

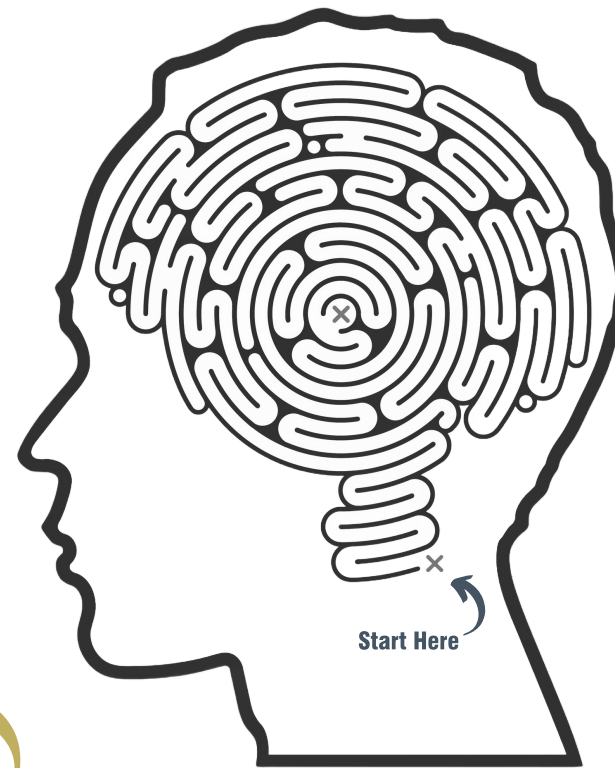
Match the Emotion

Draw a line to connect the word with the matching emoji. For example, draw a line from "Happy" to the smiling emoji.



WORRIED MAD DISAPPOINTED HAPPY SILLY SURPRISED SAD

Mindful Maze



Show us your work! Color the "Be Kind to Your Mind" photo, share it on Facebook and tag @TheBurrellFoundation for a chance to win a youth mental health swag bag!

Feelings Word Search

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

Happy Bored Worried Tired Curious
 Sad Angry Relaxed Silly Joyful
 Excited Scared Calm Focused Shy
 Surprised Anxious Frustrated Nervous Jealous

MENTAL HEALTH AWARENESS MONTH



BURRELL
FOUNDATION

May is Mental Health Awareness Month! By completing this activity sheet and thinking about words that represent how we feel is a great way to celebrate. You can keep your mental health top of mind by thinking about how you are feeling every day. Then, tell a loved one how you feel. It could be happy, sad, nervous, excited, or more — there are so many emotions we can feel!



Scan the QR code to learn more about youth services. To learn more or give to the Burrell Foundation visit BurrellFoundation.org.