

Pat Learns About Feelings

AN EDUCATIONAL COLORING & ACTIVITY BOOK



Mental Health/
Disability Services of the
East Central Region

Resources For Parents & Caregivers

Have you noticed changes to your child's mood, behavior or emotions? Here are three things you can do to support their mental wellbeing today:



1

Make an appointment.

Visit brainhealthtips.org and use our Find A Provider tool to locate a mental health professional near you.



2

Tell your child it's OK.

Scraping a knee and getting the flu are a normal part of life. So is feeling down. Reassure your child that it's OK to not feel their best all the time—and that it's OK to ask for help.



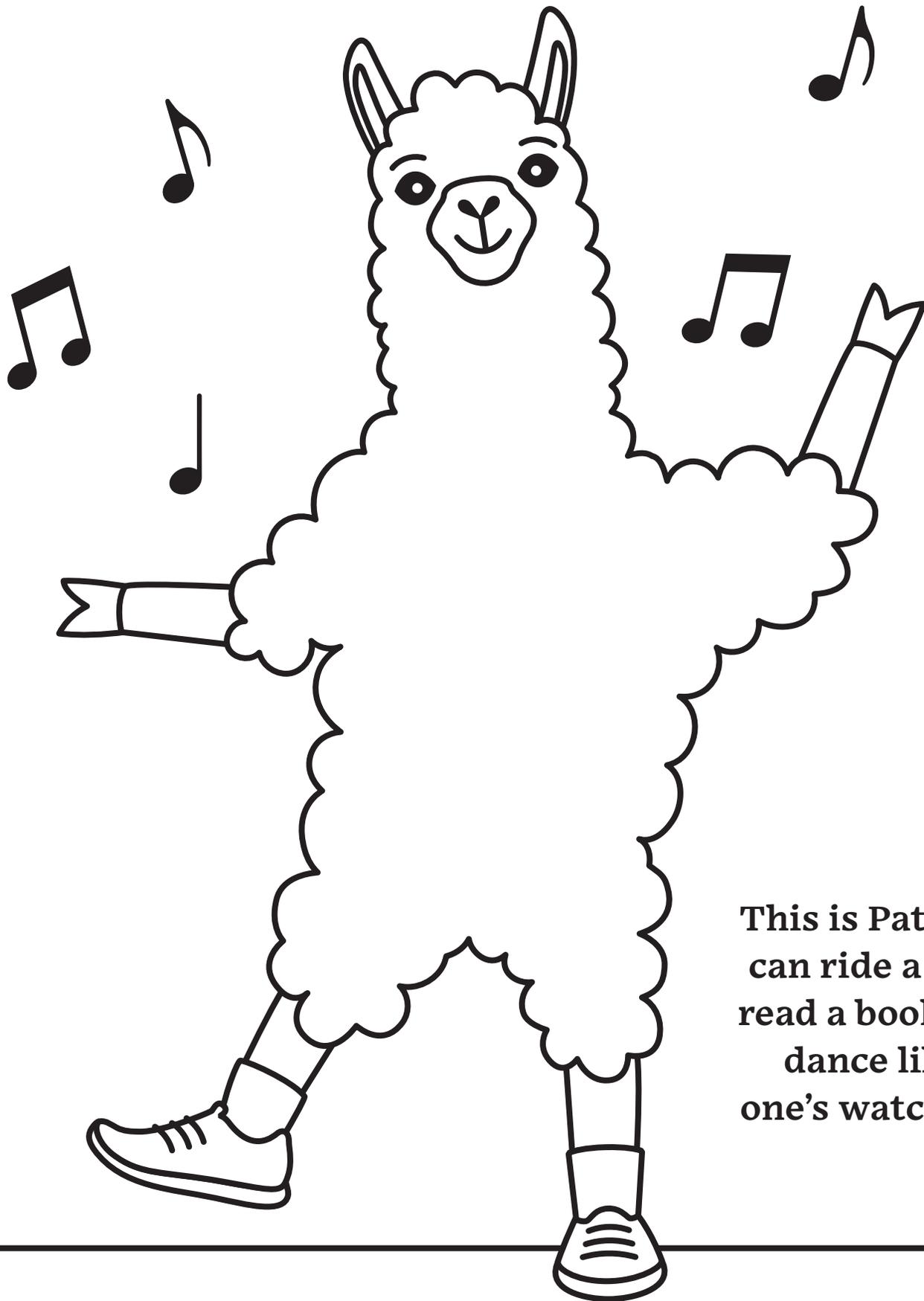
3

Commit to learning more.

Educate yourself about brain health and signs of emotional distress.

Find providers near you + helpful resources related to your child's mental wellbeing.

