



**FOR
GRADES 1-3**

**We All
Have
Mental
Health**

We All Have Mental Health

This book is a collection of thoughts and ideas about what mental health means, gathered from young children, for young children.

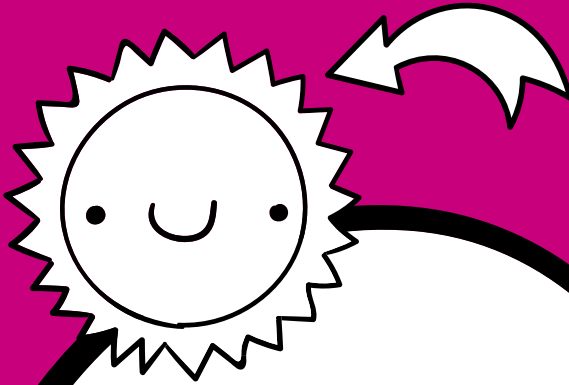
This book can be used as a source of information about mental health, and to start a conversation in the classroom or at home.

This book is made possible by the City of St. Albert and Alberta Health Services.

We would like to acknowledge the strength and wisdom of the children of St. Albert. Thank you to the following schools for contributing:

- Keenoshayo Elementary School
- Muriel Martin Elementary School
- Vital Grandin Catholic School

**Go ahead and
colour all of
the pictures
in this book!**



**“Mental Health is
more than the absence of
a mental health condition
or illness; it is a positive sense
of well-being, or the capacity
to enjoy life and deal with
the challenges we face.”**

– Canadian Mental Health
Association, Ontario



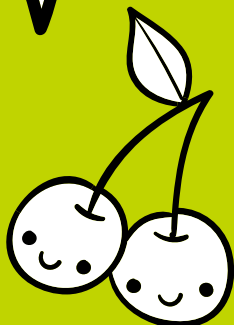
**What is
mental health?**





Mental health is when you sometimes have different feelings every day


Take care of imaginations



Mental health is when you feel happy, cheerful and healthy

Taking care of your emotions

It's basically mind health



**Mental health
is a thing
that you need**

**Mental health
is something
that people
struggle with**

**The health of your
feelings and mind**



**Being calm
and confident,
happy and kind
(green zone)**

**I think
mental health
is thinking
positive**

**Mental health is
expressing your feelings**




**Mental health is the
way your mind
feels or thinks**

**When you make
your brain healthy**

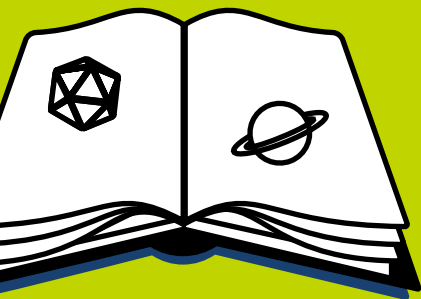
**Mental health
is sharing
feelings**

**Mental health
is when
you feel
really good
about
yourself**

**Mental health
is being
emotionally well**

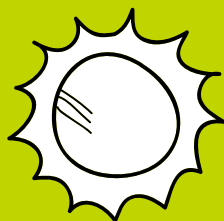
A young child with a friendly expression is the central figure. They are wearing a beanie with horizontal stripes in shades of purple, blue, and white. Their jacket is blue with a white and black abstract pattern. They are holding a large orange basketball with black lines in their right arm. The background is a blurred outdoor setting, possibly a park or schoolyard, with a building visible in the distance. A white speech bubble with a black border is positioned in the center of the image, containing the text.

