FOR GRADES 4-6

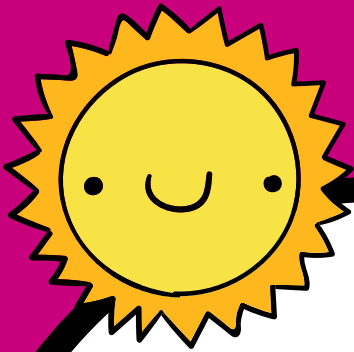# We All Have Mental Health

We All Have Mental Health

This book is a collection of thoughts and ideas about what mental health means, gathered from children, for 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.
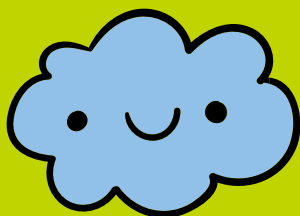
"Mental Health is more than the absence of a mental health condition or illness; it is a positive sense of well-being, or the capacity to enjoy life and deal with the challenges we face."

– Canadian Mental Health Association, Ontario

What is mental health?

Mental health is our thoughts and feelings and how we react to things

It's like regular health but instead of stuff like cuts, bruises, stomach aches and heart attacks, it's inner health, emotional health
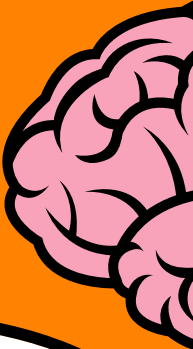
It's being confident and trying to achieve hard goals. It's really hard to keep persisting and keep reaching out when some would say no or even push you away. And to keep reaching, to keep hoping, that's mental health to me

Mental health for me is thinking positive thoughts and that I'm confident and emotionally okay

It's the state and well being of one's mind

It's a type of thing that keeps your mental health stable and your body stable

It's the health of your emotions, thoughts and feelings. Sometimes people ignore it as they think it is not as important as physical health but it is just as important

Mental health is the ability to maintain a good mental awareness if you have a stressful or normal day

It's something that helps stress, anxiety and being upset – it clears up all the bad stuff

I think mental health is a way for you to be yourself, feel good about what you do and to do it in a happy way

Keeping your brain healthy, nice or positive thoughts, thinking good stuff

For me, mental health is the branch of health that interacts with attitude, feelings and stress

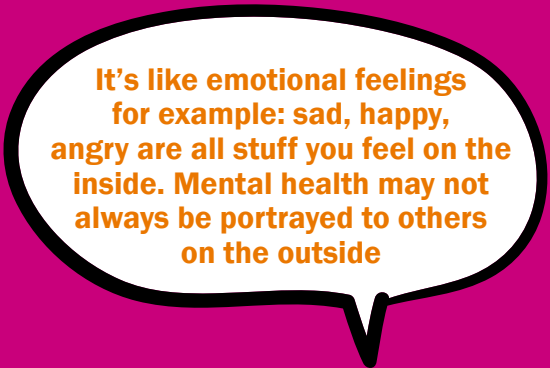Mental health is something that pushes me through the day

I think that mental health is part of who you are. Mainly because your mental health can be good or not so good and most people have good mental health

I think mental health is really mind health, how you handle things mentally, how you handle stress, pressure and anxiety

It is the health of your feelings. Stress is really bad for it, you could get it if you broke up or your family passed away. You could get rid of it by building positive things in your brain
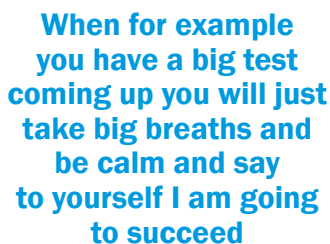
It's when I feel calm, safe and happy like when I'm at the barn or with my Dad, Mom and Sister

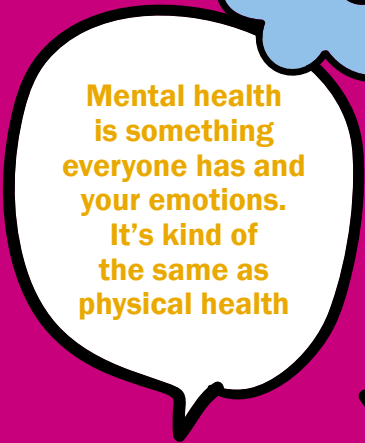Mental health is emotions that are different and what makes you, you

