GRADES 1-3

HOW DO YOU FEEL?

COLORING & ACTIVITY BOOK

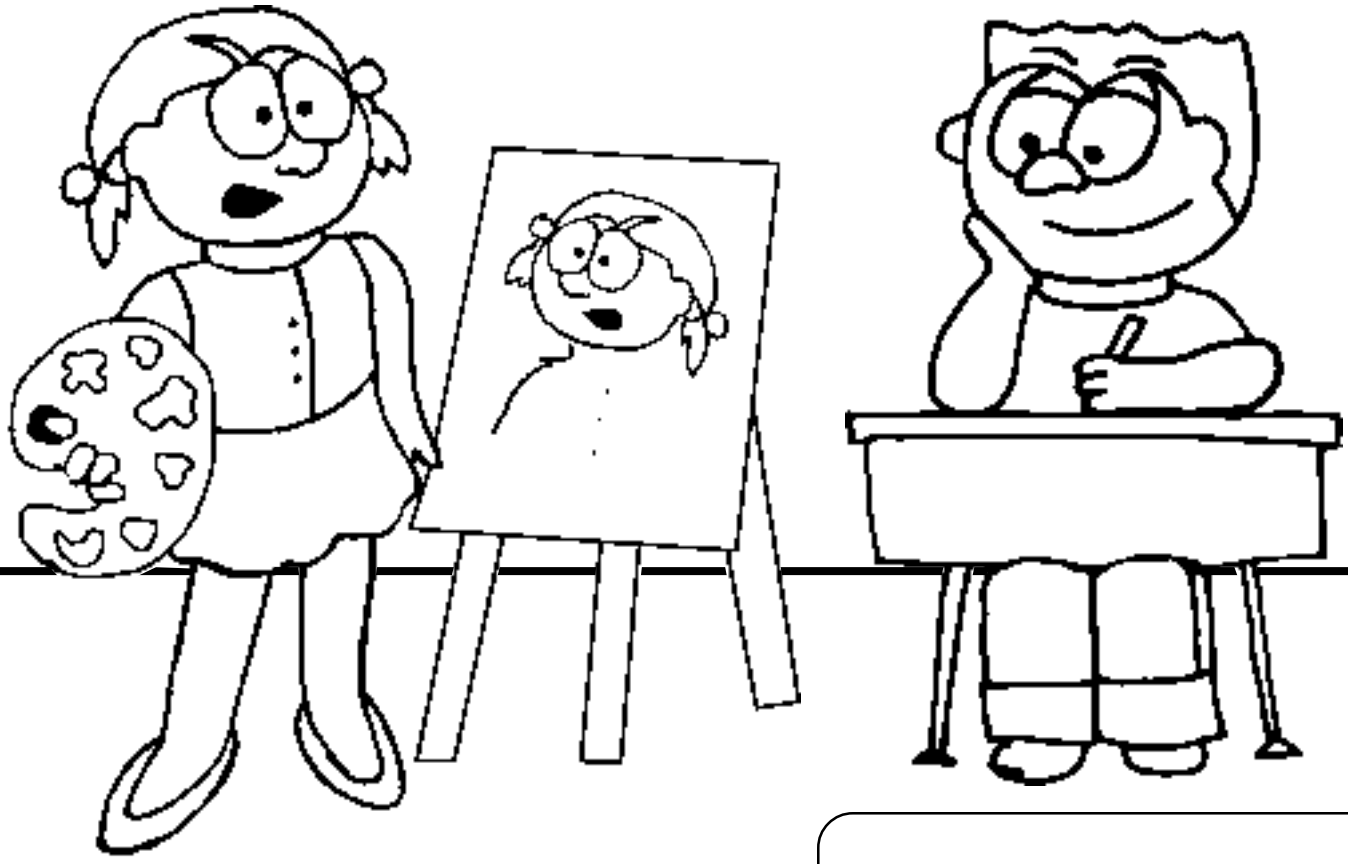
To caring parents & adults:

Mental health is how we think, feel, and act when facing life's situations. Like physical health, mental health is important at every stage of life.

