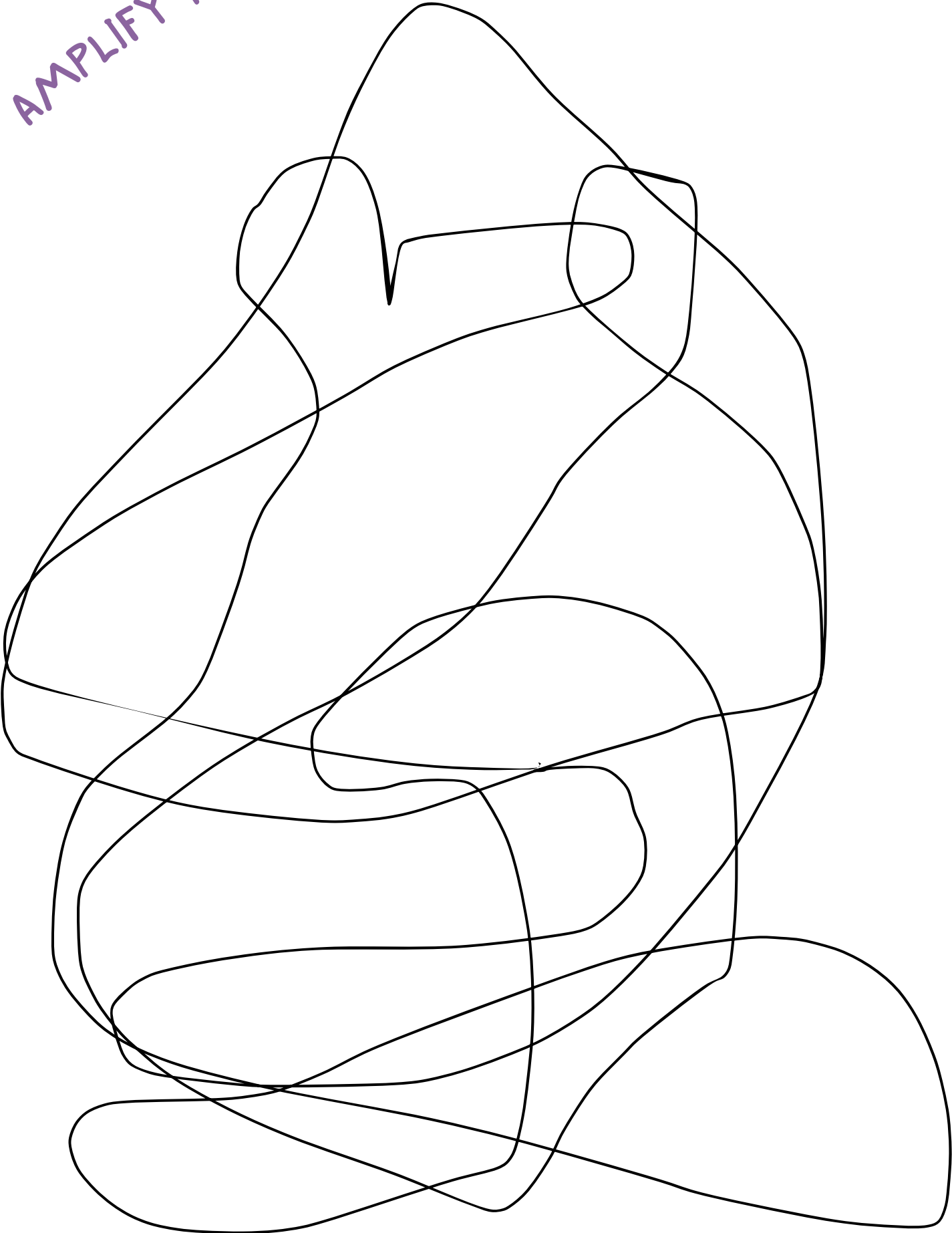
AMPLIFY THE SCRIBBLE



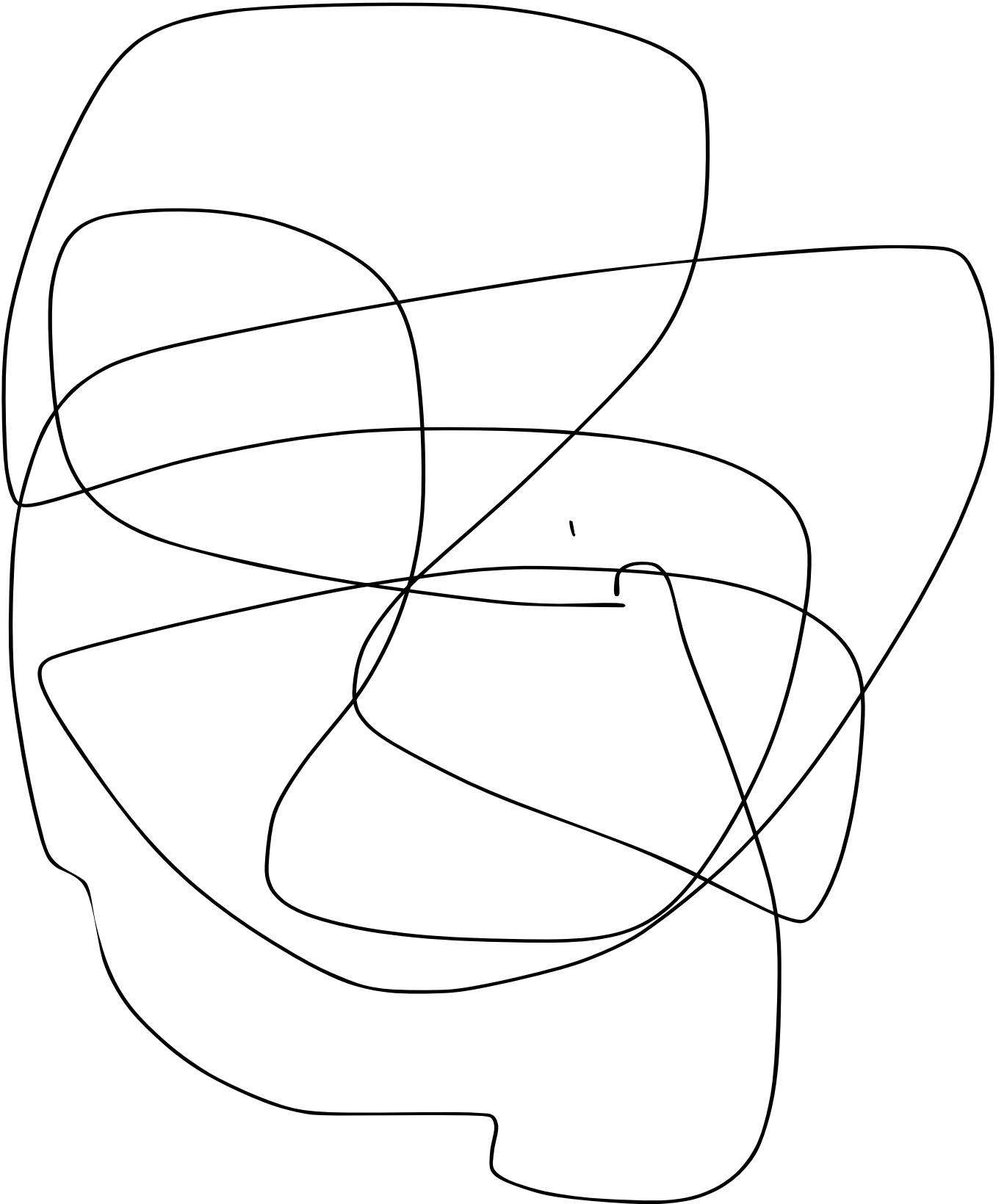
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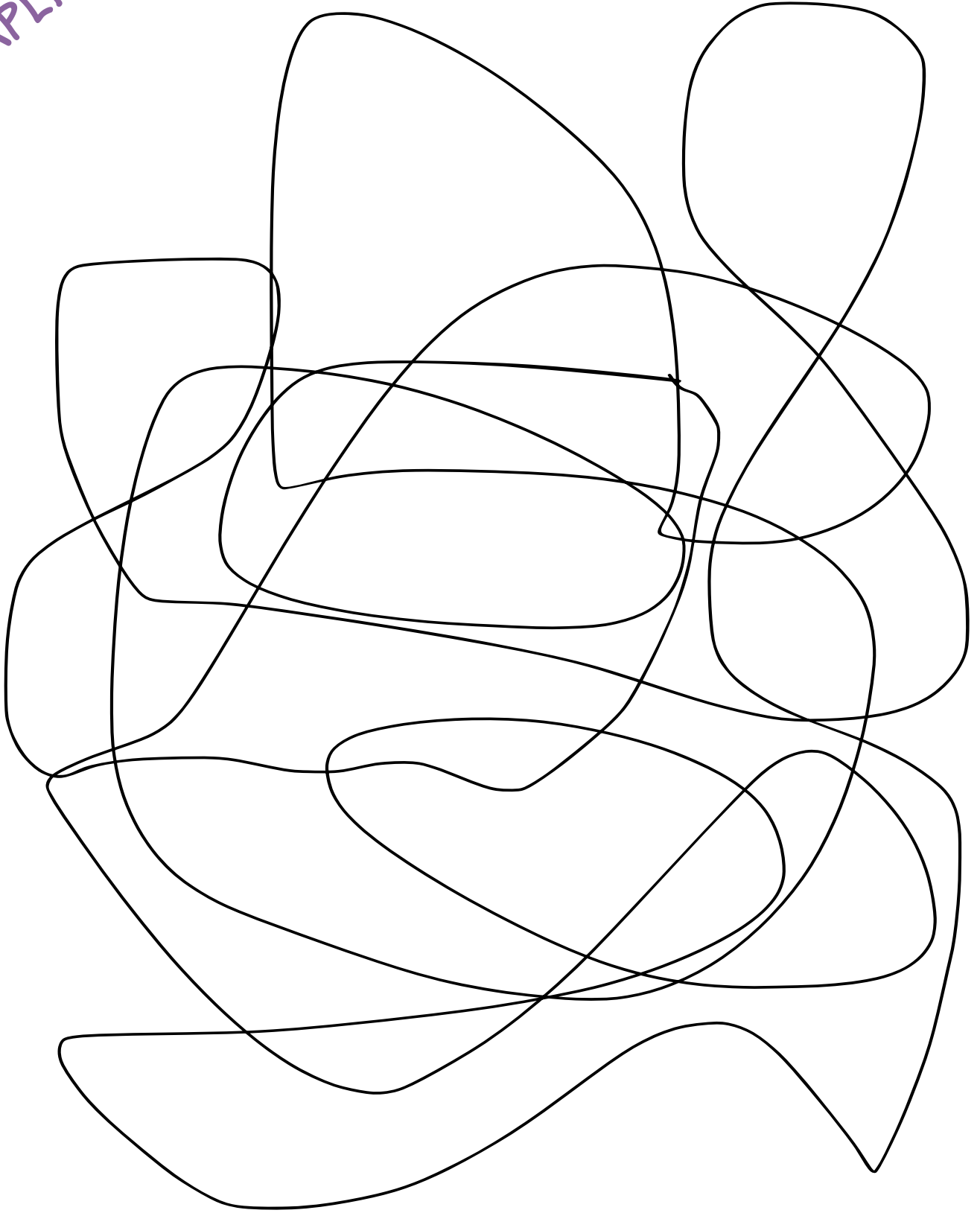
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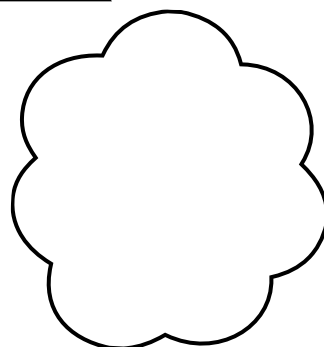
