

Head & Heart 2



WELCOME TO HEAD & HEART!

Head & HeART is a wellbeing and creativity resource from P.S. ARTS that 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 can help express thoughts and feelings in ways that connect us with others through our heads and hearts.

The activities in Head & HeART can be adapted to different age ranges and skill levels. If an activity includes something you don't have or doesn't quite work where you are, use the general guidelines to explore ways that work for you. We hope that through Head & HeART, you find some tools to help you feel strong, focused, confident, and creative!

Read on to discover ways to open your heart and strengthen your mind with Head & HeART!

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.

CHAPTER ONE

MEMORY TREE

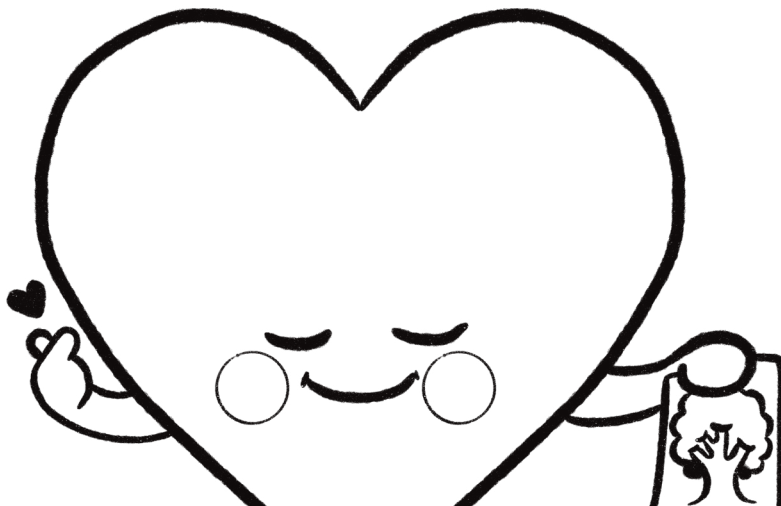
Materials

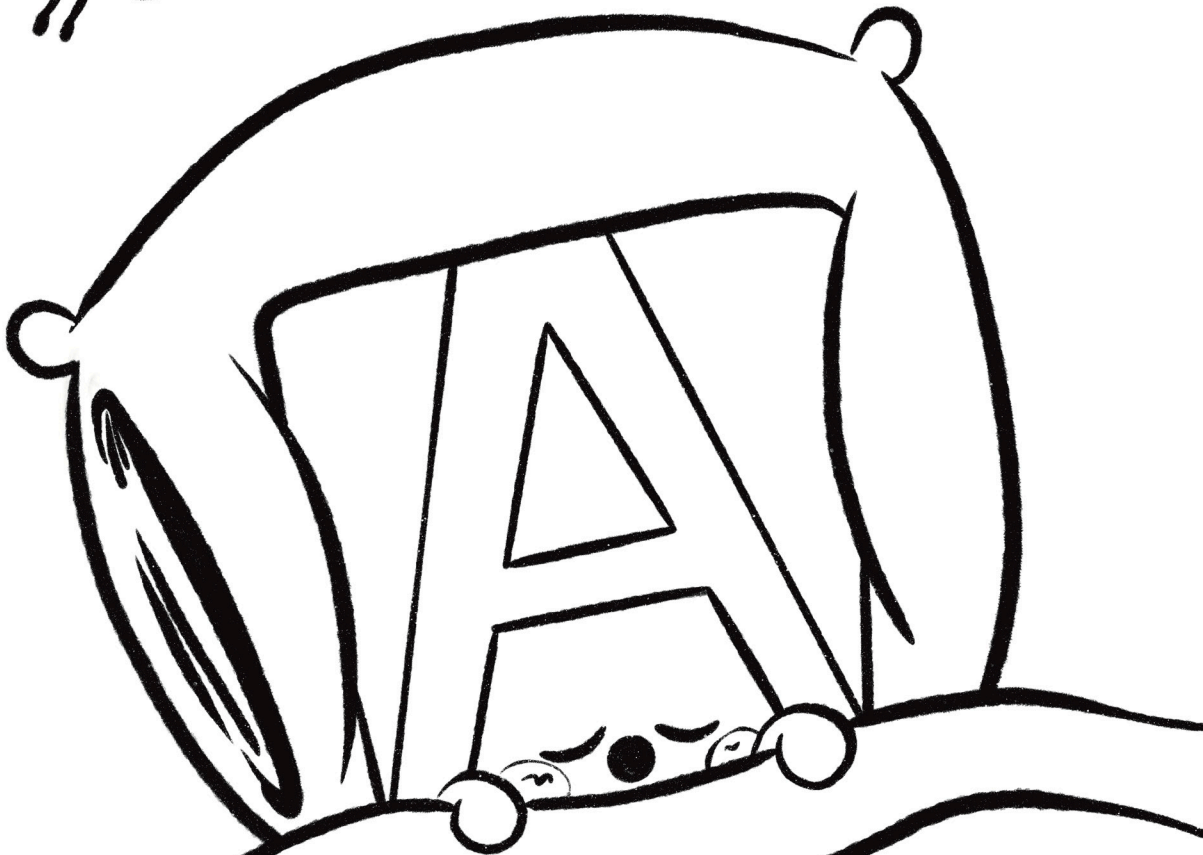
- ✿ Paper
- ✿ Pencil or any writing utensil
- ✿ Optional: sticky notes