BRAINHEALTHTIPS.ORG



**This is Pat—Pat
can ride a bike,
read a book and
dance like no
one's watching!**

Sometimes Pat feels on top of the world.



And sometimes Pat
doesn't feel like smiling.

Why don't I feel like
myself today?



How I Feel Today

Just like you, Pat can feel happy, sad, excited or nervous. How do you feel today?



What Does Pat Feel?

Draw a face to help us see what Pat feels.



No matter what, sadness followed Pat like a shadow. Not even dancing made the feeling go away! So Pat told a caring adult, who took them to a special doctor.

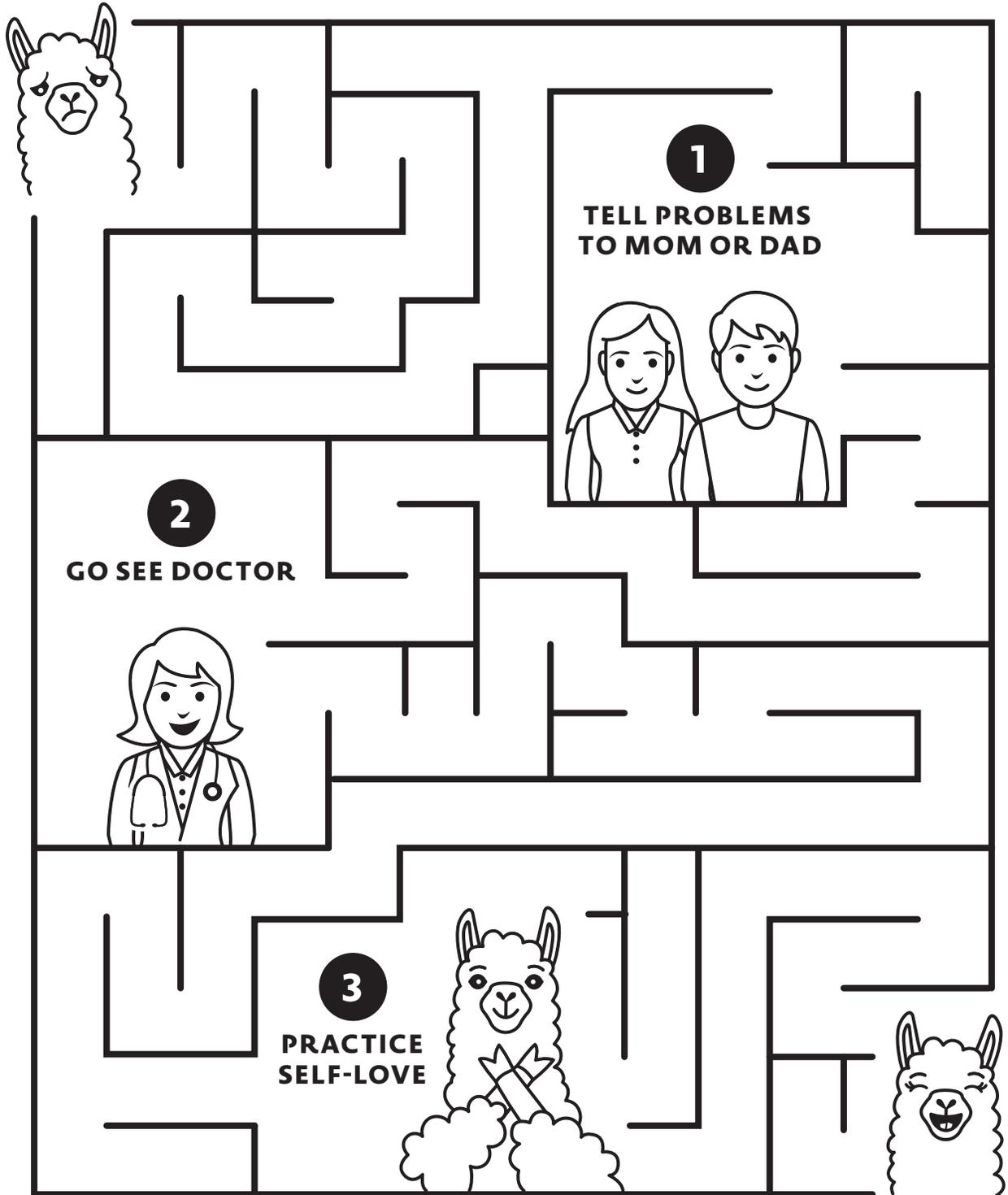


The doctor was nice and asked questions about how Pat was feeling. Talking made everything feel a little better. Pretty soon, Pat was cracking a smile.

Finding Help

Pat isn't feeling very good today.
Draw a line through the maze to get help.