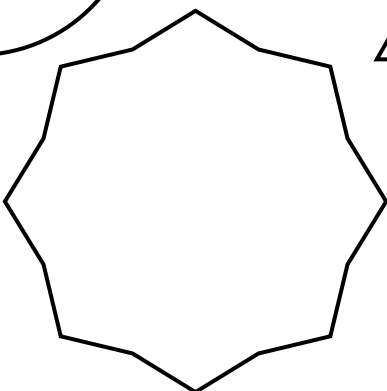
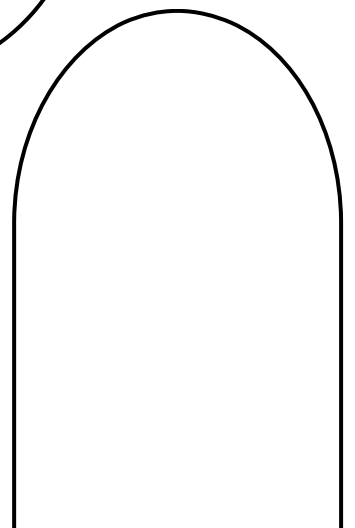
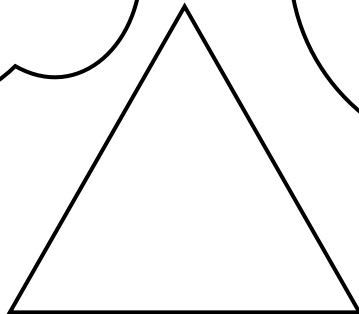
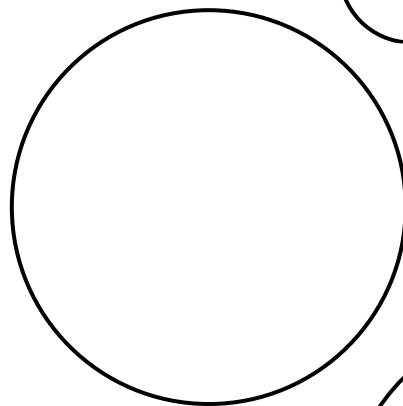
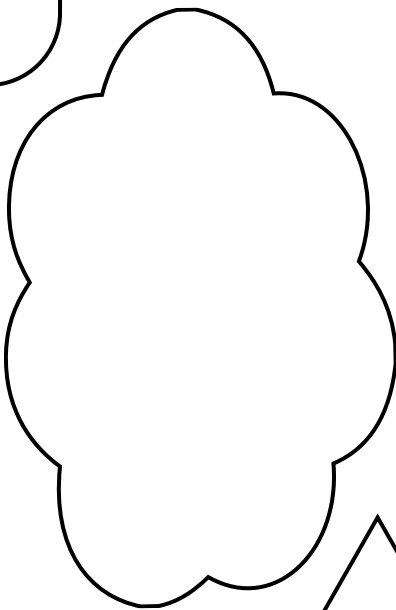
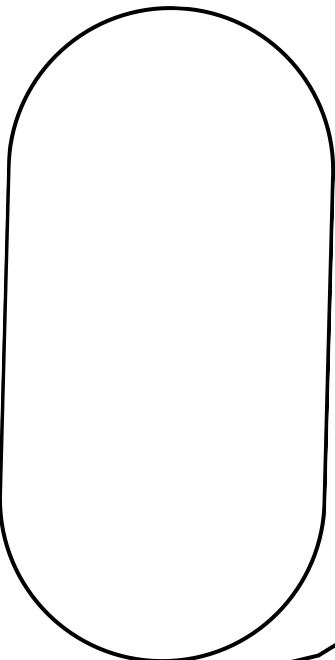
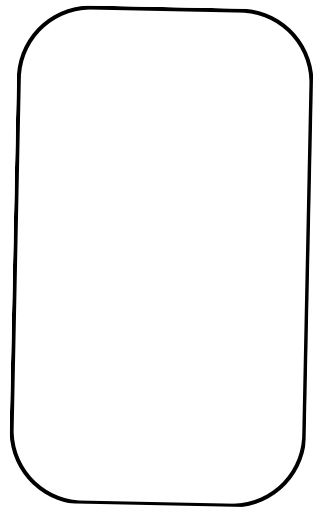