Key words

Emotions: Emotions are feelings like happy, sad, excited, or angry. They help us understand what's going on and how we feel. Everyone has them, and they can change all the time.

Anxiety: Anxiety is a feeling of worry or nervousness, like when you try something new. It's your body's way of saying, 'I don't know what will happen!' Everyone feels this way sometimes — in their thoughts or in their body.



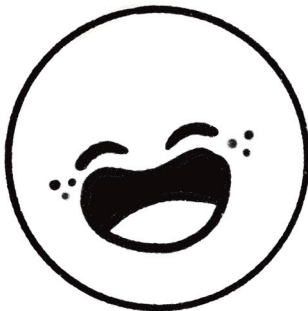


**Arty is in a deep sleep,
calmly counting sheep.**

ARTY FEELS CALM. HOW DO YOU FEEL?

Everyone has different feelings at different times. You might feel happy, excited, or calm one moment, and then sad, nervous, or frustrated the next. Our feelings change just like the weather, and no feeling lasts forever.

Color the emotion that matches your mood today. If these emotions don't match how you feel, draw and write how you feel.



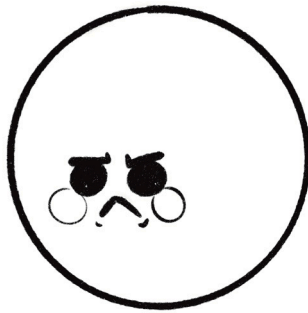
Happy



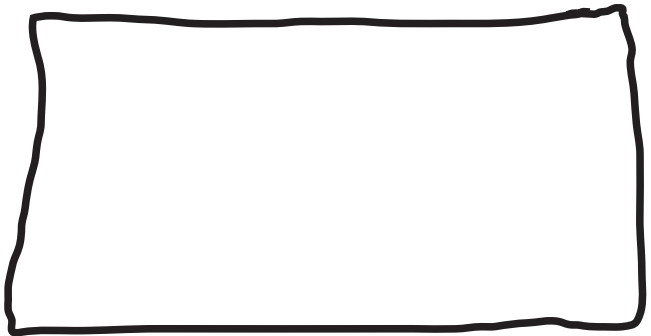
Sad



Sleepy



Mad



Today I feel... _____

Arty woke up fast from his deep sleep. He felt scared and shaky.



He was jolted from his peaceful sleep.