**What do you
do to build
positive
mental health?**



Thinking and reading

Visit my Dad




**Play by myself
for a while**

**Keep calm and
feel happy mostly
in your life and
help people when
they struggle**

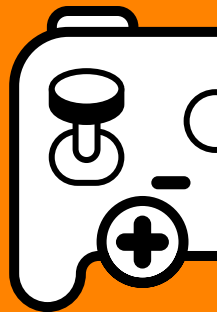


I stay near good friends

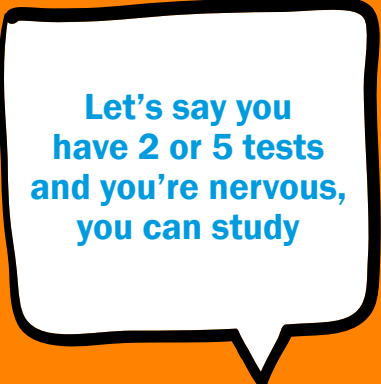
Stretch



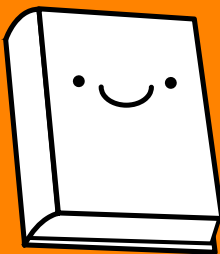
I think
good things
about myself




I read a *lot*.
I play video games



Let's say you
have 2 or 5 tests
and you're nervous,
you can study



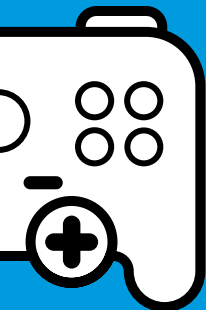
To build positive
mental health
I just have fun



We eat vitamins,
I take my pill
which helps
me focus



I do yoga



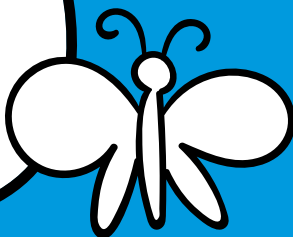
**I always like to read
to my brother.
So he can learn**

**Give your friend
a hug, give your
friend a help**



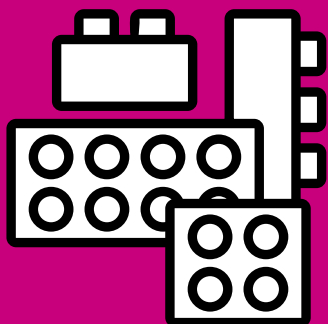
**You can
play sports**

**Going
outside**



**If you are mad
take some space**

**I look for
something happy**



**If you have a big job
give yourself a hug**

**I build mental health
by playing Lego
or reading**



**Think positive
thoughts and say
nice things
to other people**

**Don't watch TV
before bed.
Play with your
friends, toys
or dogs**



I go to the calm kit

**I walk outside
and feel
the fresh air**



**What do you do to build
positive mental health?**

Yoga

**How do you
calm down when
you're really upset,
sad, angry or
stressed?**





I count by 8's, 9's,
7's, 6's

Go to your room
and sit and close
your eyes



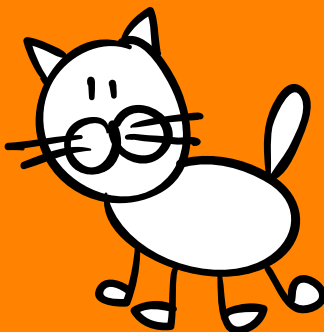
I forget that it
ever happened.
I focus on
other things

I calm myself
by taking
10 deep breaths

I give my Mom a hug

Be kind

**I cuddle with
my cat**



**Write down
my emotions**

**My brother
tells me
funny jokes**

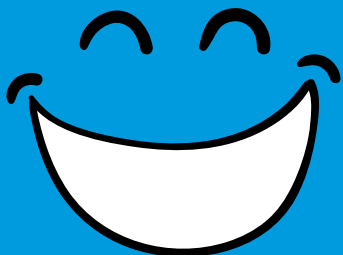


Do yoga

**I go up to
my room and
listen to music**



**You can fidget or
take a deep breath**

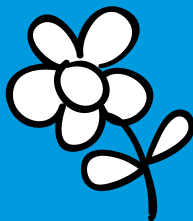


**Take a deep breath and
close your eyes and
think about good thoughts**

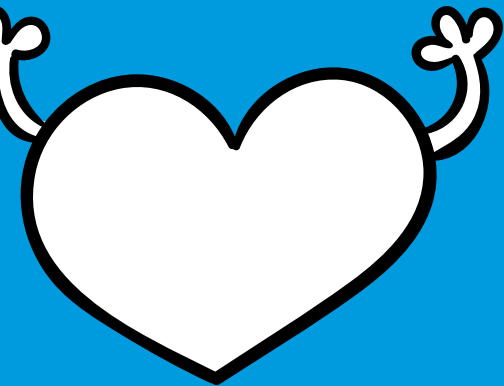
**Go talk
to your friend**

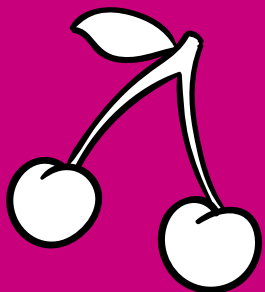
Go outside

**Tell myself
a joke**



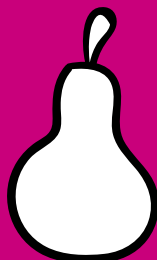
**I ask for a hug.
I have a sip
of water**





