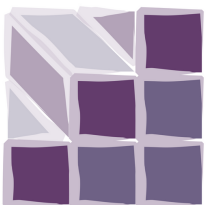


# Self-Care Resources for Kids



STEP UP



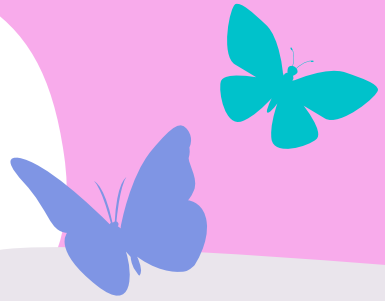
FOR MENTAL HEALTH<sup>®</sup>  
To Educate. Fight Causes. Change Minds.

# Technology Tools

You can use apps on your electronic devices to practice mindfulness, which is being aware of your surroundings and not feeling overwhelmed.

Mindful Powers™ teaches you ways to relax and focus. You can get it for free for Apple and Android devices.

Smiling Mind has different mindfulness activities for all ages, and it has ones for sleep as well. It is free for Apple and Android devices.



# More Tech Tools

Emotions can be hard to understand. There are apps to help you understand yours and learn more about ways to process them.




The Zones of Regulation uses a game to teach you about how to identify emotions. It is \$5.99 for Apple devices.

Headspace teaches you different ways to breathe so you can relax and focus. It is free for Apple and Android devices.



# Self-Care Matters

Taking care of yourself and doing things to relax are very important for your mental health. Here are some ideas for self-care activities!



Mindful coloring. Focusing on what colors you choose to fill a picture in brings you to the present moment and is a simple way to practice mindfulness.

Moving your body—whether it's yoga, swimming, or walking—is a natural way to connect with your body and even increase energy.

# Self-Care Matters

Spending time with friends and family that make you feel comfortable and safe is a great way to practice self-care. They may also be able to help you by listening and offering support.



Playing with or walking your pet can help you ground yourself when you're feeling overwhelmed, anxious, or stressed.

# WHO WE ARE

Step Up For Mental Health® is a nonprofit organization whose mission is:  
"To educate, fight causes and change minds about mental health and its impact on families."

Never let anything stop you from being your unique, geeky, shy, loud, fun, adventurous, and brilliant Self! Be You!

You can learn more about us and our kids programs on [stepupformentalhealth.org](http://stepupformentalhealth.org).