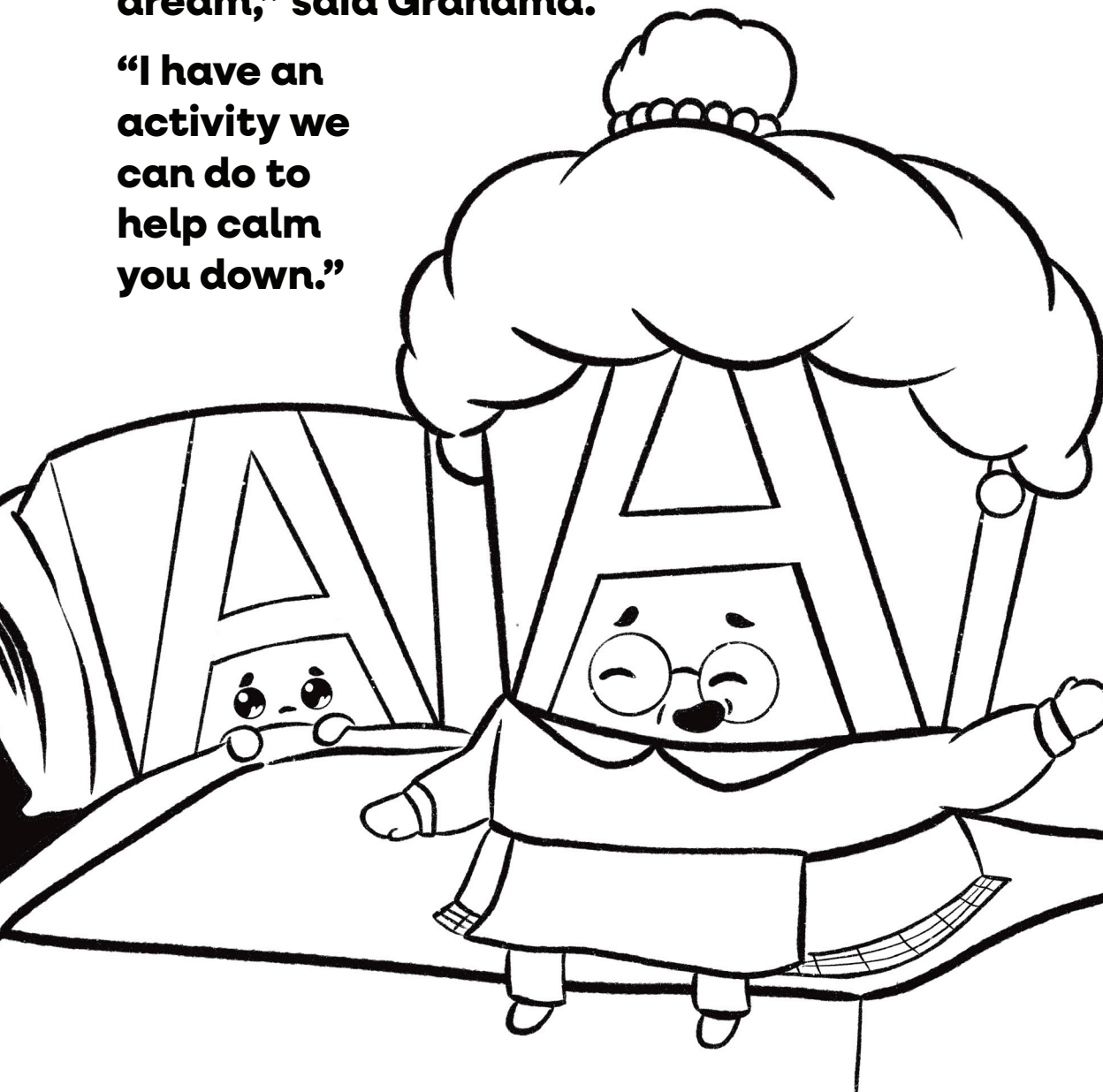
**Grandma
walked in and
said, “Arty dear,
are you ok?”**

**Arty exclaimed,
“I don’t know! I
feel scared and
now I can’t fall
back to sleep.”**



“You might have been having a scary dream,” said Grandma.