Children experience a wide range of feelings every day—most pleasant, some, or a few, worrisome. The Caring for Every Child's Mental Health Campaign, a part of the Comprehensive Community Mental Health Services for Children and Their Families Program, created this coloring and activity book to help young children better understand, or recognize feelings. The book also encourages children to share their feelings with caring adults.

Please use this book as a fun and comfortable way to introduce the topic of feelings and mental health to young children in your care.

Sharon likes to draw. Hector is good at spelling. They like different things. They are both special. Here are some things that are special about me.



My name is _____.

I have _____ hair.

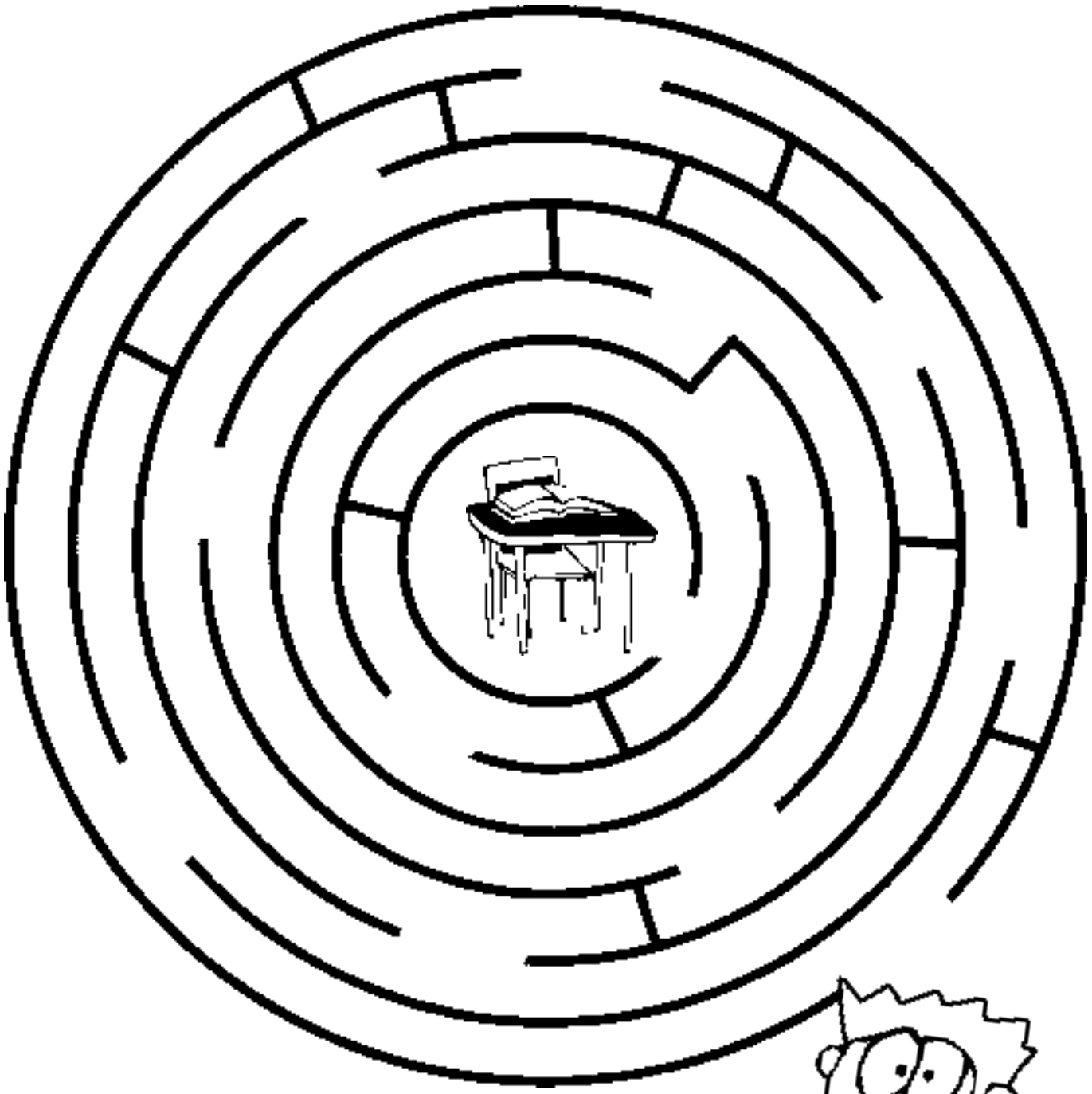
I have _____ eyes.

