

COPING SKILL



BREATH RESET



Breathe in slow, out even slower. Do this three times.



GROUP



STRETCH & SMILE



Stand tall, stretch high, then smile big.



CHECK-IN



EMOJI FREEZE



Make a face that matches your mood. Hold for 5 seconds.



COPING SKILL



SELF-HUG



Hug yourself.
Think of one kind
word you need today.



CONNECTION



Start a chain of high-fives or fist bumps.





Close your eyes. Picture a calm place and share one detail.



CHALLENGE





Say one kind, true thing about yourself.



COPING SKILL



FIVE SENSES GROUNDING



Name 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste or recall.



CONNECTION



BUDDY CHECK-IN



Turn to someone and share one thing on your mind.



MEDIUM



Pretend you're holding a comfort object. Describe how it helps.





FORGIVENESS I FTTFR



In your mind, write a short note to someone you want to forgive.



GROUP



CIRCLE OF SUPPORT



Share what kind of support matters most to you.



CHALLENGE



SAY IT NOW



Say one thing you've been holding in - if it feels safe.



COPING SKILL



LET GO RITUAL



Pretend to hold a worry. Then physically let it go.



IMAGINATION



INNER COACH



Say something a kind coach or mentor would tell you.



GRATITUDE



APPRECIATION "



I'm grateful to have in my life.



GRATITUDE



MEMORY



A memory I cherish is _____.



GRATITUDE



KINDNESS



The kindest thing someone has done for me is _____.

LIGHT

REFLECTION



PEACE



I feel most at peace when .





JOY



I find joy in

----·





I feel safe when _____.

MEDIUM

CONNECTION



LOVE



I feel loved when

MEDIUM



PRIDE

REFLECTION



I feel proud of myself when ____





I cope with stress by .





I feel most like myself when ____







PAIN

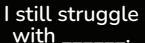


I'm still hurt by

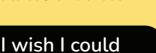












I wish I could change _____ about myself.



CONNECTION



One thing I wish others understood about me is _____





JOYFUL SACTIVITIES



Share a hobby or activity that brings you joy and why.





SHARED HUMOR



What's a time you helped someone feel better by making them laugh?





CALM PLACE



Describe a place (real or imagined) where you feel completely calm.



COPING SKILL



SELF-CARE FAVORITES



What's a kind thing you do for yourself when yo need a little pick-me-up?



CONNECTION



CULTURAL UPLIFT



What's one cultural tradition that brings you comfort?





HANDLING CHANGE



What's something you're curious to learn more about?







What's one value you try to live by every day?





What's a way you show appreciation for others?



CONNECTION



SUPPORT SYSTEM



Describe a recent 'aha!'moment you had.



REFLECTION

MENTAL HEALTH IN THE PAST

What's one step you're taking toward a bigger goal?





LOSS & MEANING



Describe a time you felt grateful.





What's a lesson you learned from

a mistake?

DEEP

REFLECTION



GRIEF JOURNEY



What's one way you express your creativity?



CHALLENGE



EMOTIONAL RECOVERY



What's something you've let go of recently?



REFLECTION



What's a way you practice kindness toward yourself?



REFLECTION





What's one challenge that helped you grow?



CONNECTION



LAUGH OUT LOUD



Who always makes you laugh, and



CONNECTION



GUIDING LIGHT



Who helped shape who you are today?



REFLECTION



JOY JOY



What childhood activity brought you joy?



CHECK-IN



PERFECT DAY



What would your perfect day look like?





MEDIUM

What achievement are you most proud of?





Is your life balanced between work, rest, and play?



MEDIUM



LESSON LEARNED



What's a mistake that taught you something valuable?



REFLECTION



CORE VALUES



What value do you live by and why?



CONNECTION



FAMILY TRADITION



What's a family tradition you cherish?



CHECK-IN





How have you really been feeling lately?





Who would you reconnect with if you could?





HIDDEN SELF



What's something important most people don't know about you?



DFFP



FACING FEAR



What fear has been on your mind lately?



CONNECTION



MISSING SOMEONE



Who do you miss, and what do you miss most?





IMAGINATIVE MENTORS



Pick a superhero or fictional character to be your mental health coach. What advice would they give?

ACTS OF KINDNESS



KINDNESS IN ACTION



Plan one random act of kindness you'll do this week. Share your idea.





IMAGINATION



Scribble how you feel on an imaginary sheet of paper (or real one!). Show or describe it if you'd like.





Create a fun handshake or fist bump with someone next to you.

Try it out.





Build a story together, one word at a time, about someone overcoming a challenge.

STORYTELLING



PLAYFUL RELEASE



If your stress could talk, what funny or ridiculous thing would it say?

CHECK-IN



源

On the count of three, shout one word that makes you feel strong or happy.





Ask someone in the group a meaningful question you've never asked them before (they may pass if needed).

IMAGINATION



MOOD IN MOTION



If your mood was a monster, what would it look like? Is it helpful or mischievous?

CONNECTION



Say something nice about the person across from you. Keep the chain going around the group.

COPING SKILL



If you had a floating thought bubble over your head all day, what would it say?

ACTS OF KINDNESS



ACTIVE EMPATHY



Give a compliment to someone and invite them to do the same to another player.

GROUP ACTIVI



MOOD IN MOTION





Imagine your feelings as animated characters. What do they look and act like?





INNER HONESTY



Share one fear you're working on facing or understanding (only if comfortable).

STORYTELLING



Each person tells a short, silly joke or funny one-liner to make others laugh.