

YOUTH

Mental Wellbeing



Juniors

Mental Health Support
Downloadable Posters & Resources

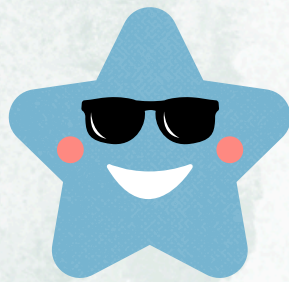


I BELIEVE IN ME

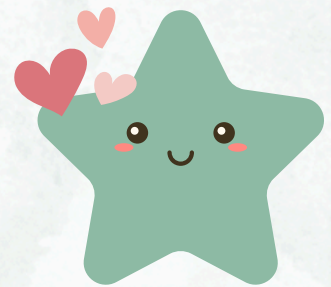
POSITIVE Affirmations



I AM HAPPY



I AM SMART



I AM LOVING



I AM UNIQUE



I AM CALM



I AM STRONG



I LIKE MYSELF

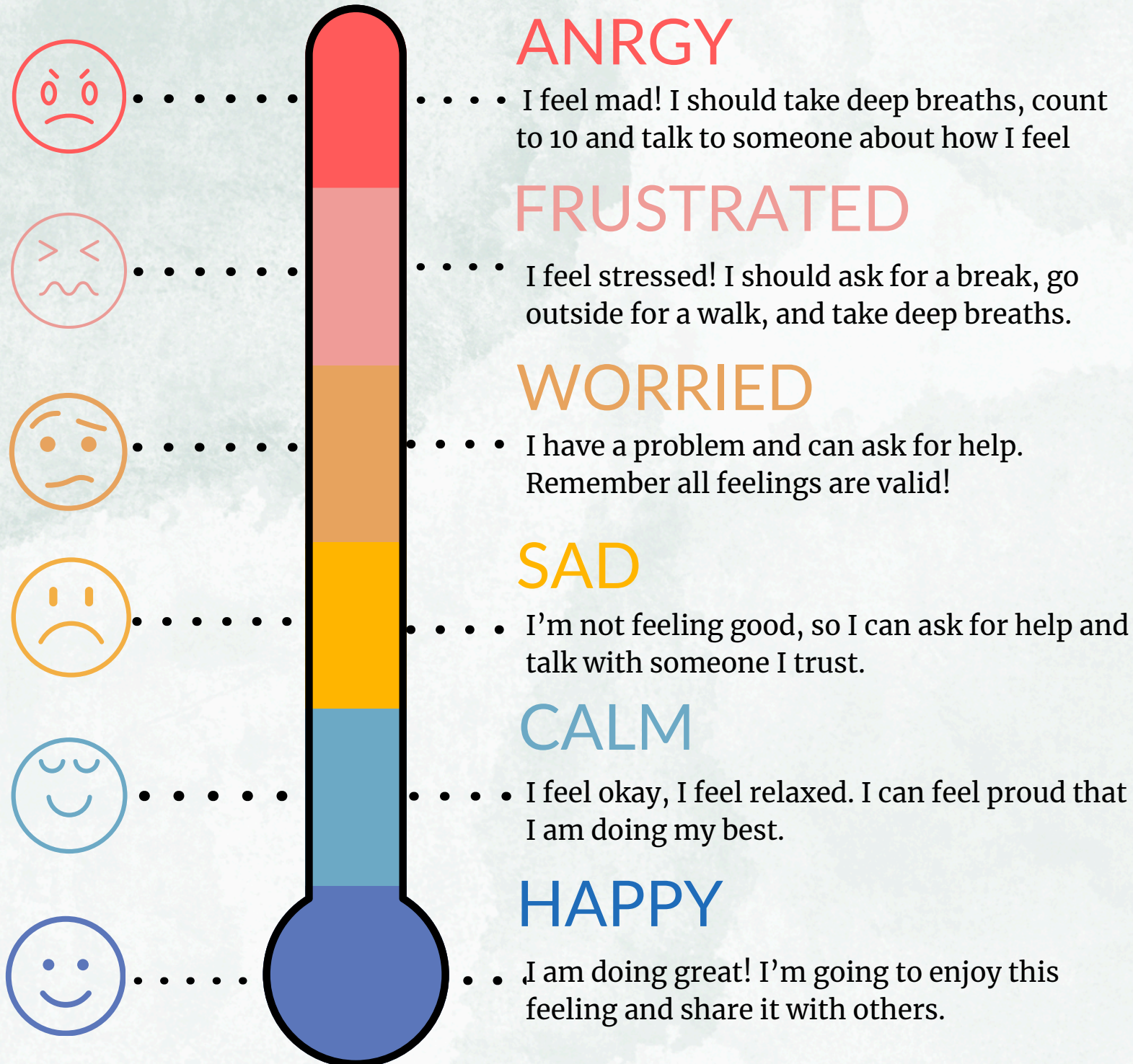


I BELIEVE IN ME



I AM ME

How are you FEELING?