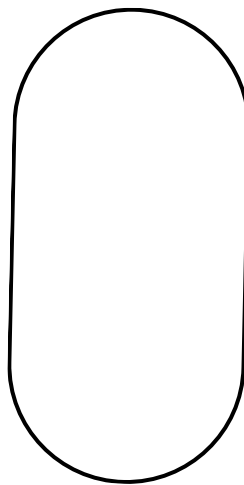
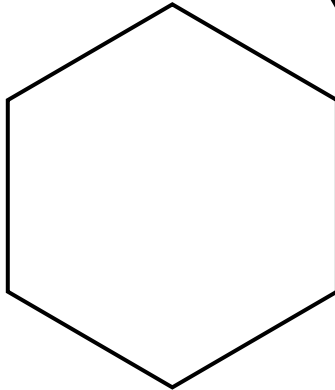
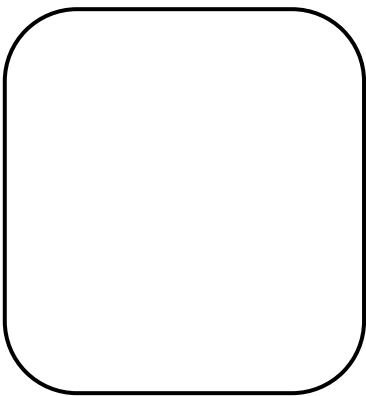
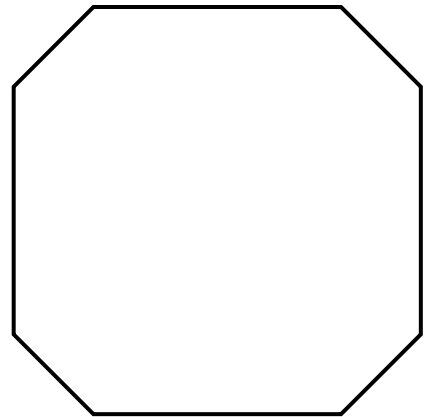
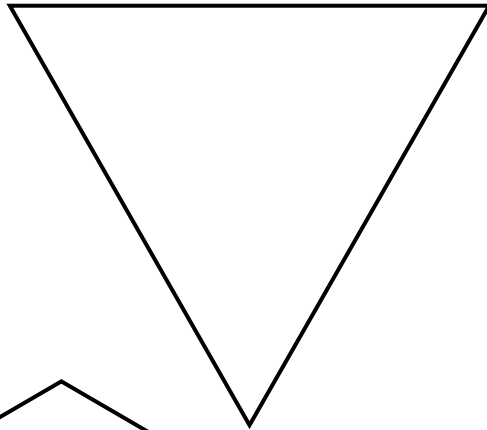
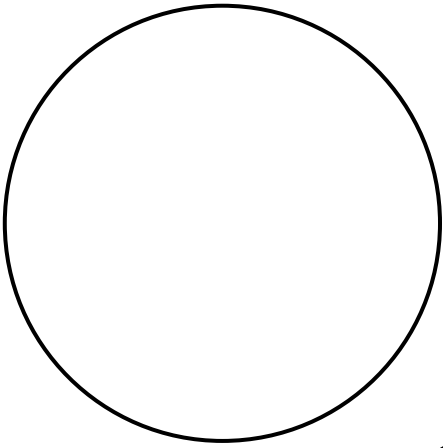
AMPLIFY THE SCRIBBLE