**You can tell a parent
or teacher**

**I squeeze my fists
super hard**



**I calm down
by drawing and
colouring and
taking a
deep breath**



**I calm down
when I eat
a snack.
I go to my room
and read**

I take some space

I take water



**How do you calm down
when you're really upset,
sad, angry or stressed?**

By reading



**How do you calm down
when you're really upset,
sad, angry or stressed?**

Exercise

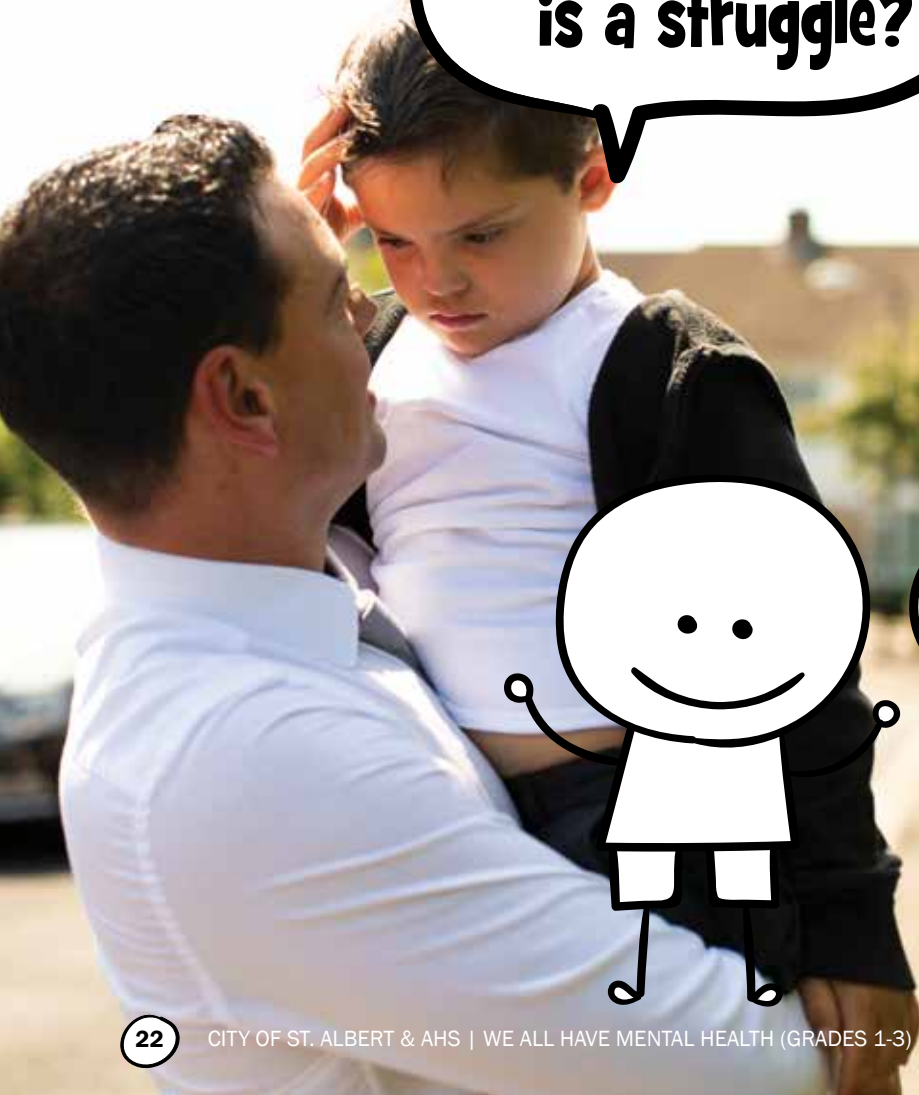


**How do you calm down
when you're really upset,
sad, angry or stressed?**

Listen to Music to Relax

**What would you like
other kids to know when
things become hard or**

**when mental health
is a struggle?**





To sometimes leave me be,
and that I am not having
the best week

It's good to talk to
a parent or an adult

I want other people
to know that they
always have
positive in them

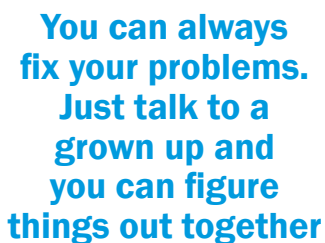
You could tell them
to breathe in and
calm down and try
your best. If you
make a mistake
that's okay.

I'd like them to know
they're not alone

I say
"I love you"



**It's okay if you
make a mistake
