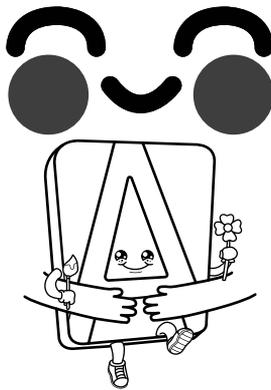




# Head & HeART

by P.S. ARTS



Welcome to Head & HeART, a wellbeing and creativity resource from P.S. ARTS. Head & HeART includes creative activities that support mental health awareness for kids. Mental health is the foundation for wellbeing, and taking care of our minds helps us thrive. Creating art and being creative, in whatever form, can help us express thoughts and feelings in ways that help us connect with others through our heads and hearts.

We hope that through Head & HeART, you learn some tools to help you feel strong, focused, confident, and connected. It's important to uncover ways to understand what you're feeling and how to cope with those feelings—including tricky or challenging feelings!

The activities in Head & HeART can be adapted to different age ranges and skill levels. Don't worry if an activity includes something you don't have or doesn't quite work where you are. Use the general guidelines for the activity and explore ways that work for you.

Read on to discover ways to open your heart and strengthen your mind with

## **Head & HeART!**

Medical Disclaimer: The activities in this booklet are offered as a resource and not a substitute for medical treatment. If you have concerns, please consult your healthcare provider. Please see the back of this booklet for a list of mental health resources.



# TODAY I FEEL

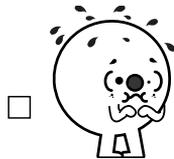
We all have different feelings everyday. Recognizing what we are feeling is a big part of taking care of ourselves. When we name how we feel, we can make choices that help us with those feelings.

**Our feelings are our friends!**

How are you feeling? Check the box that best represents how you are feeling right now and mark how big that feeling is on a scale of 1-10 (1 being the least and 10 being the most).



happy



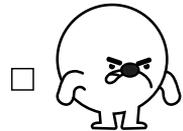
afraid



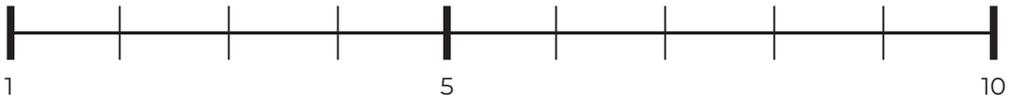
calm



disgust

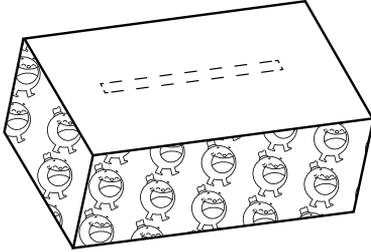


angry

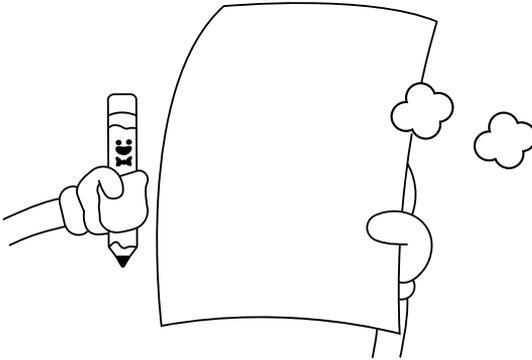




# GRATITUDE BOX

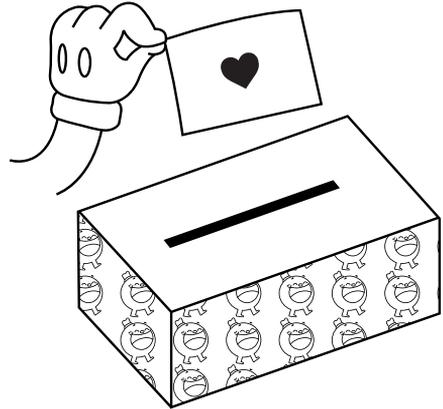


**1)** Find a box. Cut out an opening at the top if it doesn't have a lid.



**2)** Take a piece of paper and think about somebody or something that you are grateful for.

Maybe you are thankful for a yummy meal or fun times with your friend. Write or draw about it.



**3)** Put the paper in the box. Remember the good things in life!

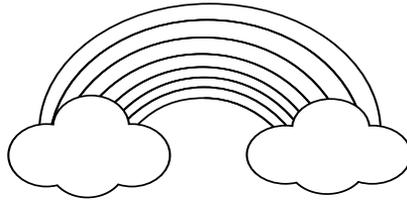


# RAINBOW SCAVENGER HUNT



Close your eyes and imagine a big, beautiful rainbow in front of you. See all of its colors. Now open your eyes and look around you to spot items that match the different colors of the rainbow.