It's like emotional feelings for example: sad, happy, angry are all stuff you feel on the inside. Mental health may not always be portrayed to others on the outside
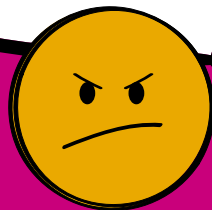
When for example you have a big test coming up you will just take big breaths and be calm and say to yourself I am going to succeed

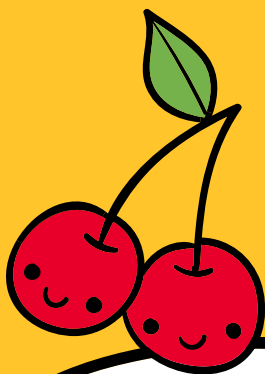Mental health is feelings and emotions, good days and bad days

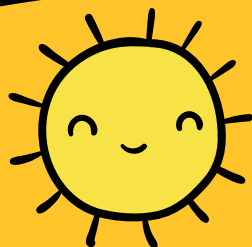Mental health is something everyone has and your emotions. It's kind of the same as physical health

It's not thinking bad about themselves

Being mentally well. Being able to feel your emotions and being able to acknowledge your feelings and to be able to say you're not well or this is how you can help

If I get any challenges, I will try to do my best, and I will feel okay

Mental health can be your feelings or stress in your life. Maybe even strong, happy feelings. I compare the word health to exercise. You may have a strong body, but are you feeling healthy inside?
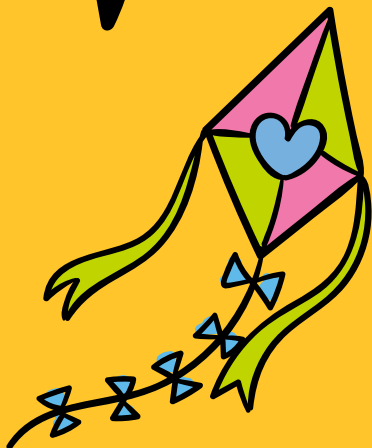
Mental health to me is how stable I am internally
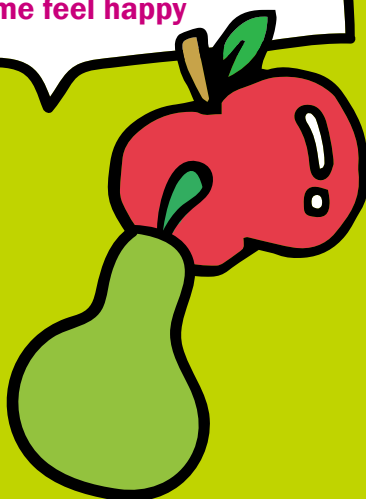
Mental health is about brain health

What do you do to build positive mental health?

To play/sleep with my dog

I play sports, eat healthy foods and to keep myself positive I do what makes me feel happy

For me I think of a fun time that I've had, and another thing I do is remind myself about what great friends I have and what a wonderful family I have

I build positive mental health by having gym first period and by using a stool because it lets me move around my waist without standing up

You can think positive about things that maybe aren't that positive. Like if something is kinda scary just think positive about all the good ways it can go
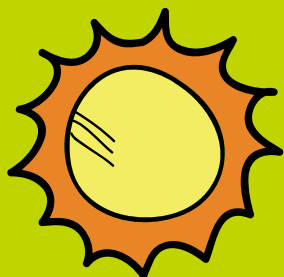
To build positive mental health encourage people, be kind to them

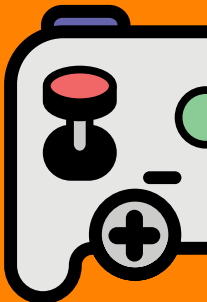Keep yourself calm, think positive things, be happy

I like to help people. Always do something in a day to keep your brain healthy

My friend is a great comedian so she tells jokes in her head. Smiles. Yes. It is that simple. I play with slime or squishie while I breathe slowly and when I close my eyes. Drink water
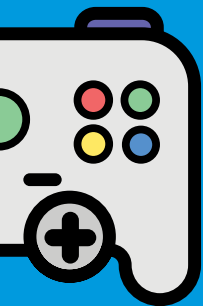
Tell myself "I can do it," "you can finish," "don't give up" or talk to my Mom because she always listens