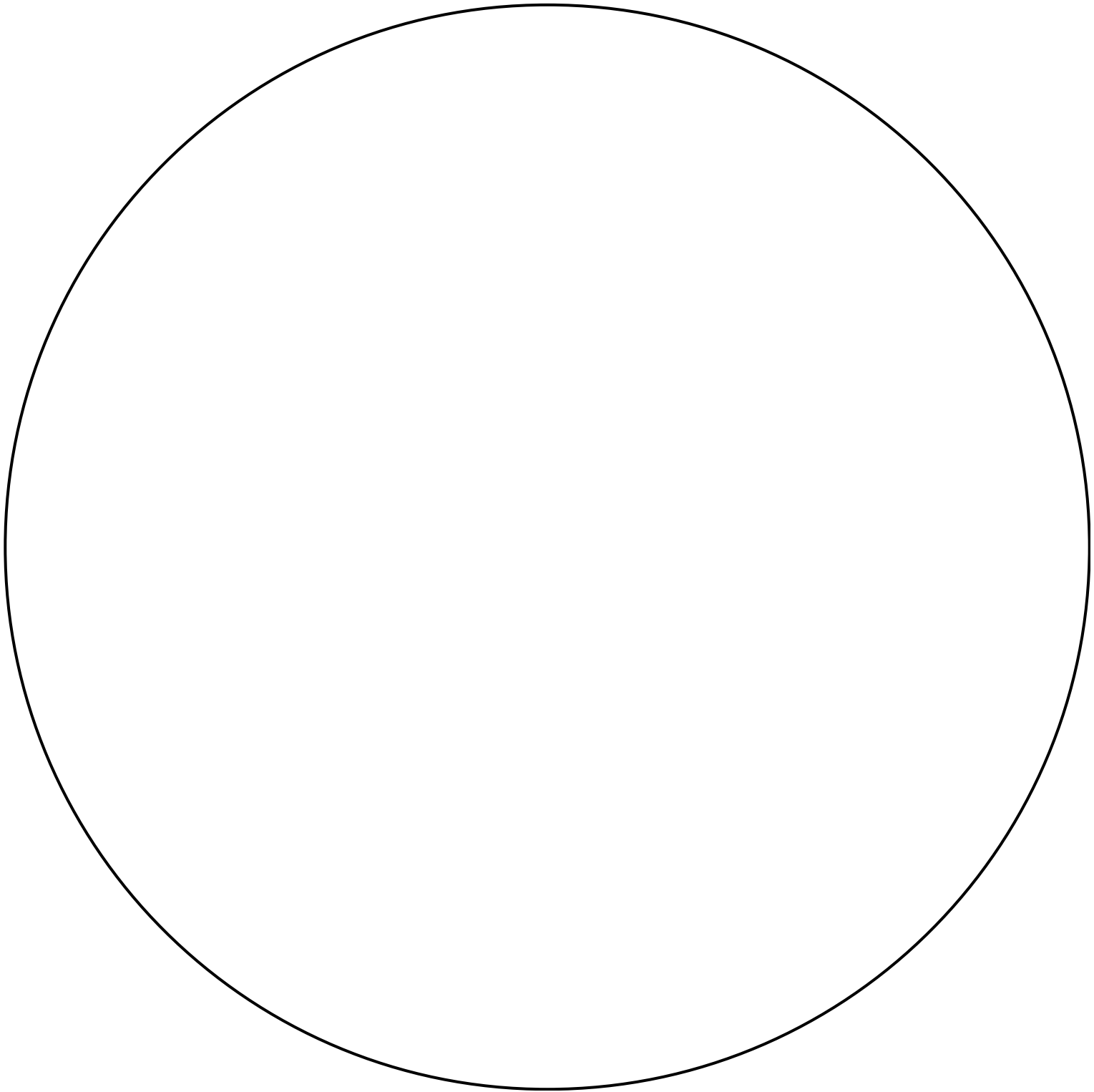
AMPLIFY THE SCRIBBLE



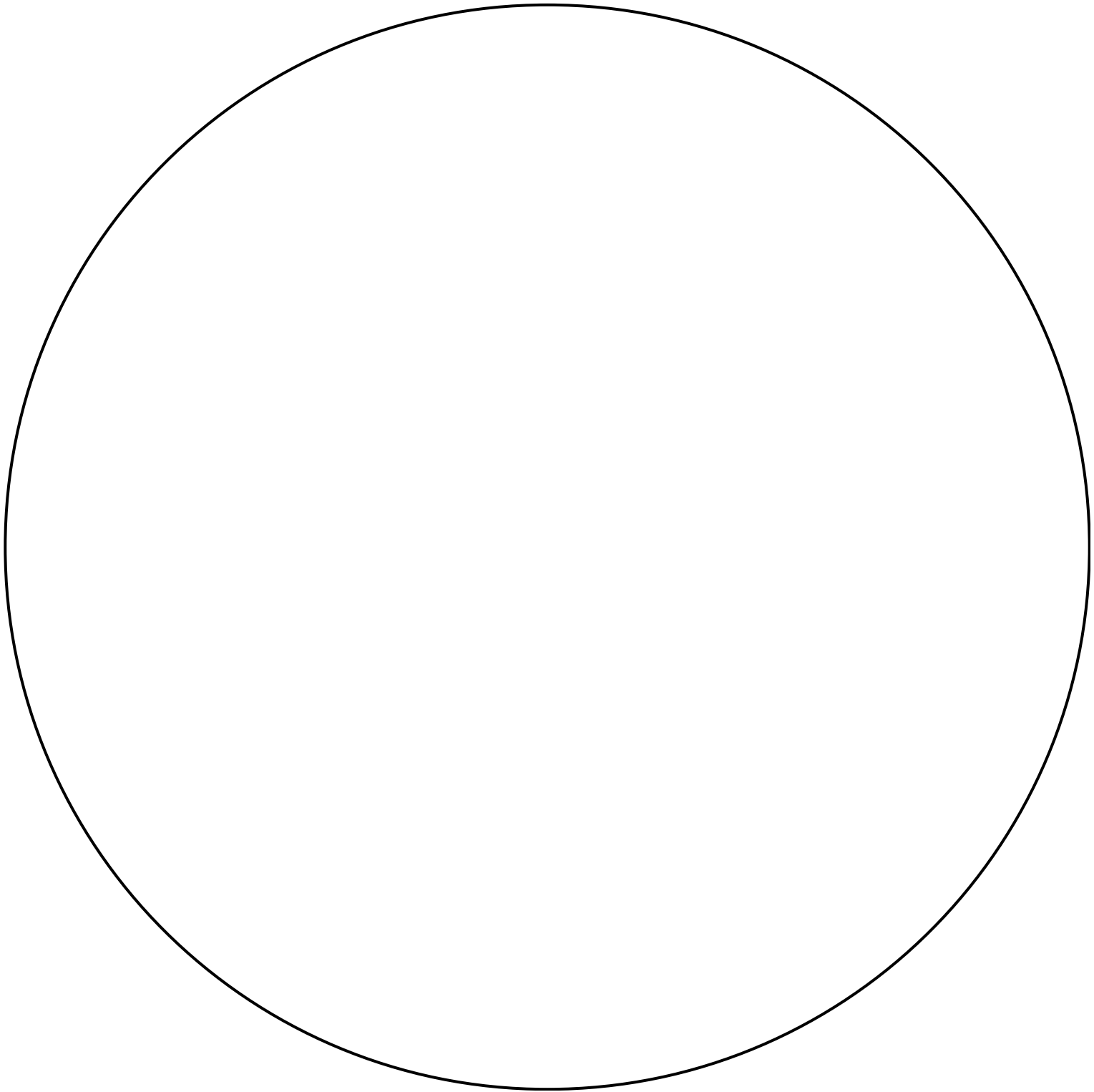
Animate the shapes!