I am _____ years old.

I am in the _____ grade.

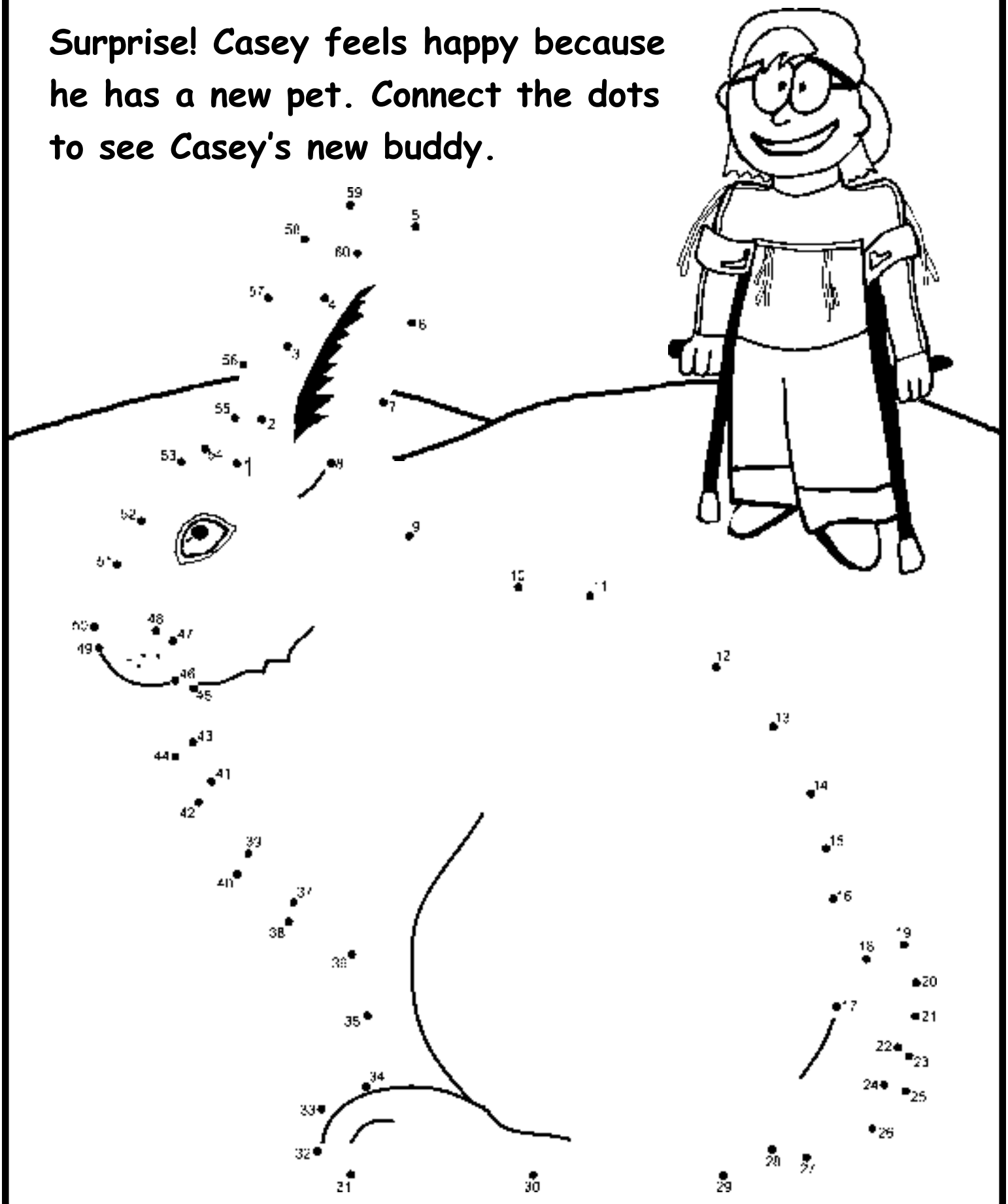
I am really good at _____.