Think about my cat

When I'm sad or stressed I just remember all the people I love and that makes me happy

Go play with your pets or you can go talk to your Mom, Dad and teacher or you can watch a show

A good way to have good mental health could be having a daily schedule. This makes it so you're less stressed

Be positive, be yourself! The best way to have positivity is to be positive! You don't have to be positive all the time, but it really does help to be happy

For me, just do things that you like. Play some video games, take a walk, eat (don't know if that makes you positive, but it does for me!)
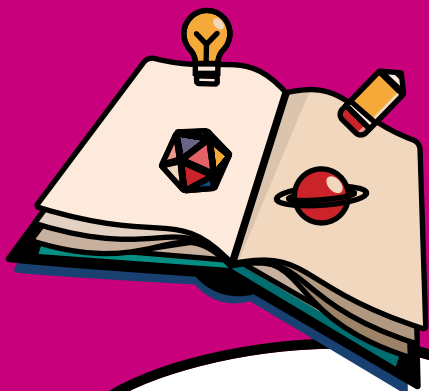
Take some time to wind down and listen to some of your favourite music

Not getting mad at yourself for doing something wrong

Maybe do what you like doing best or calming activities such as reading, spending time with family, relieving stress and knowing how to handle it

I take 1 minute every morning, close my eyes, and think of what I want to do that day

I play piano, and when I can't, I try to stay relaxed, well I try to be positive (and I keep good physical health to make me feel better)

To have positive mental health you can treat yourself, take a break sometimes you need a break and sometimes you don't realize it

Laugh, stay positive, and be kind

Hang out with good friends and do good in school

Go do what makes you happy or think about stuff that makes you happy or just get outside or take a walk

Do things you enjoy, at the end of the day really think about your favourite part, organize your room better

I smile to people who are upset and that makes me feel positive and happy. Also I play with people who are left out so they can feel positive and I feel positive

Talk to your family, get your own quiet time
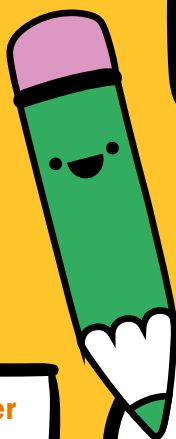
I take breaks from whatever is overwhelming me: I do homework for 5 minutes, and take a 3 minute break, then 5 minutes of homework, it helps me to stay focused when working

I like to colour

Let's say you have a test, well if it's like 3-15 days away then study, do not worry it is not your concern now. If it is a few minutes away then take deep breaths

Know who you are, focus on the people you love

Reading and writing keep me calm. Working at the barn and walking my dog gives me energy. Visiting my Dad makes me happy

I try to look out for others that are different, that need somebody to help them. I try to be kind and cheer others up, but it's not always easy

I go to my friends because they cheer me up, eat less, workout

Draw what makes me mad, sad, upset, angry, stressed

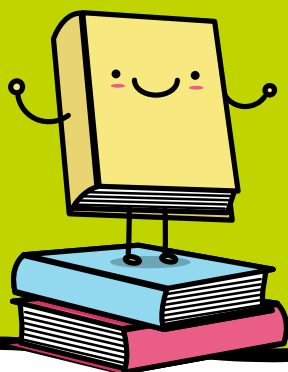What do you do to build positive mental health?
Think of positive things

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

Sometimes I just want something to end when I am really mad. So what works for me is just taking a break

Go to a quiet place, you can draw, you can hug a stuffy, have a nap, go for a walk

If I am stressed for a test I study for it. When I am angry, sad, or upset I usually read a book. When I am sad I talk to my parents
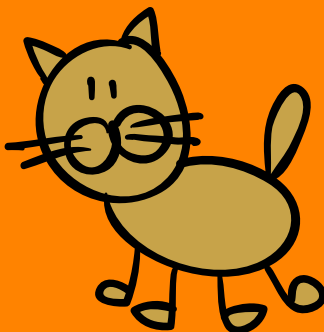
Meditating, closing eyes, and relaxing to get away from all the bad stuff that might have happened to you today. Just forget about it and tomorrow will be a new day