**Happy rainbow hunting!**



Red

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Orange

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Yellow

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Green

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Blue

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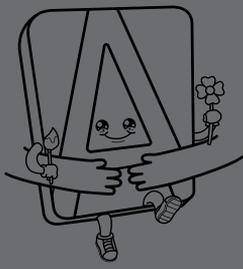
Violet

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# SENSORY BOTTLES



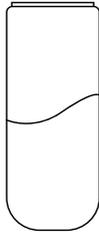
Sensory bottles are sometimes called calm down bottles.

They can be used to focus our attention while calming our bodies and minds. Make your own sensory bottle following the directions below.

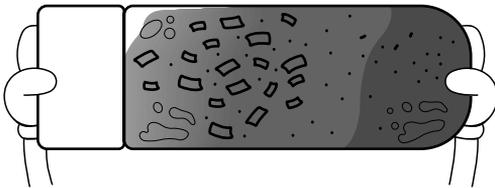
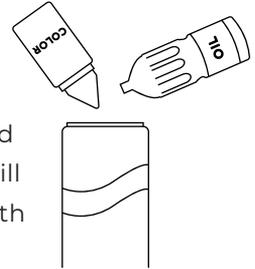
## Materials

- A clean, empty plastic water bottle with the label removed
- Superglue (or a hot glue gun, with **adult supervision**)
- Warm water
- Glitter, pom poms, plastic beads, shells, or other items
- A funnel
- Corn syrup, baby oil, or cooking oil
- Glitter, pom poms, plastic beads, shells, or other items

**1)** Fill an empty water bottle about one-third full with water.



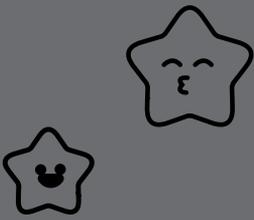
**2)** Add a few drops of food coloring. Once the food coloring has spread throughout the water, fill the rest of the bottle with baby oil or cooking oil.



**3)** Secure the lid with superglue. Once dry, you can put the bottle on its side to see the waves or shake it to see the oil and water separate.

Once your sensory bottle is ready, watch the liquid moving and count the bubbles or objects that you see. Breathe deeply while you count and enjoy the experience.

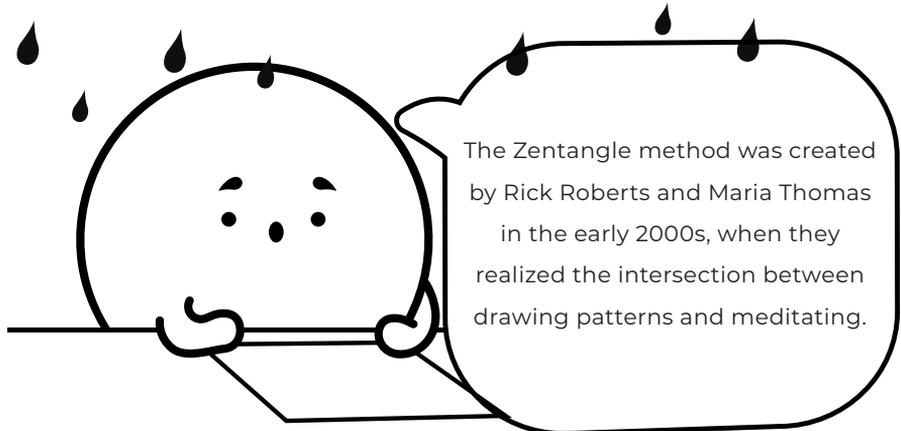
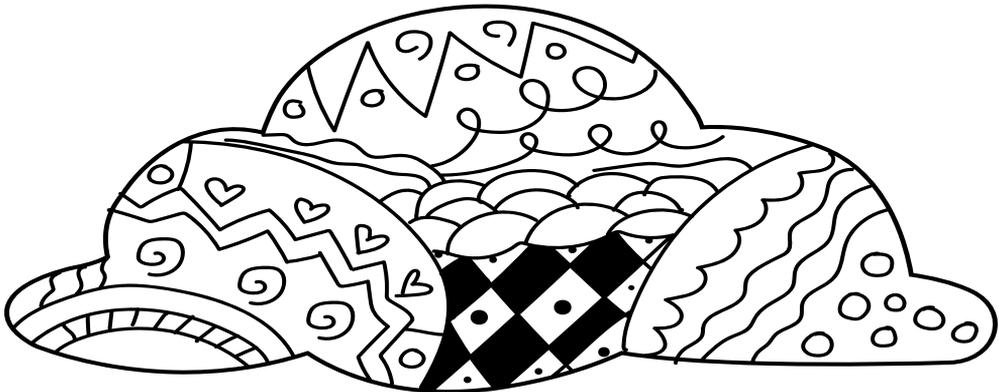