START



You did it! You found help and put a smile back on Pat's face!

**YOU
DID IT!**

Talking about feelings and visiting the doctor made Pat feel better.

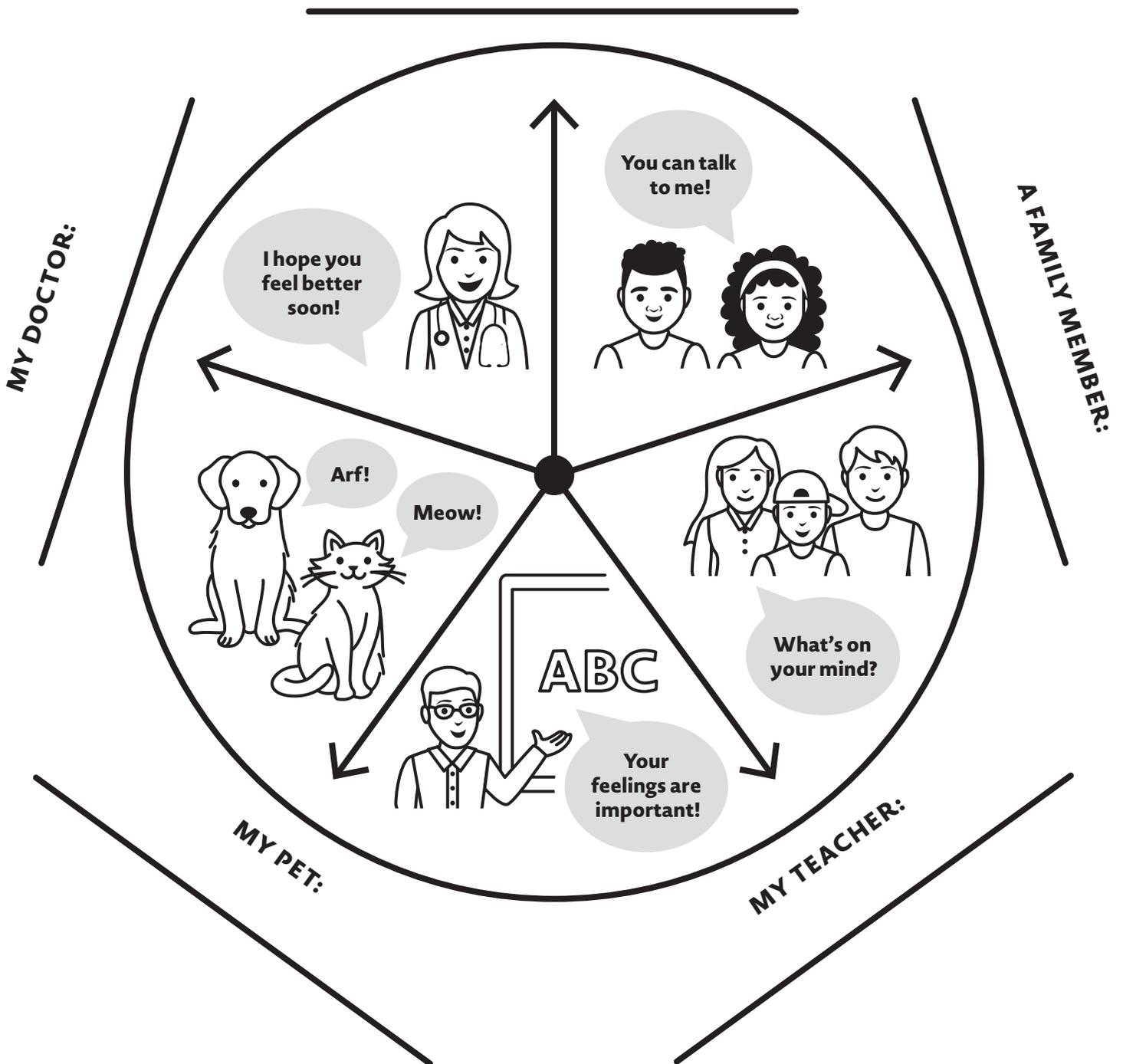


What makes you feel better when you are upset? What would you say to a friend who isn't feeling their best?

My Support Circle

When you feel sad, angry, worried or hurt, it helps to talk to someone. Friends, adults and even pets can be good listeners! Who are the people that you turn to when you need to talk? Write their names in the blank spaces below.

MY BEST FRIEND:



Find resources that help everyone in the family put their mental wellbeing at the top of their list.



BRAINHEALTHTIPS.ORG

Be a positive force for good. Help end the stigma of brain health disorders at
BRAINHEALTH-NOW.ORG



Mental Health/
Disability Services of the
East Central Region