I use a fidget cube

Pet my cat

I get away from everybody so I don't get mad at them or so I can think of what to do if I'm stressed

I read. Sometimes even though reading does not take emotions away it does help. If you're feeling these emotions, the best thing to do is to take your mind off things
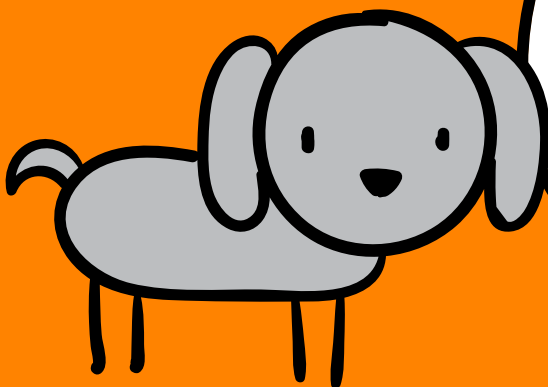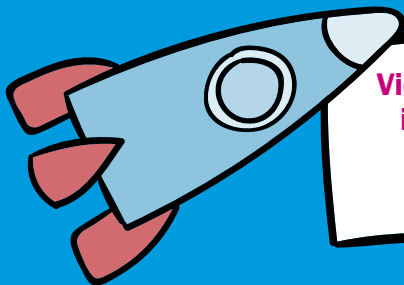
Lay on the floor with my dog and I sometimes cry because it lets my emotion out when I'm feeling bad

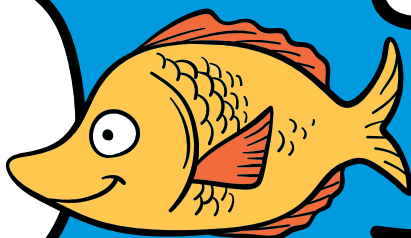I go to music then I dance for an hour then I am back to being happy

Video games can help cause if you are so in the game, you have to do a goal, you can forget about it
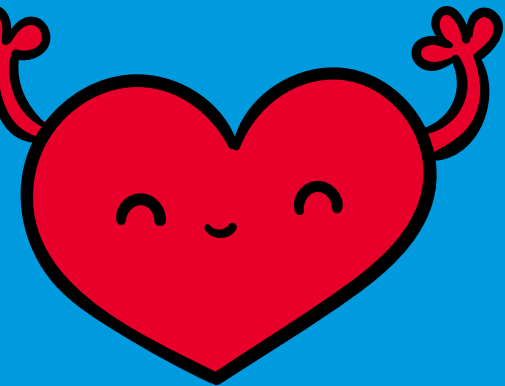
Space myself out, stare out in space, think about what to work on

Go get a drink of water, talk to someone, play with something

I go look at my fish or I build stuff

When I'm sad I like to talk with my parents or teachers so they can help me. When I'm stressed I take deep breaths or play with slime. When I'm angry I play with my friends or play by myself

Eating can make you think about how good the food is (just pick a food you're craving or 100% sure is good!)

Close my eyes and take a deep breath. Draw what makes me mad

I go outside and play sports, because it would take my mind off what I'm stressed about. Or I could watch TV, play video games for the same reason
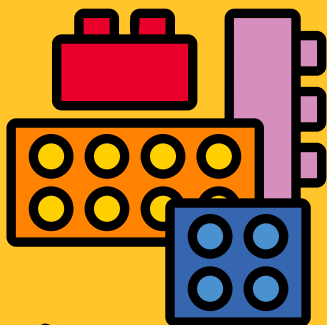
Try not to think about it, or think about my future and what it's like, or listen to music, think about my future job or what I'll be like when I'm older
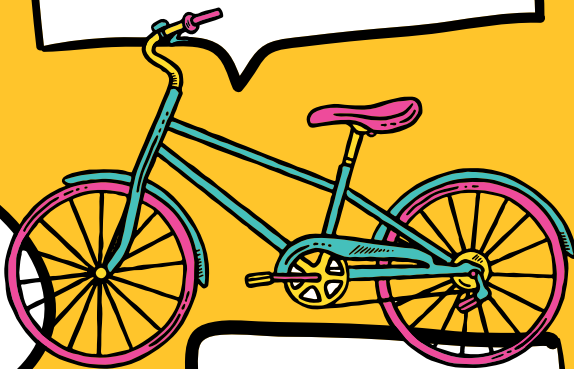
When I am at my home I turn on my diffuser and put lavender in it and it calms me down