Draw a picture of yourself.



Sometimes Spike feels like he can not sit still in class. He likes to get out of his chair and walk around the room. Be a friend and help Spike find his way back to his desk.

Surprise! Casey feels happy because he has a new pet. Connect the dots to see Casey's new buddy.

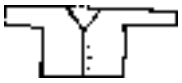


Maya is worried. She has lost her things for school. Help her feel better by finding the missing items.

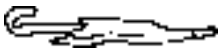
Lunch

Pencil

Book


Jacket

Ruler


Umbrella

Our faces can show how we feel.
Draw each face to match the feeling.

SILLY

HAPPY

WORRIED

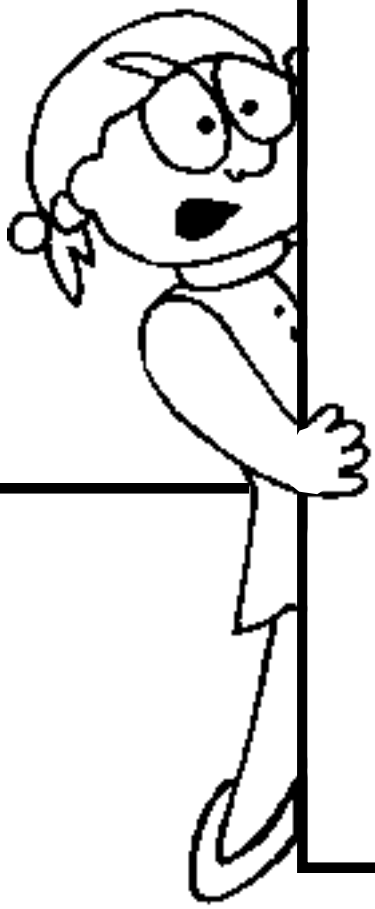
SCARED

Write in the feeling to match the face.