**“I have an
activity we
can do to
help calm
you down.”**



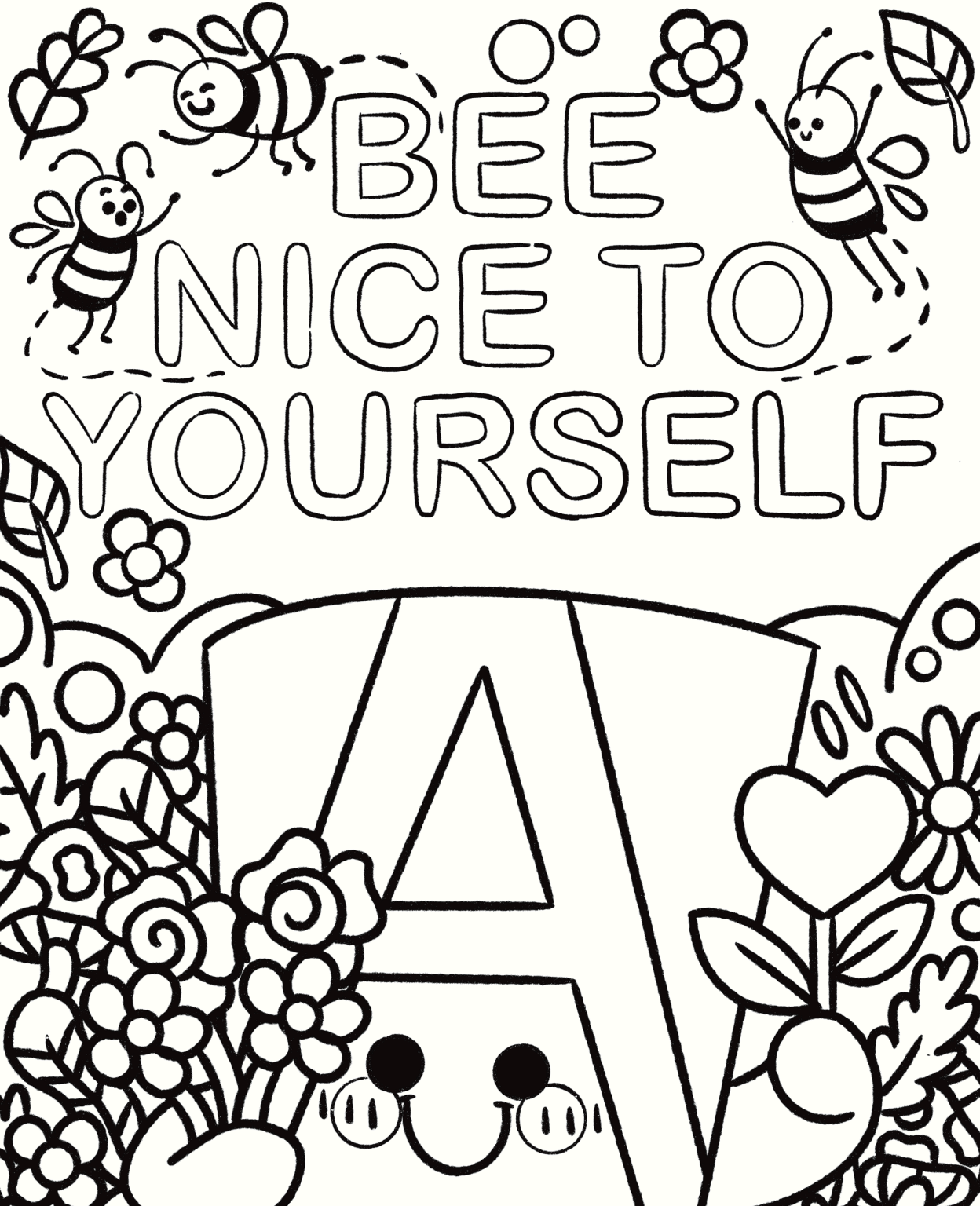
MEMORY TREE

Memory Tree is a creative way to reflect on special moments and practice gratitude. In this activity, you will draw or craft a tree where each leaf represents a memory you are grateful for.