You can talk to an adult or a friend

I calm down by thinking about exciting activities I'm going to do tomorrow or next week

I try to distract myself from the situation and deal with it later when I'm not as stressed

Talk to someone. Do something that I love to do. Read silently, lay in my bed, hockey, baseball, biking
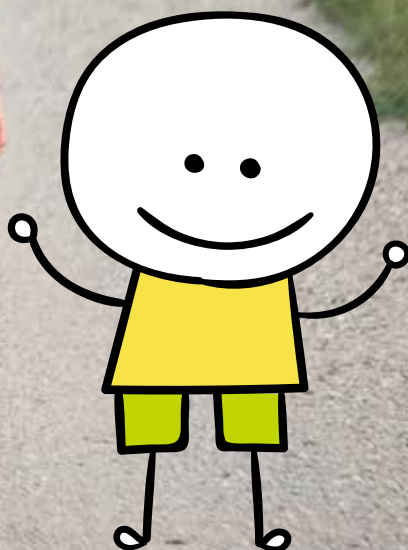
Look for a friend to play

I go to a place in my home that is calming and watch TV or play with toys. Because if you're playing with toys you can build whatever you want or imagine what you want to imagine

I squeeze my hands really hard and then stop and then I feel amazing!

What would you like other kids to know when things become hard or when mental health is a struggle?

It's okay to be upset. It's okay to be mad or sad. It's part of being a person. Tell a friend or adult your problem

If you need a break take a break

You should tell an adult you trust or someone you trust about your problem so you don't get a build up of feeling and just explode, by crying or a loud scream, so just tell someone you trust

I would tell them that it is okay to feel stressed, maybe take a deep breath

Be strong

If another kid was having a bad day I would want to tell them there's always tomorrow. But if they didn't believe me I'd tell them all the good things that could happen

You have to try and find yourself and get into stable mental health

Just keep persisting, keep trying, and if you don't succeed, others will know you for who you are

If I was talking to a friend and I'm struggling with mental health I would say could you play with me. I would tell them that I'm struggling with mental health

It's not always easy, expectation will raise eventually and things will get harder, but in a bad situation like having trouble with mental health you really just got to try to stabilize

When you're feeling something and adults are saying do you want to talk about it and you don't at the moment just don't talk about it

What I would like kids to know is that I'm struggling and need some help to calm down

Ask a friend if they're willing to have a chat with you. Maybe you just need to hug it out. Take a deep breath
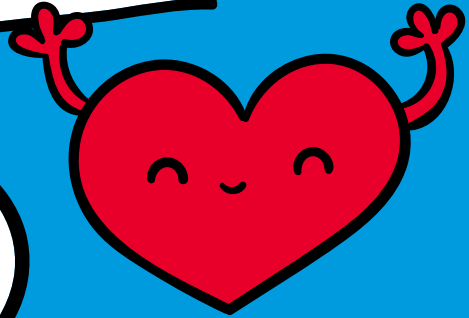
Ask adults for help (well, they help us with almost anything, why not?). But if they suggest something that you're 100% sure won't work, say – Uh, won't work!
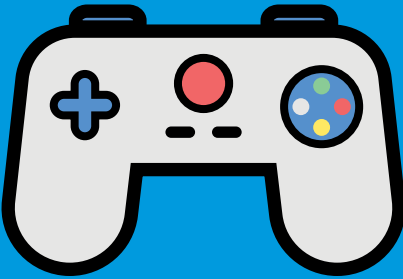
Pretend this is a video game you are trying to get calm points but madness and struggling are your boss fight and you have to be calm, creative to avoid these things, show pride and love to the world

I think they should know that the light will always come through
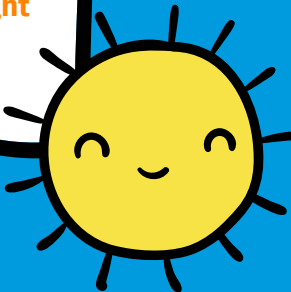
I can tell my friends and not be scared to tell them