# ZENTANGLES



Zentangles are an easy-to-learn, relaxing, and fun way to create "tangle" drawings using curves, dots, and lines. There is no right or wrong way to draw a zentangle. Simply sit down with a piece of paper in front of you, relax your arm, and draw repetitive patterns with a pen or marker on a piece of paper, one stroke at a time. Let your mind wander while you draw whatever pattern feels right to you.

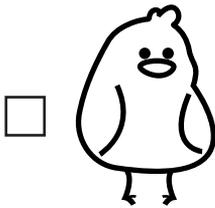


The Zentangle method was created by Rick Roberts and Maria Thomas in the early 2000s, when they realized the intersection between drawing patterns and meditating.

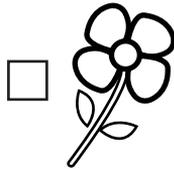


# NATURE WALK

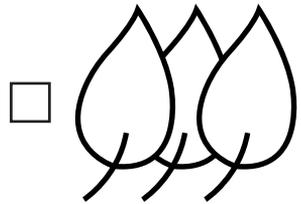
Spending time outdoors isn't just enjoyable — it's also good for you! Being in nature engages our senses and nourishes our heads and hearts. Next time you are on a nature walk, look around you and spot as many items listed below that you can find.



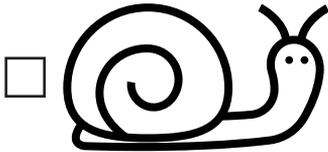
Bird



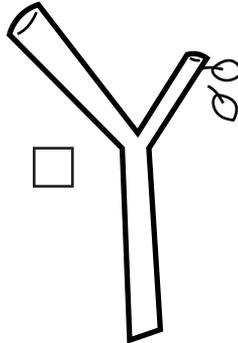
Flower



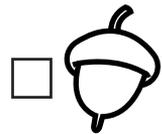
3 leaves  
(extra points if each leaf is a different color)



Snail



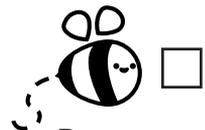
Y-shaped stick



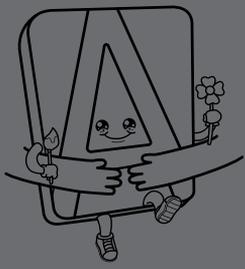
Acorn



Worm

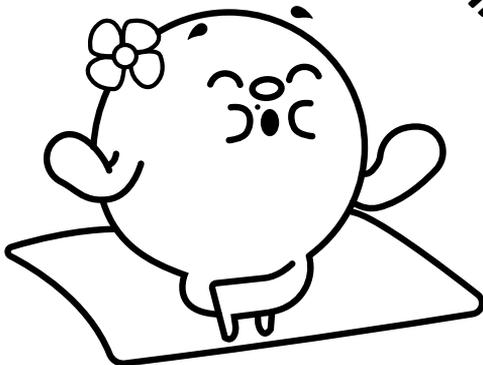
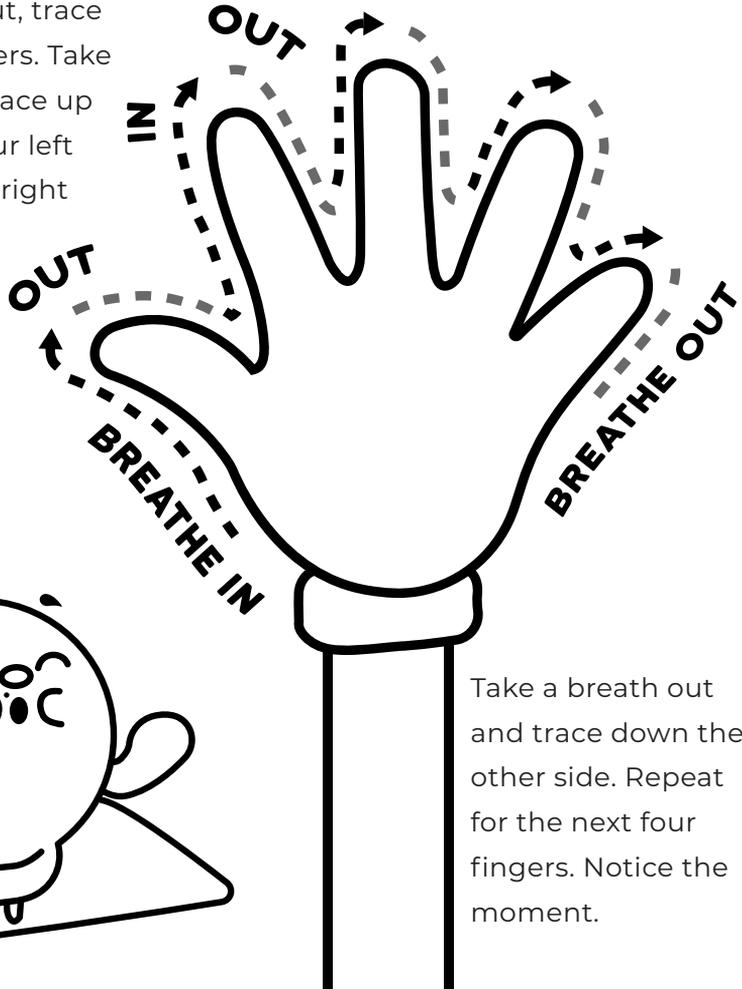