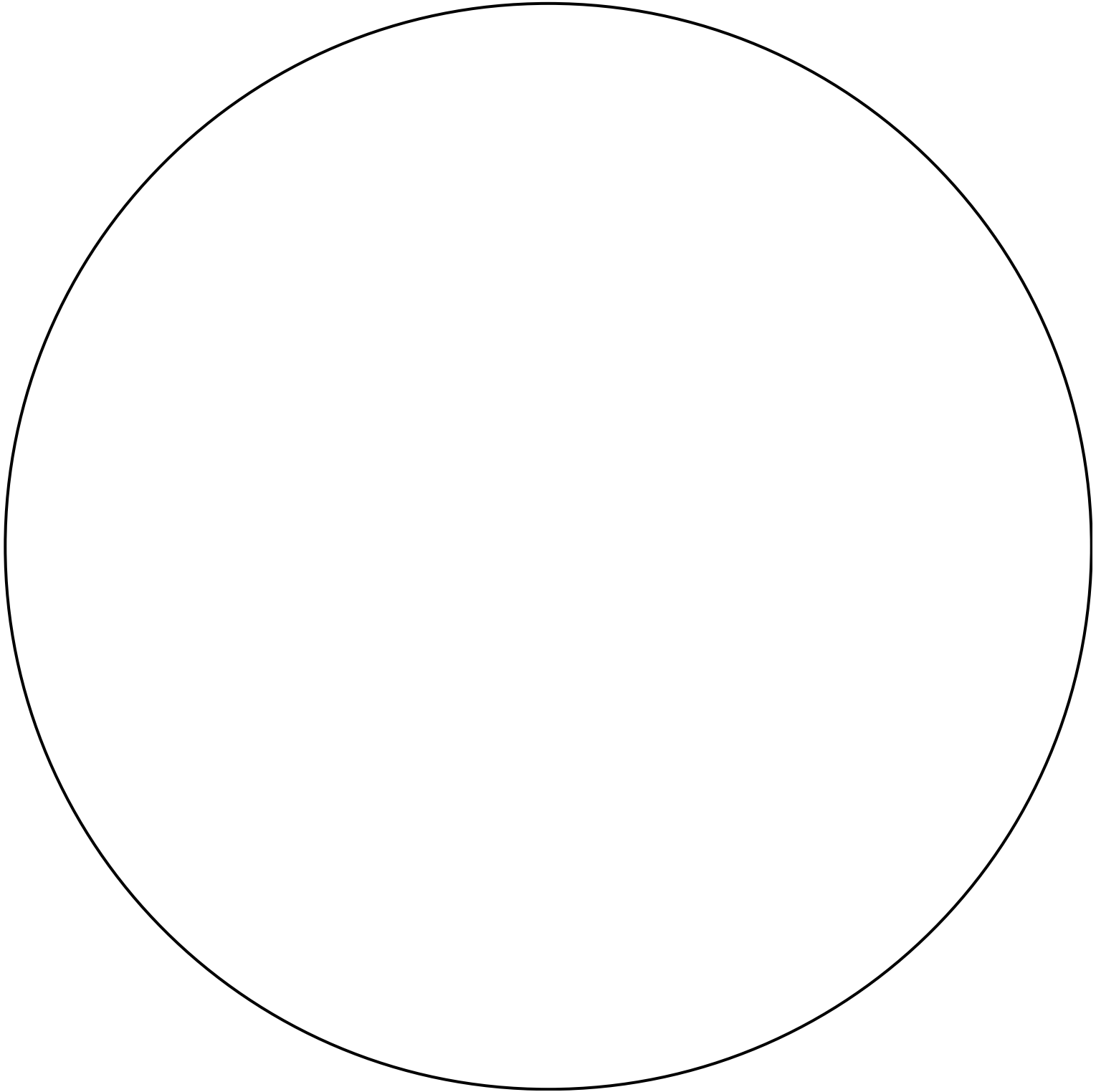
Use the space to make your own
mandala design!