1. On a sheet of paper, draw a tree with branches labeled with different categories (e.g., family, nature, friends, activities).
2. Draw a leaf on a corresponding branch.
3. Draw or write something you're thankful for on each leaf.
4. Share a story or memory of gratitude for each leaf.



This activity encourages self-expression, builds emotional awareness, and fosters creativity and gratitude by reflecting on the people and moments that bring joy, inspiration, and growth into their lives.



BEE

NICE TO

YOURSELF

A

CHAPTER 2

KINDNESS CHAIN

Objective

Encourage acts of kindness and connection.

Materials

- ✿ Paper
- ✿ Pencil or any writing utensil
- ✿ Glue or tape

Key words

Kindness: Being kind means being nice, helpful, and caring to others. It also means listening and trying to understand how others feel.





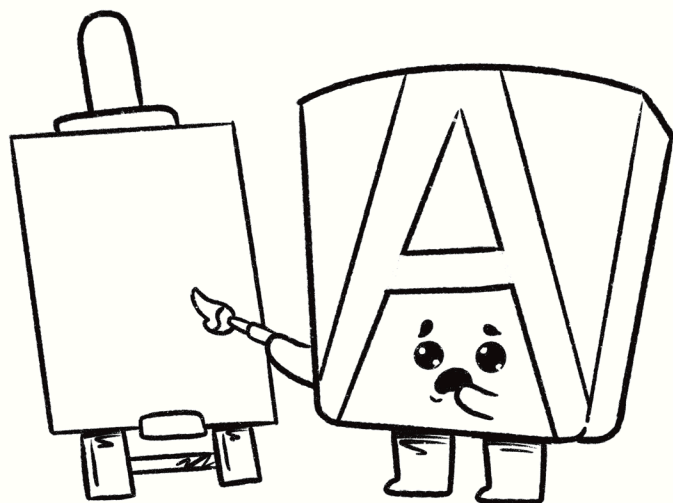
**Arty comes home
from school and
calls, “Grandma,
I’m here!”**

**“You won’t believe what happened
at school today!” Arty says.**

Arty shared what he learned at school — including math, science, and why school rules.

“But you won’t believe what happened in art class, Grandma. It was so not cool.”