Talk to a safe adult. They can help you and if they feel they can't they can find someone who can help you

Share a kind word, talk to them to see what's wrong or make them laugh

Maybe you can tell them that it's not the end of the world, and just try to be happy. But maybe they don't want to talk, so we have to respect that

Even if mental health is a struggle you should always believe in yourself and try to do something that makes you happy
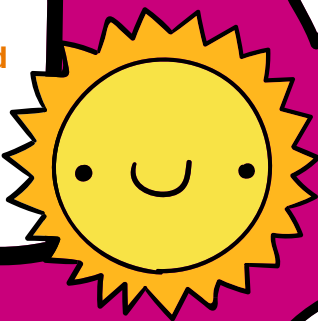
It's okay, it's not always going to be like this, some days you feel like this but other days, just look at things different

I want to let them know that I'm having a rough day
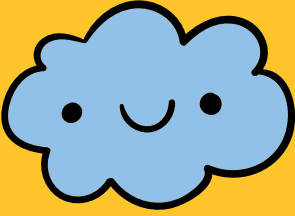
That I sometimes can have "bad" mental health, or struggle with it. So I like when people comfort me and talk to me about it

When you're in stress take a look at yourself and say I can't live like this my whole life. Think of what's ahead of you more than now.

You are loved. When you have bad mental health or really stressed out know you are loved. Think about the people that love and care for you. If you can't find any people try animals, they love you. No matter how bad things get remind yourself that you are loved.

First, smile at them. A nice, simple, warm smile. Second, start a nice conversation. Ask them what their favourite food is

When you need help you can ask for it and people care for you

What would you like adults in your life to know?

Adults do not know everything just be happy as much as you can

To help and guide people if they're struggling

I want like adults to know to pay someone attention and try to feel what a student is feeling

If I have a problem I want you to just listen and not give a solution

Stay happy even if you are going through a tough time

What things are like nowadays

There is no need to worry. Things will be fine

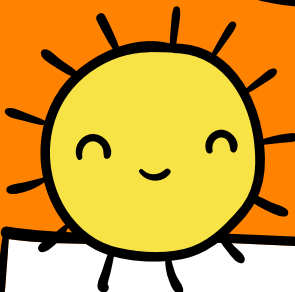I would like my parent to know that if I am in my room upset to leave me alone

Thank you for standing with me when it gets hard, you being there has made things a lot easier, you have understood everything and did not judge me

How to feel calm and don't stress

I have ways I deal with things different then how you do but it helps and even if it's different doesn't mean it's wrong
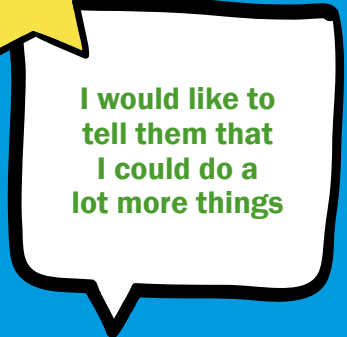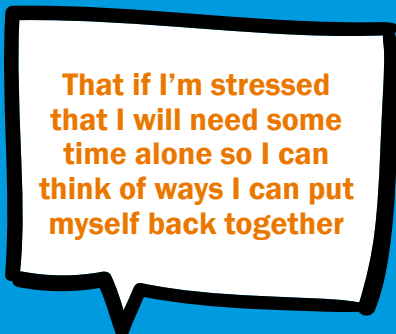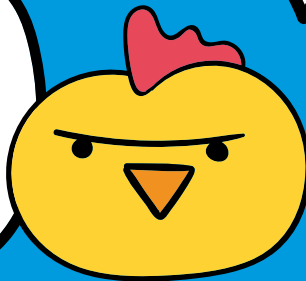
I need a positive outlook and an encouraging voice

When I'm sad sometimes I want to be alone I also like someone to talk to but sometimes I feel embarrassed

That kids can't always get through by themselves

I would like to tell them that I could do a lot more things

About mental health and personality

That if I'm stressed that I will need some time alone so I can think of ways I can put myself back together