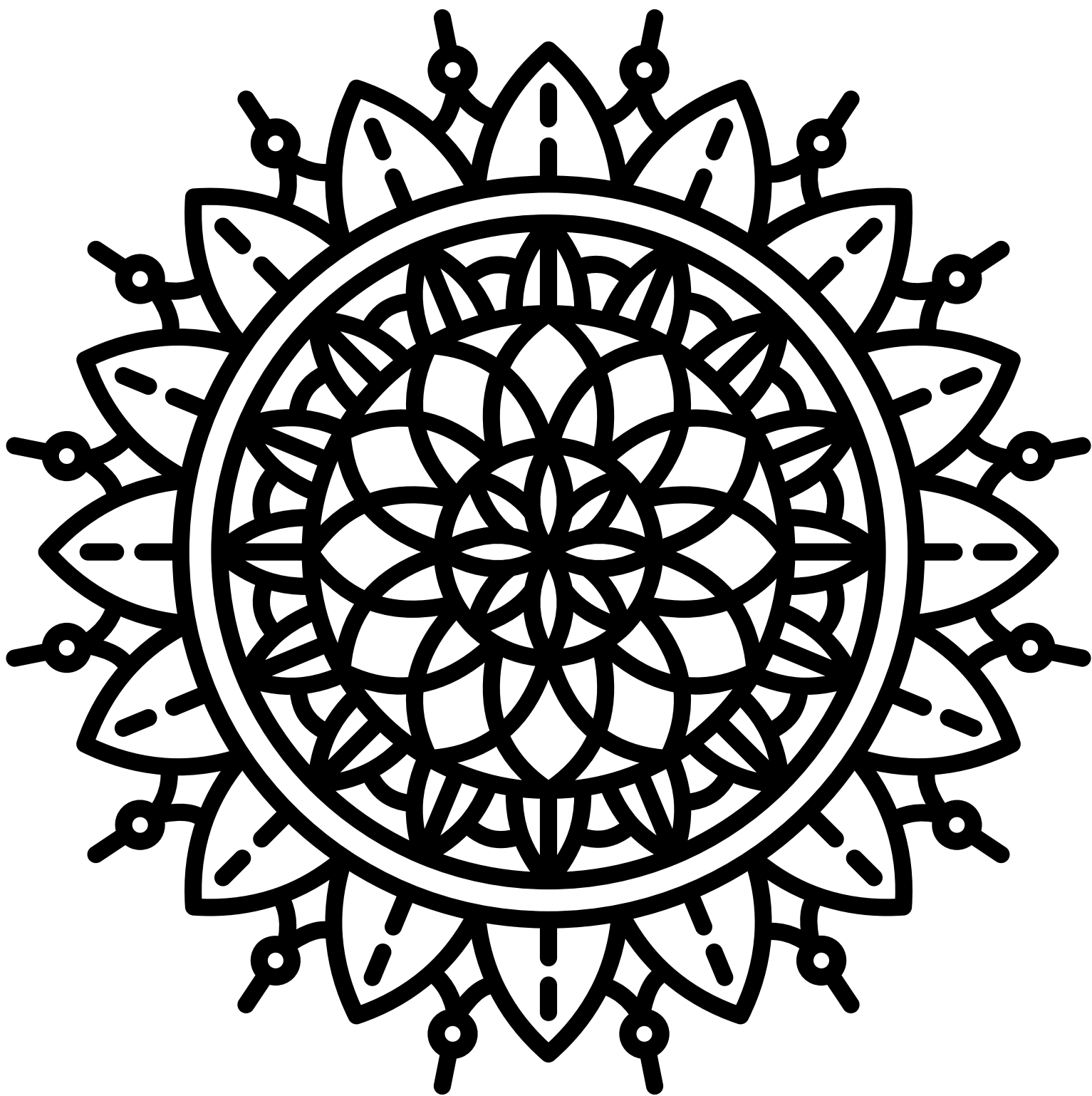


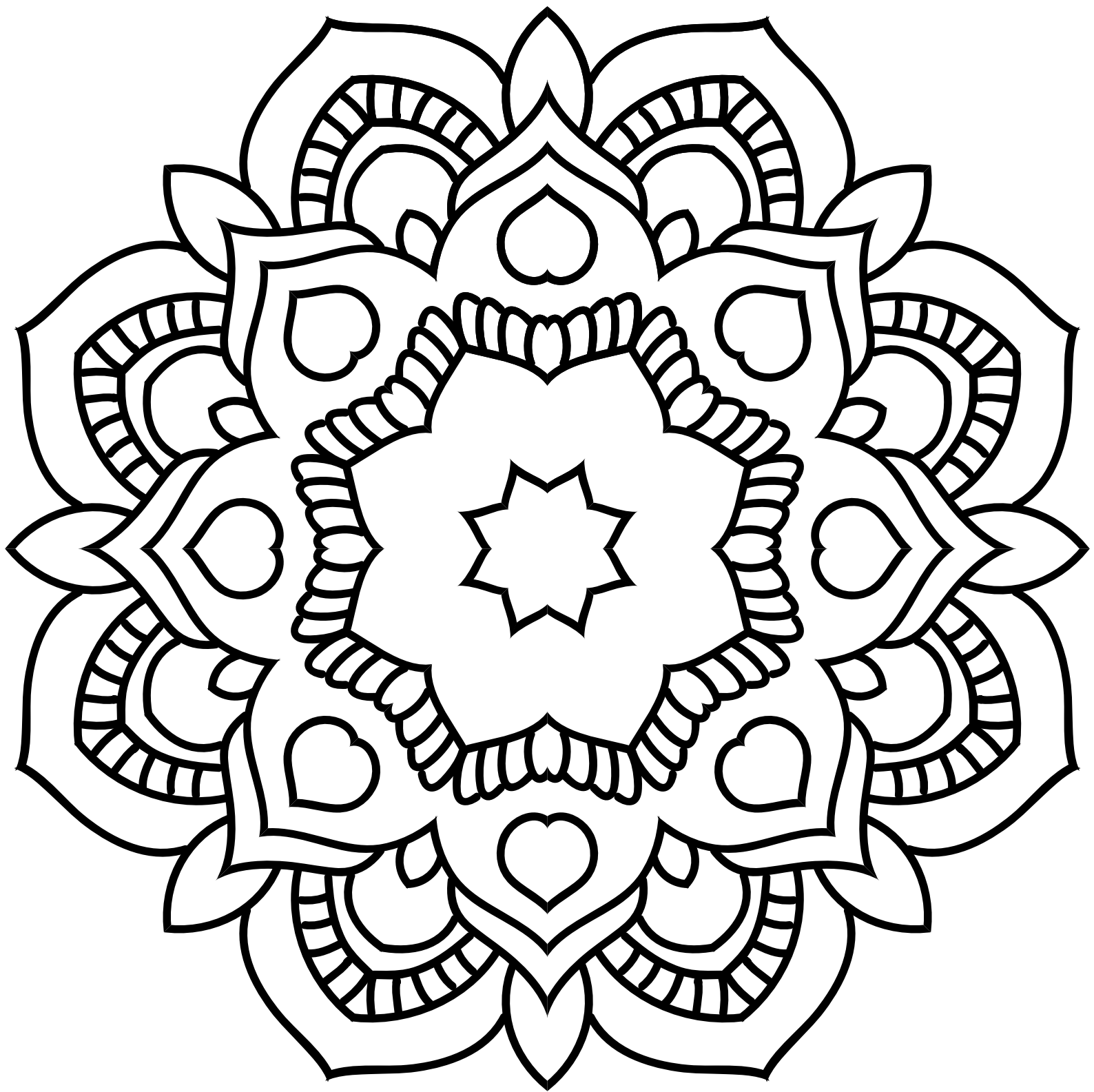
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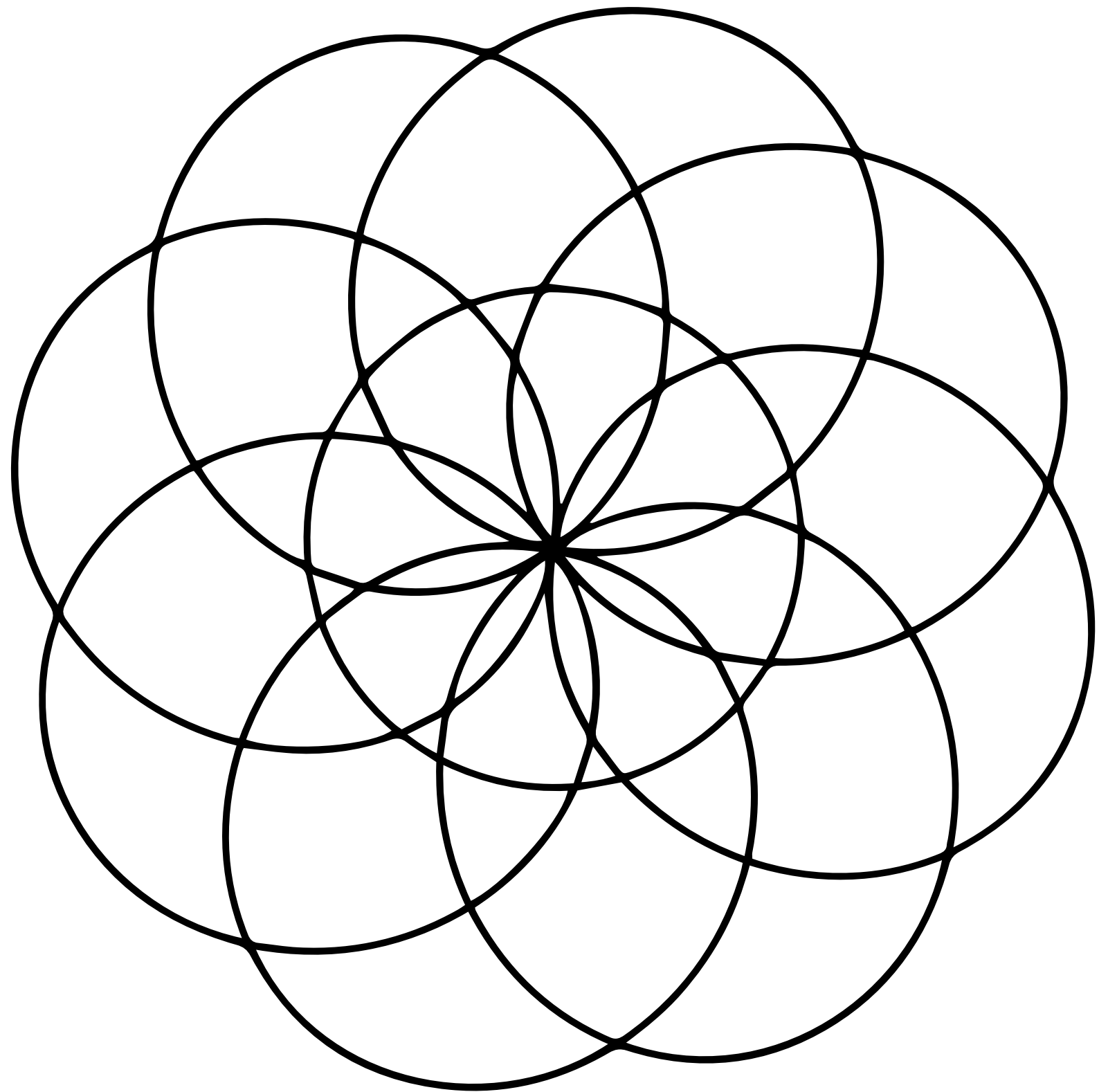
Use the space to make your own
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Fill in the blanks to customize
the affirmation to fit YOU

Today I will _____

_____ can't stand in my way

Tomorrow will bring _____

I am _____

It is _____

I do not _____

I nourish myself with _____

I welcome _____

Strengthen your brain with
some mental health related
word scrambles!