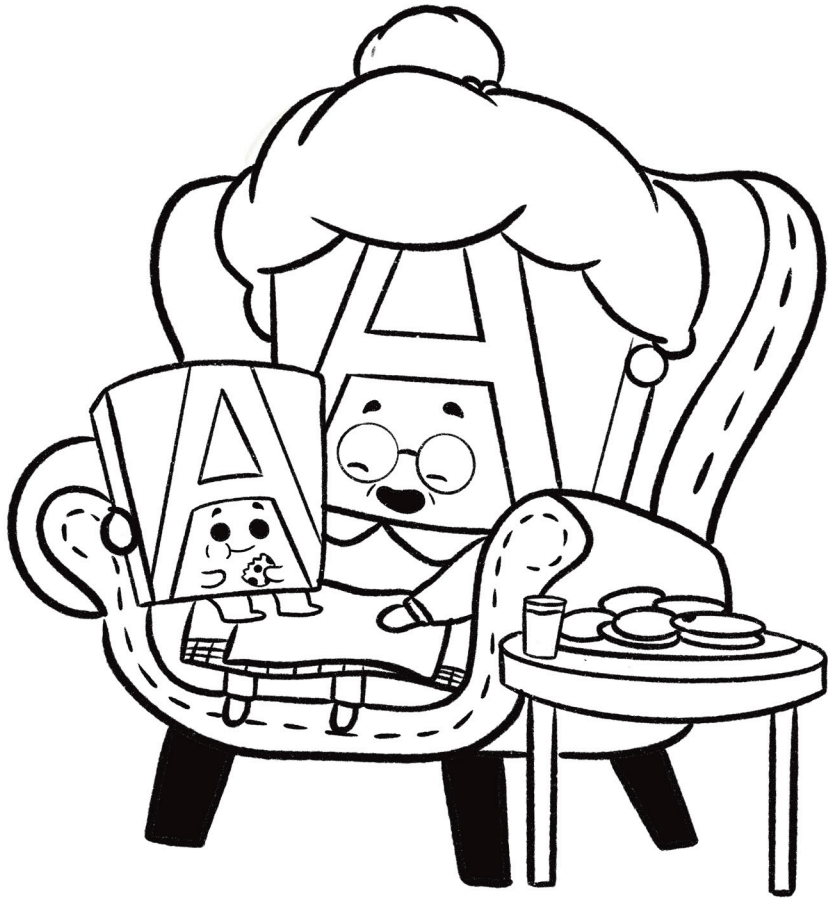




**“My friend
accidentally
spilled paint
on her shirt.
Everyone
laughed, and
it really hurt her
feelings.”**



Grandma said, “That was not kind of the other students. Can I share something with you?”

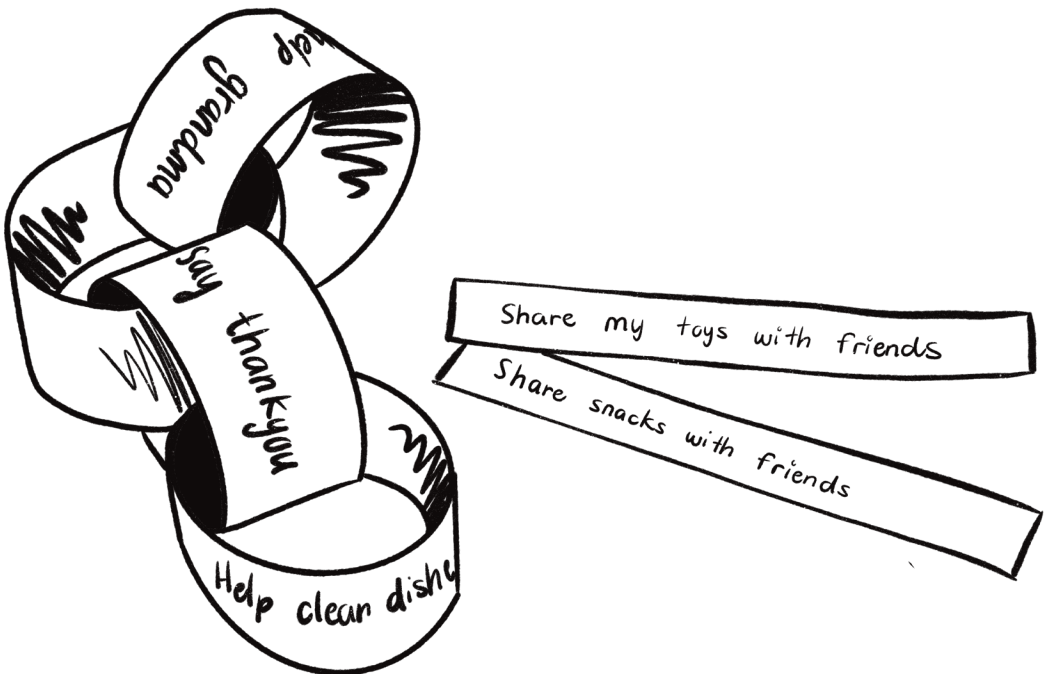


“Being kind is important because it makes others feel good and helps build strong friendships. When we are kind, we show respect and care for others, which makes everyone feel safe and happy. Kindness can also make the world a better place for everyone!”

KINDNESS CHAIN

A **Kindness Chain Activity** is a fun and interactive way to inspire positive actions and spread kindness. The goal is to create a growing chain of kind acts that can be visually seen, showing how even small acts of kindness can make a big impact.

1. Brainstorm simple acts of kindness for yourself, others, and your community, such as helping a friend, sharing something you have, or giving a compliment.
2. On strips of paper, write or draw acts of kindness that you want to do.
3. Fold each strip of paper into a loop and connect them with glue or tape to form a chain.