__AD

__ __AD

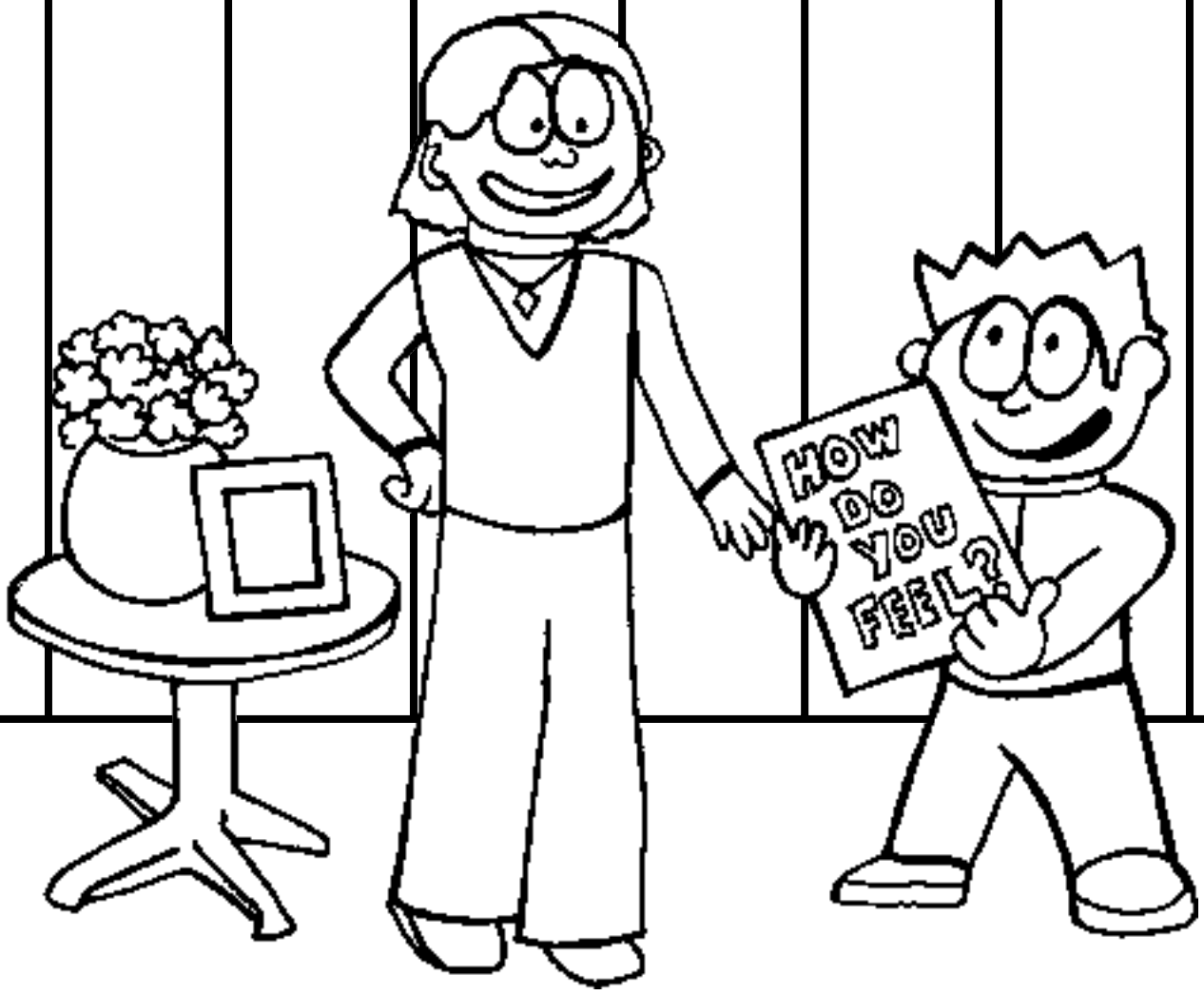
Some days Sharon is happy. Some days she likes to be quiet and read a book. Some days she likes to run and laugh. How many feelings can you find hidden here?



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

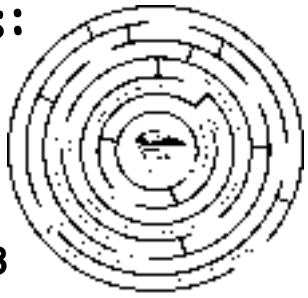
WORD LIST

Happy
Silly
Worried
Sleepy
Glad
Funny
Sad
Safe
Mad
Sick
Scared
Smart
Friendly
Quiet



Be like Spike. Share your coloring & activity book and your feelings with a grown-up!

Answers:

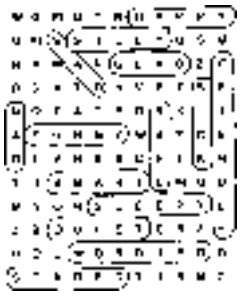


Pg.3

Pg.4 It's a rabbit.

Pg.5 Lunch: next to Mary's leg; Pencil: on side of dresser; Book: on rug; Jacket: at end of bed; Ruler: on bedspread; Umbrella: in curtain.

Pg.7



SAMHSA CMHS

Systems of Care

Comprehensive Community Mental Health Services for Children and Their Families Program
Child, Adolescent and Family Branch
Center for Mental Health Services
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

For written information, call 1.800.789.2647 (toll-free) or check out the website at www.mentalhealth.org/child.