blesrbric

ntmlea hhelat

xieytan

flse reca

stomeino

rawrroi

uvrosvir

lmadana

briedsonua

ngipoc likssl

ahebrte

Mental Health Word Search

U Q H N V G Y B S L O C C B P X X L H R
N H K O S U D D K V R Z M O O D C Q C I
W K V V R K T C X D G I L U Y G N H G Y
B N H E A L T H Y G S F X N P W Y Y J M
P C Z S C G N I P O C B B D A W Y F O I
S M A I S Z K S U A R Y K A K O S F W S
A B M T H E R A P I S T F R T X Z C S H
I S J Q A A N D D K Q T Q Y N E N E M J
A E I I I D F L U U H P B J F J N F Q Y
S T W A R M H F U W N D N U M E C G R X
R A R E Q O B Y I F R N I X R M B G Z Y
O I W Q L Y K A H R D C W A T B L W Z Y
S Z E X U L V H K F M N W A T V A L Z F
S O R R W H B M E N N A I T L P I U B C
E X O B B Y U E O A P U T M S F Q Y A L
R S Z N U K L D I T B F X I C V O K X V
T E I I D I X T W N T M X E O L N H U P
S O K C N O X T T C G R I L Q N H D N N
J R N G T Z R E S I L I E N C E B W I W
C Z S E J L C M W O P V T Q T B T M A B

therapist

mindfulness

feelings

awareness

affirmation

resilience

mood

coping

wellbeing

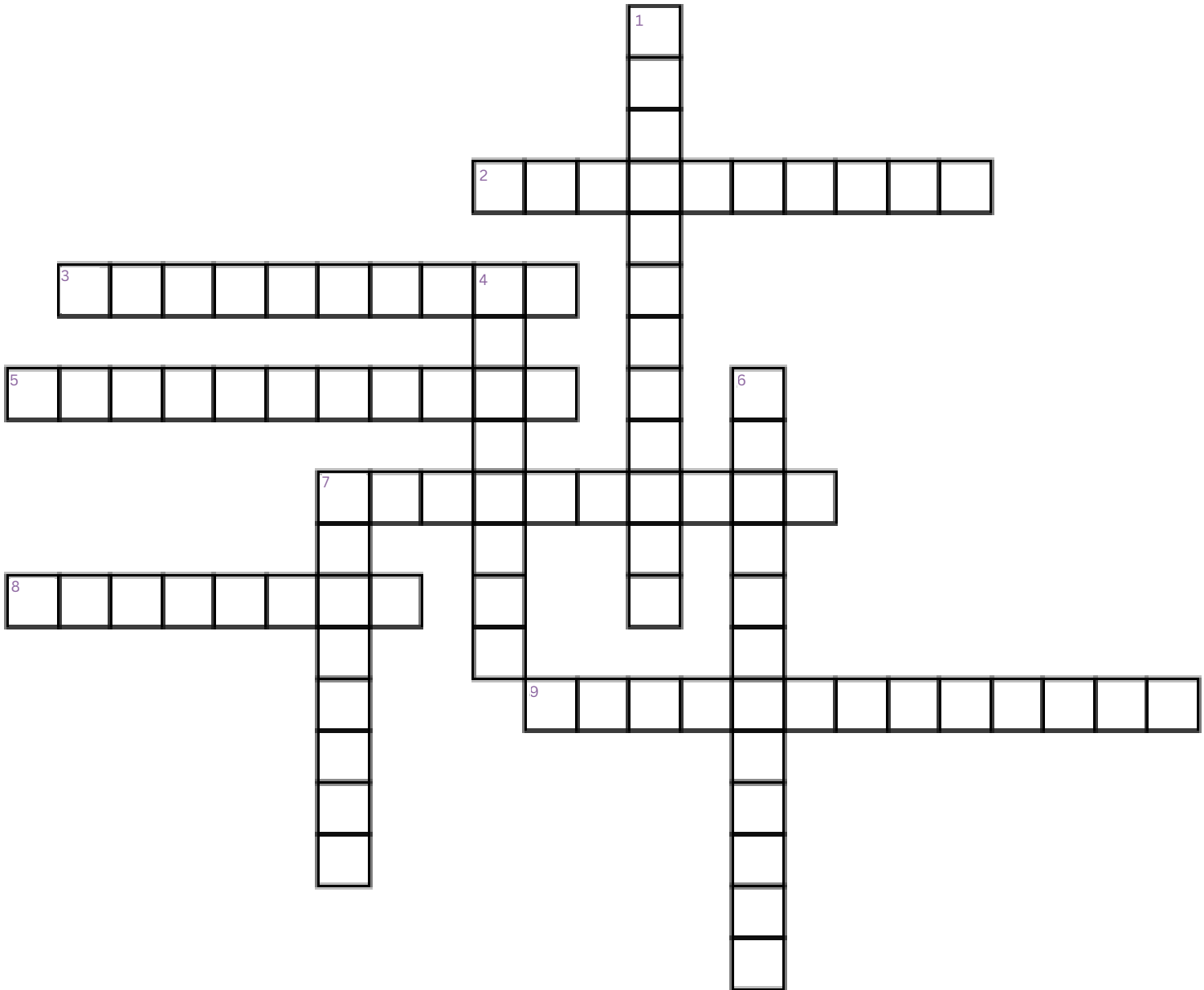
stressors

boundary

healthy

WORDS CAN BE FOUND IN ALL DIRECTIONS

Mental Health Crossword Puzzle



Down

1. Activities we can do in the moment to help navigate stressors, changes, or other overwhelming thoughts, behaviors or feelings (2 words)
4. A person's inner feelings
6. A state of well-being and mind that should be looked after to maintain a stable quality of life (2 words)
7. A situation or event that cause us to feel stressed

Across

2. Affirming someone's feelings or worth
3. The limits and rules we set in relationships to protect ourselves; an example of self care
5. A positive phrase or sentence to say to help motivate or challenge you, or to help you cope
7. A quick activity that can help exert emotions through the use of art materials
8. The practice of looking after your own health (mental and physical) and the tools to do so (2 words)
9. Mental health services with a qualified individual to help express and process experiences, feelings, behaviors, etc.