it doesn't matter**



**You can always
fix your problems.
Just talk to a
grown up and
you can figure
things out together**



**I want other kids to
know that I feel down**



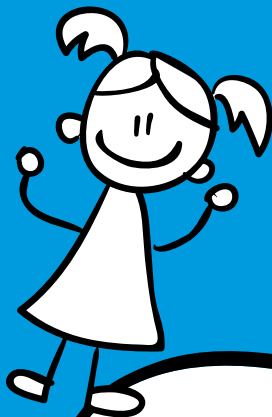
**When other kids
are having a
hard time
I would tell them
“I apologize
now for
everything
I might have
done to you”**



**To not worry
about it,
it's natural.
Do something
calming**



**I would like to know what
they're struggling with**



**Say to your friends,
“Hey do you want to play”,
and let them play with you**

**That it’s okay
to tell your
emotions**

It’s okay



**Listen to
music
to calm
you down**

**I’ll tell them
to help me
calm down**

**Spend time
with friends**

Always try your best

**What would
you like adults
in your life
to know?**





**To control their temper
when you get in trouble!**

**I want my Mom to know
to help me more**




**I want my parents
to know about
my life at home
and at school**

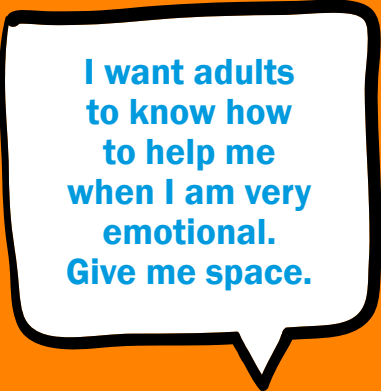
**That I am not
happy all the time.
But most of the
time I am happy**