That they always have permission to tell me things and they can always help me
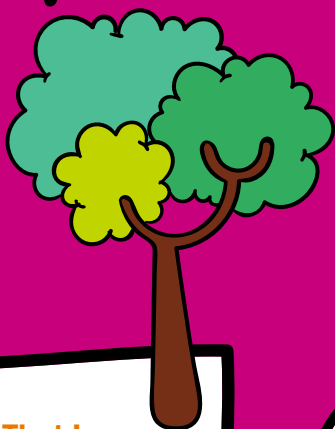
I want them to know that just being old doesn't mean that life is worse
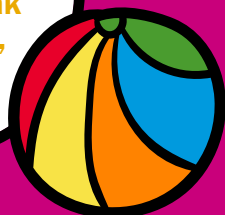
Not every time adults are right

Sometimes helping helps, and sometimes helping doesn't help

I would like people/adults to know that I like to talk to people about what I think about my mental/all health

That I am always worried about tests

That sometimes everyone needs a break (short, long, etc.)

Not a lot, I prefer to keep some of my problems to myself

That kids want to express their self through what they love

That mental health is not just anxiety, depression or stress, mental health can happen or do anything to anyone

No one is perfect

That kids lives are also hard because of school and homework and we have to deal with pressure

That sometimes things they say don't always work

If your child does something wrong hear them out fully and don't freak out

Like, nothing. I like them the way they are ☺

Sometimes we need a break, we can't carry the world on our shoulders and usually we don't know how to tell adults. Sometimes we don't know how to explain our feelings. We can feel like (pictures – keeno)