Bee



# BREATHING TIME

Anytime, anywhere, you can pause and take soft, slow breaths. As you breathe in and out, trace around your fingers. Take a breath in and trace up the outside of your left thumb with your right index finger.



Take a breath out and trace down the other side. Repeat for the next four fingers. Notice the moment.



# POCKET STONE

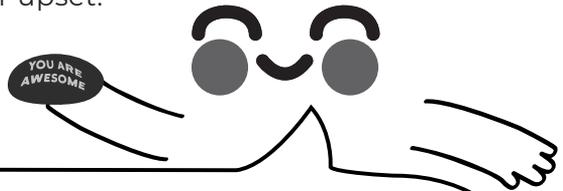


Pocket stones are a way to give ourselves messages that can make us feel strong, brave, and loved.



The way they work is you pick a stone to carry in your pocket, in your bag, or put it next to your bed. Decorate your stone or write a word or message on it to yourself.

Hold the stone for a calming effect when you're feeling stressed, worried, or upset.



Pocket stones, also called worry stones, have been used throughout history in different parts of the world. Indigenous cultures passed them on from generation to generation. The ancient Greeks called them palm stones and collected them from the sea.



# RESOURCES

Together we can nourish our heads and hearts. If you or someone you know is struggling with mental health, there are ways to get help.

**AAKOMA Project**

[www.aakomaproject.org/resources](http://www.aakomaproject.org/resources)

**BEAM**

<https://beam.community/programs/>

**California Hope**

[www.calhope.org](http://www.calhope.org)

**Child Mind Institute**

[www.childmind.org](http://www.childmind.org)

**Department of Mental Health  
Services for all CA Counties**

[www.dhcs.ca.gov/individuals/  
pages/MHPContactList.aspx](http://www.dhcs.ca.gov/individuals/pages/MHPContactList.aspx)

**Make It Ok**

[www.makeitok.org](http://www.makeitok.org)

**NAMI LA**

[www.namila.org](http://www.namila.org)

**National Action Alliance for  
Suicide Prevention**

[www.theactionalliance.org](http://www.theactionalliance.org)

**Seize the Awkard**

[www.seizetheawkward.org](http://www.seizetheawkward.org)

**The Trevor Project**

[www.thetrevorproject.org/resources](http://www.thetrevorproject.org/resources)

**WeRise LA**

[www.whywerise.la/werisela](http://www.whywerise.la/werisela)

# RESOURCES



## Crisis Hotlines

**National Alliance on Mental Illness:** 1-800-950-NAMI (6262)  
or text "NAMI" to 741741

**Substance Abuse and Mental Health Services Administration:**  
1-800-662-HELP (4357)

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233)  
or Live Chat

**National Sexual Assault Hotline:** 800-656-HOPE (4673) or Live  
Chat

**National Suicide Prevention Lifeline:** 1-800-273-8255 or Live Chat

**Self Harm Hotline:** 1-800-DONTCUT (1-800-366-8288)

### Mindfulness & Wellness Apps

<https://www.headspace.com/>

<https://gratefulness.me/>

<https://xxx.cbtthoughtdiary.com/>



For 30 years, P.S. ARTS has provided art, music, dance, and theater programs in public schools. More than 25,000 students and families participate in P.S. ARTS programs year round that foster collaboration, innovation, and wellbeing.

[www.psarts.org](http://www.psarts.org)