BREATHING Exercises



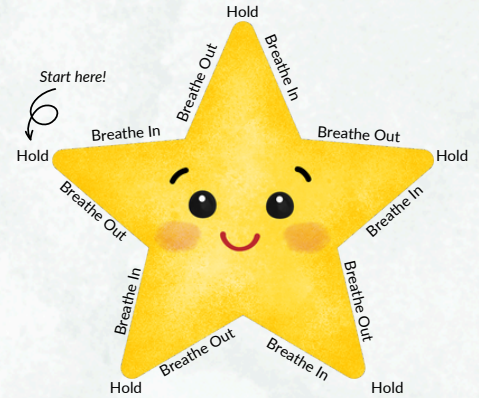
Bee Breaths

Sit somewhere comfortable. Place a finger on each of your ears and close your eyes. Breathe in through your nose slowly until your belly is full. Hum softly as you breathe out. It sounds like a bee, doesn't it? Repeat as necessary.



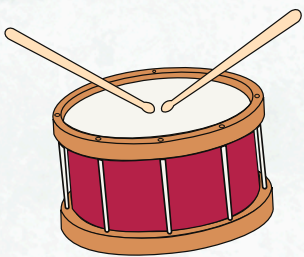
Mermaid Breathing

Close your eyes and imagine you're a mermaid swimming in the sea. Breathe in slowly through your mouth and fill your belly. Blow out slowly through your nose, watching all the bubbles float in the water!



Star Breathing

Slowly trace with your finger each line on the star as you breathe in and out.



Drum Breathing

Imagine your breath is like a marching band, and you are breathing in and breathing out to the beats. Breathe in to the beat, counting to 4. Breathe out to the beat, counting to 4. Repeat as necessary.



Crocodile Breathing

Lie on your stomach. Your belly should push against the ground without you trying. Breathe in through your nose for about 3 seconds. Hold your breath for a moment. Breathe out slowly through your nose for 4-6 seconds



Bunny Breathing

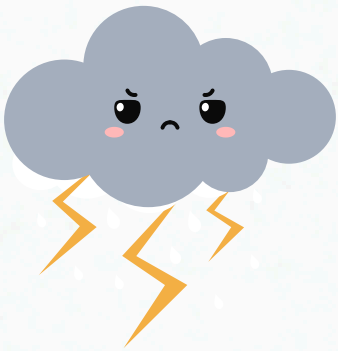
Sit up tall with your back straight and head tilted towards the sky. Sniff 2 times like a bunny would sniff a flower (or a carrot!). Then exhale through your mouth. Repeat as needed.

Size of the Problem



Emergency

I am in danger or hurt.
I need immediate help.



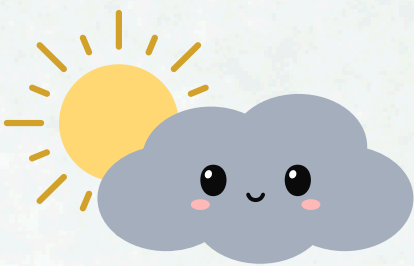
Huge Problem

I am angry.
I feel overwhelmed.



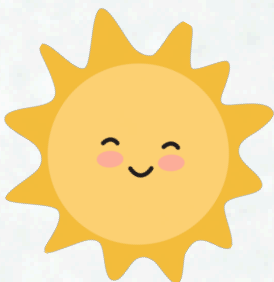
Medium Problem

Something is bothering me.
I feel anxious



Small Problem

I can solve the
problem on my own.

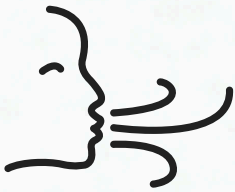


Little Problem

I can solve the problem quickly

Take a mindful

BREAK



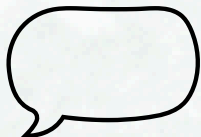
BREATHE

Take 5 deep, slow breaths



REST

Close your eyes until your mind is clear



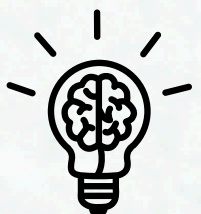
EMPOWERING WORDS

Say 3 nice things about yourself



ABSORB

Check in with your senses, what do you see, feel, hear, smell and taste?



KNOWLEDGE

Stop and think before you act