How not to be embarrassing

That I sometimes have trouble with things

Do your best and keep going

5. I would like adults to know that sometimes we need ~~as~~ a break, ~~sometimes~~ we cant carry the world on our shoulders and usally we dont know how to tell adults. Sometimes we dont know how to explain our feelings. We can feel like,
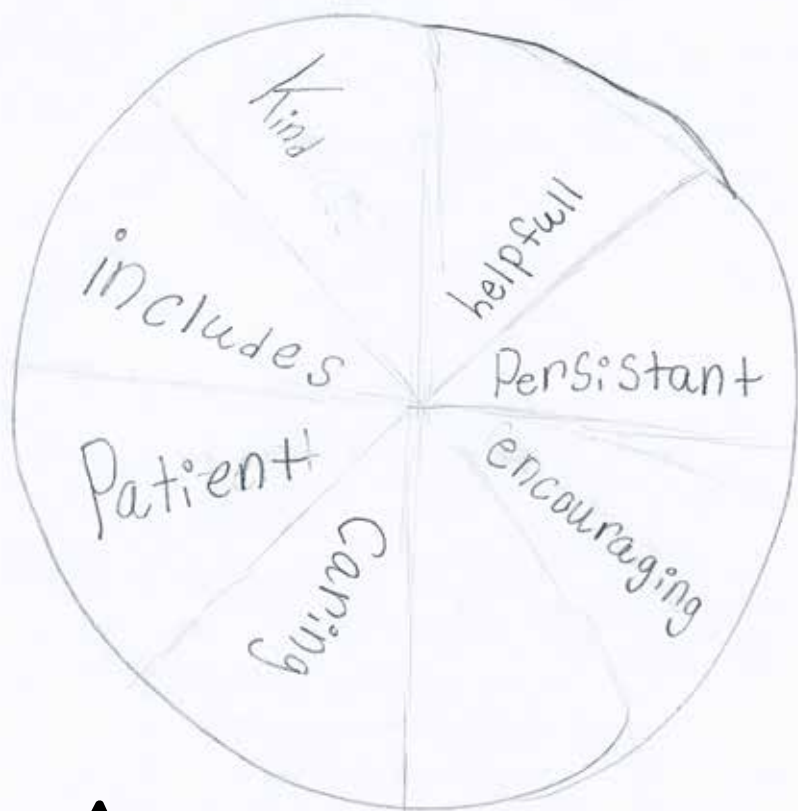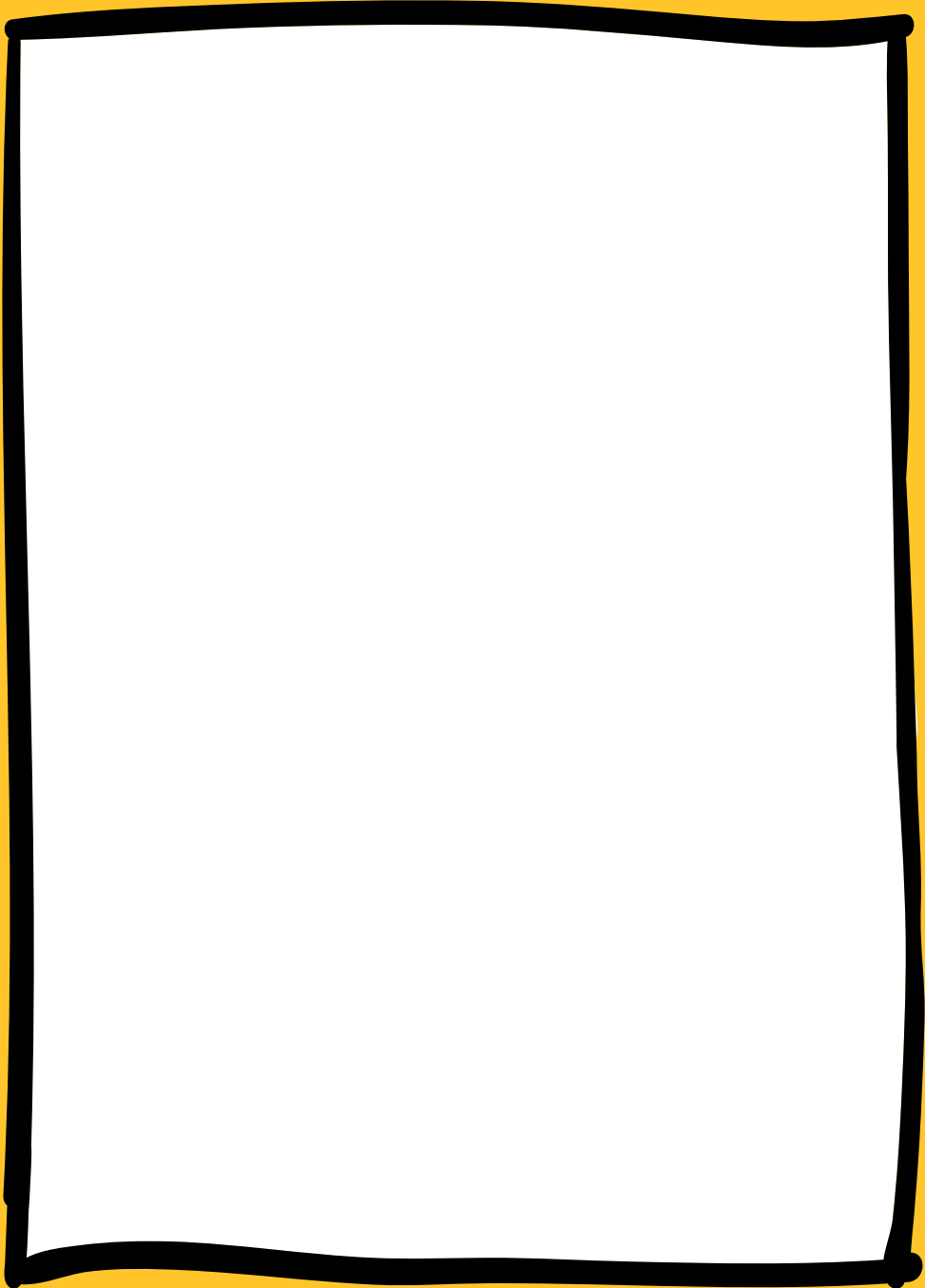
[blank], [blank] or even [blank] (blank)

What would you like adults in your life to know?
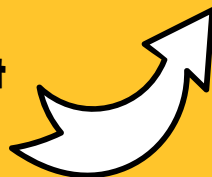
qualities that make good mental health:

What is mental health?

These are qualities that make good mental health

Draw your own picture about what you learned about mental health

There's always Tomorrow

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

Alberta Health Services

City of St. Albert — Cultivate Life