Word Scrambles

Answer Key

blesrbric

scribbles

ntmlea hhelat

mental health

xieytan

anxiety

flse reca

self care

stomeino

emotions

rawrroi

warrior

uvrosvir

survivor

lmadana

mandala

briedsonua

boundaries

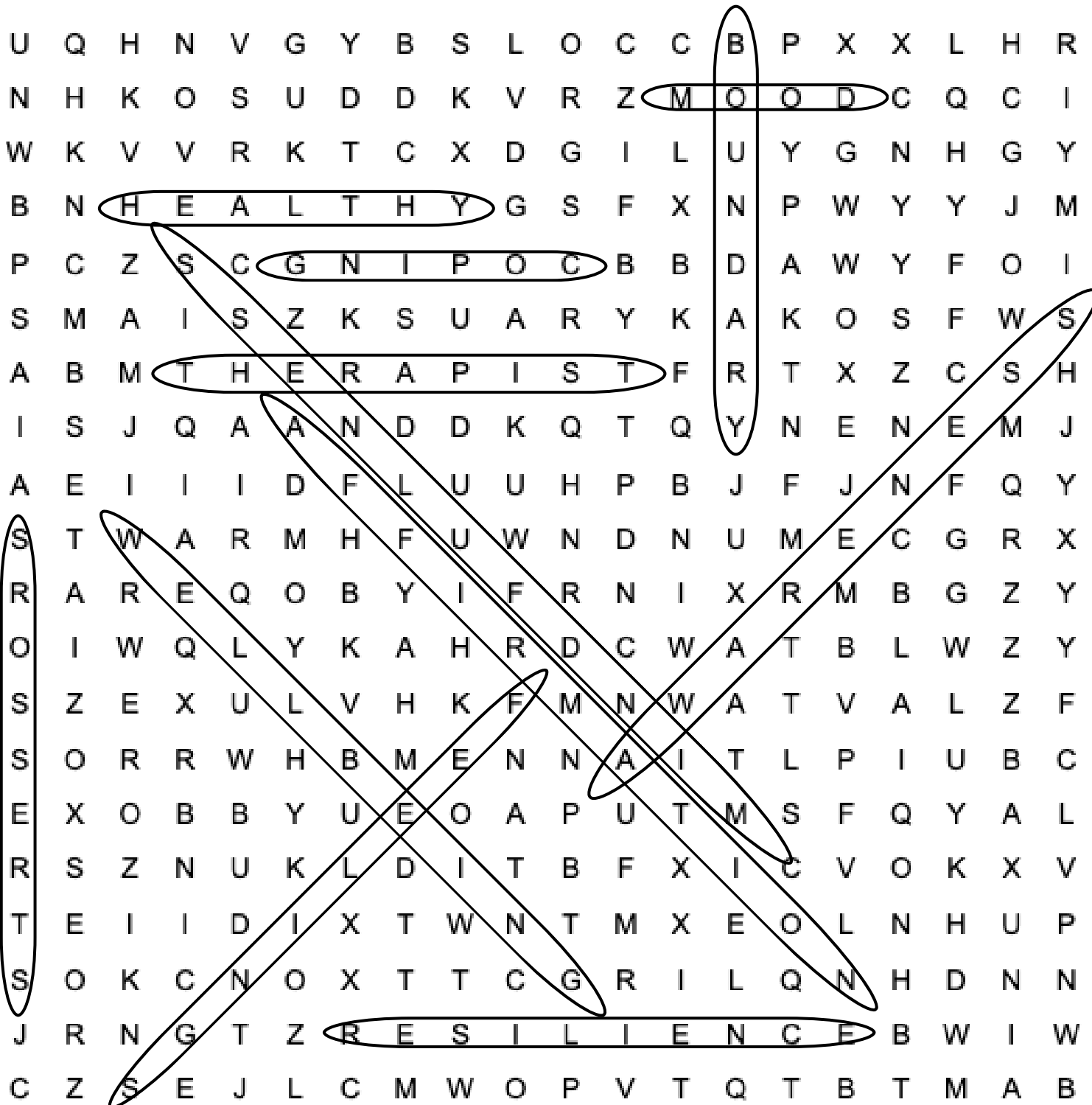
ngipoc likssl

coping skills

ahebrte

breathe

Word Search Answer Key



therapist

mindfulness

feelings

awareness

affirmation

resilience

mood

coping

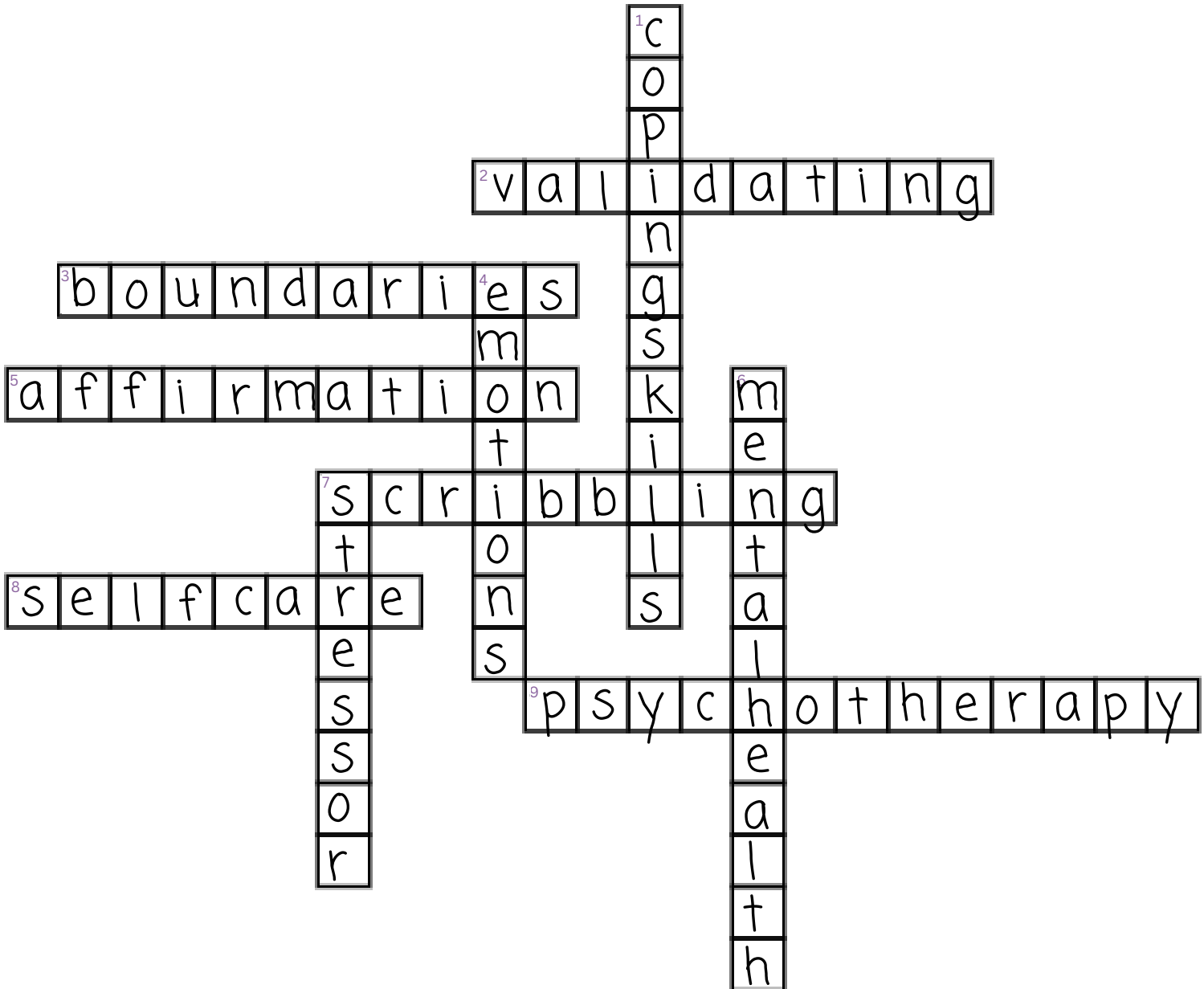
wellbeing

stressors

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healthy

Cross Word Answer Key



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