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

ACTIVITIES

HAPPY

LOVE

EMOTIONS

HEART

GRANDMA

PSARTS

ARTY

KIND

SAD

CHAPTER 3

GENERATIONS' JOURNEY MAP

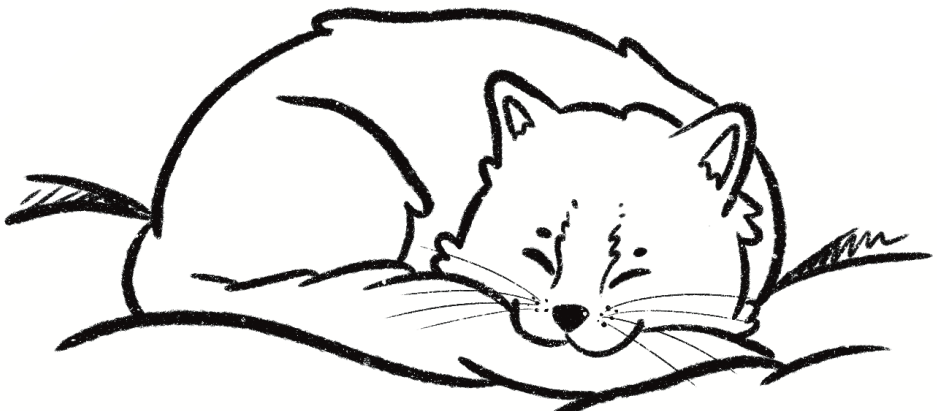
Materials

- ✿ Paper
- ✿ Pencil or any writing utensil
- ✿ Glue or tape

Vocabulary

Accomplishments: An accomplishment is when you finish something or do something you're proud of. It could be learning a new skill, finishing a task, or making something special.

Goals: A goal is something you decide you want to do, and then you work hard to make it happen. Setting goals helps you finish tasks, big or small, and feel proud of what you accomplish!



On a snuggly afternoon, Grandma and Arty are flipping through photo albums, smiling at all the memories.

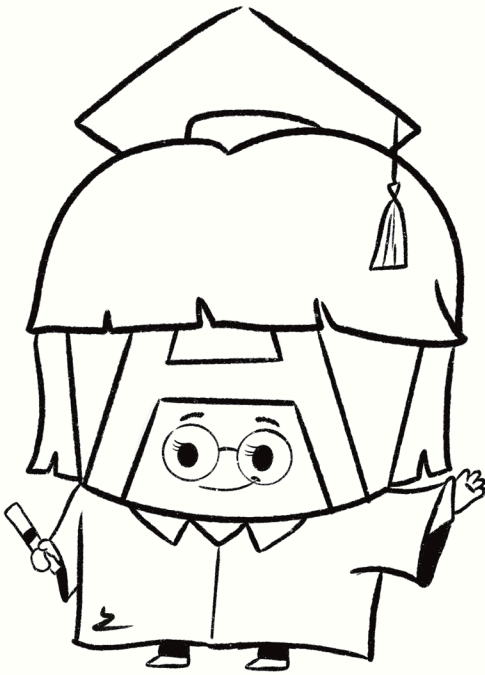


They shared past experiences, moments, and remembered old tunes.

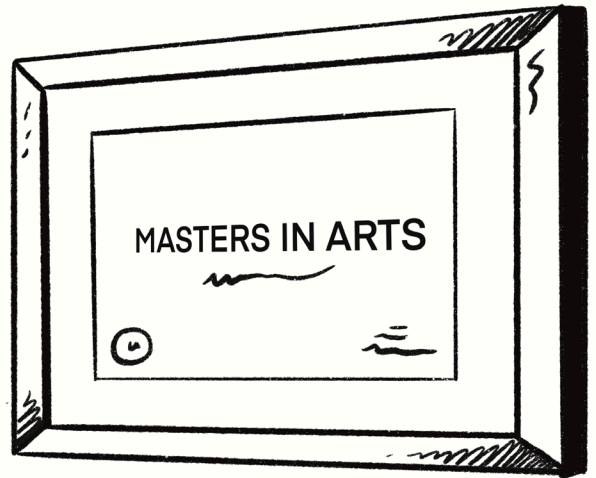
Grandma smiled and talked about her younger days. “I loved dressing up and going out for fun!”