**Sometimes I need
alone time**


**I can't do this
on my own**



**That we can't
handle all the stuff
we go through**




**I want adults
to know how
to help me
when I am very
emotional.
Give me space.**



**That I can be
trustworthy**



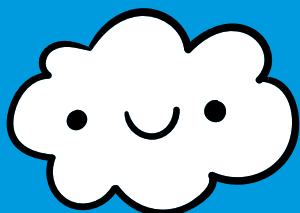
You need a hug



**If you're feeling
down, just
remember to
calm down and
help others**



To control themselves



**I would like my parents
to know that sometimes
things aren't possible for me**



**I wish my parents
would be calmer**



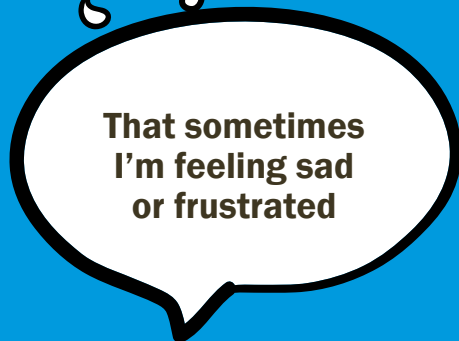
**Help learn
what
feelings are**



**That I
need
teaching**



**That I don't want
them to help me
if I don't ask for it**



**That sometimes
I'm feeling sad
or frustrated**



Kids need a break

**That I need
more help**

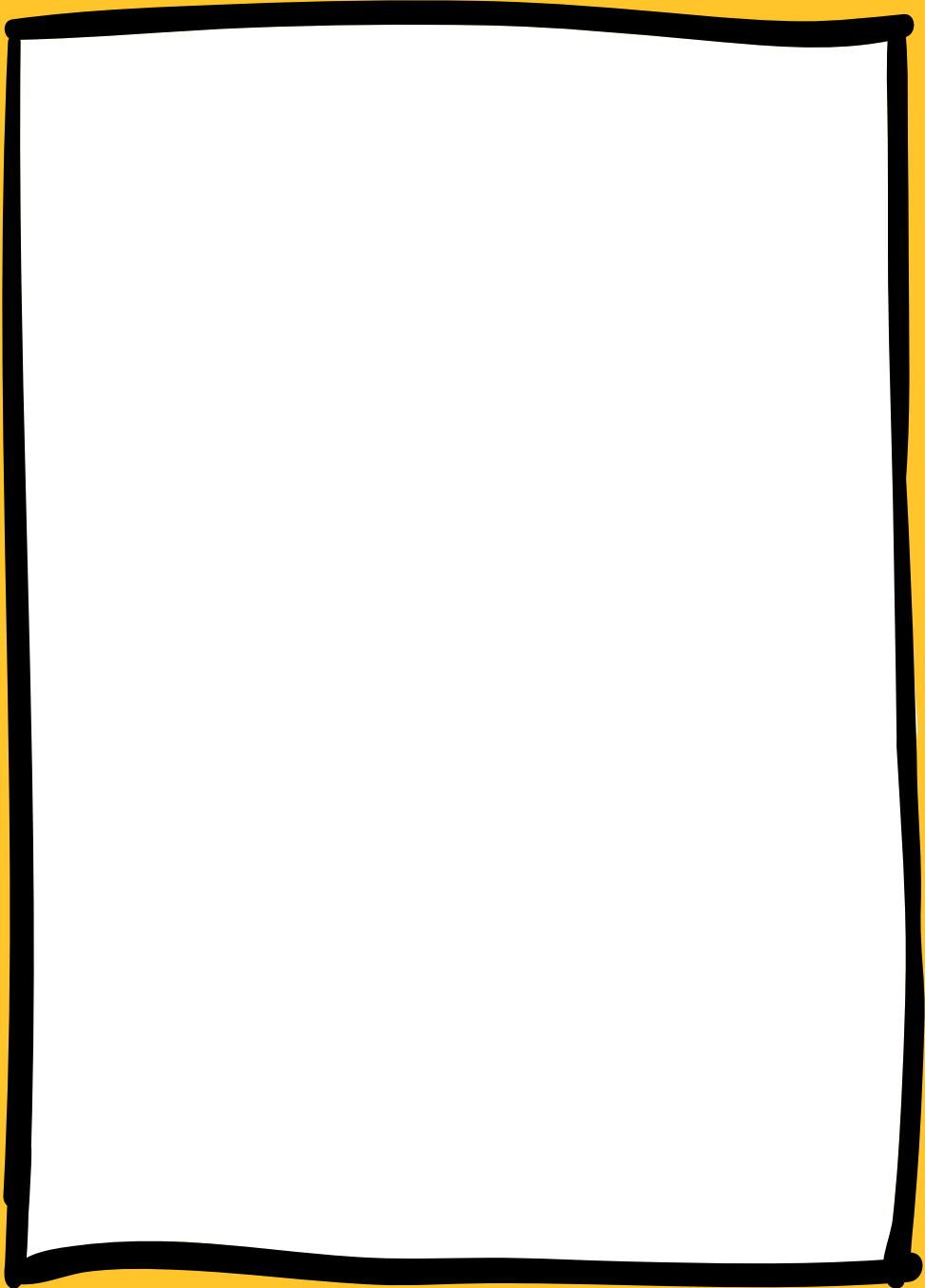
How I feel

**I had a
hard life**

**When you get mad
and when you say
something bad,
the other person
can have
emotions too**

**That not all the time
we need to talk**

**To be
confident**



**Draw your own picture about what
you learned about mental health**





Mental Health Resources

**Alberta Health Services,
Children's Mental Health**
780-427-4491 (Crisis Line)
albertahealthservices.ca/amh

Canadian Mental Health Association
780-482-4357 (24 Hour Distress Line)
cmha.ca

Jack.org

Kids Help Phone
1-800-668-6868
kidshelpphone.ca

teenmentalhealth.org