**“I always stood up for myself
and spoke what was in
my heart.”**



“I set goals for myself and worked really hard to reach them. Now, I feel proud looking back and seeing all the things I’ve done!”



“Arty, do you have any goals in mind?”
Arty thought and said,
“No, Grandma, I haven’t thought about that.”

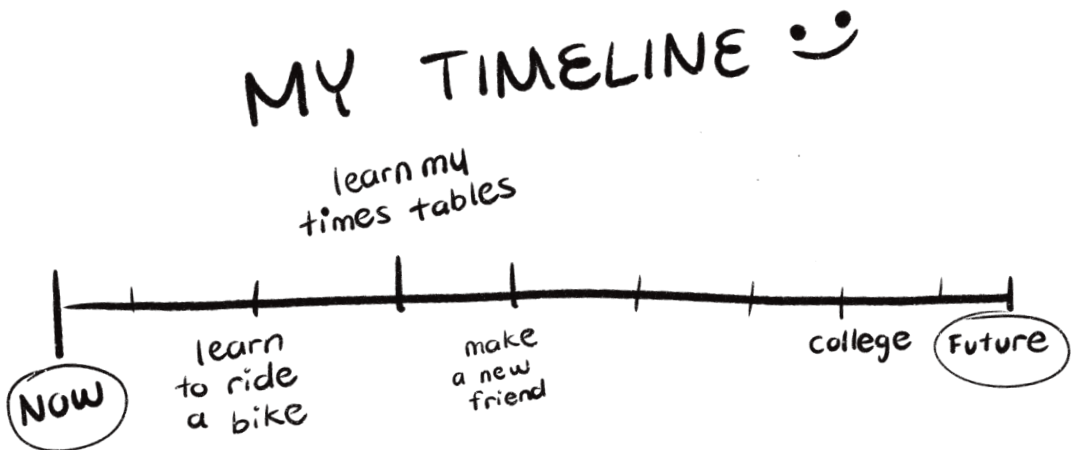
**“There’s no need to rush,” said Grandma,
“Everyone moves at their own speed.
Enjoy the journey, dream about what’s
ahead, and you’ll know what steps to
take in your heart.”**



GENERATIONAL JOURNEY MAP

The Generational Journey Map Activity is a fun and meaningful way for children to explore and connect with their family's history and the different generations that came before them. This activity helps understand the passage of time, the importance of family history, and being part of something bigger.

1. On a sheet of paper, draw a simple timeline. Mark important moments in your family's history (births, milestones, big events) that have been passed down through generations.
2. Take some time to reflect of map out future dreams or goals. Ask older participants like parents, grandparents, or older relatives and friends about stories from their past. These can be funny, meaningful, or important family events.
3. On the timeline, write your goals or future dreams. Add the different generations' stories, along with pictures or drawings. Reflect on how lives connect on the timeline and make connections.





**REMEMBER, IT'S OKAY TO ASK FOR HELP IF
YOU EVER FEEL SAD, WORRIED, OR NEED
SOMEONE TO TALK TO. YOU ARE NEVER
ALONE. IF YOU NEED SUPPORT, HERE ARE
SOME RESOURCES YOU CAN REACH OUT TO:**



AAKOMA Project

www.aakomaproject.org/resources

BEAM

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

California Hope

www.calhope.org

Child Mind Institute

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

NAMI LA

www.namila.org

**National Action Alliance for
Suicide Prevention**

www.theactionalliance.org

Seize the Awkard

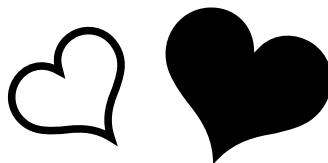
www.seizetheawkward.org

The Trevor Project

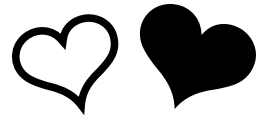
www.thetrevorproject.org/resources

WeRise LA

www.whywerise.la/werisela



**Take care of yourself, and
always know that asking for
help is a sign of strength.**



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)



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

www.psarts.org



**Head&
HeART²**