

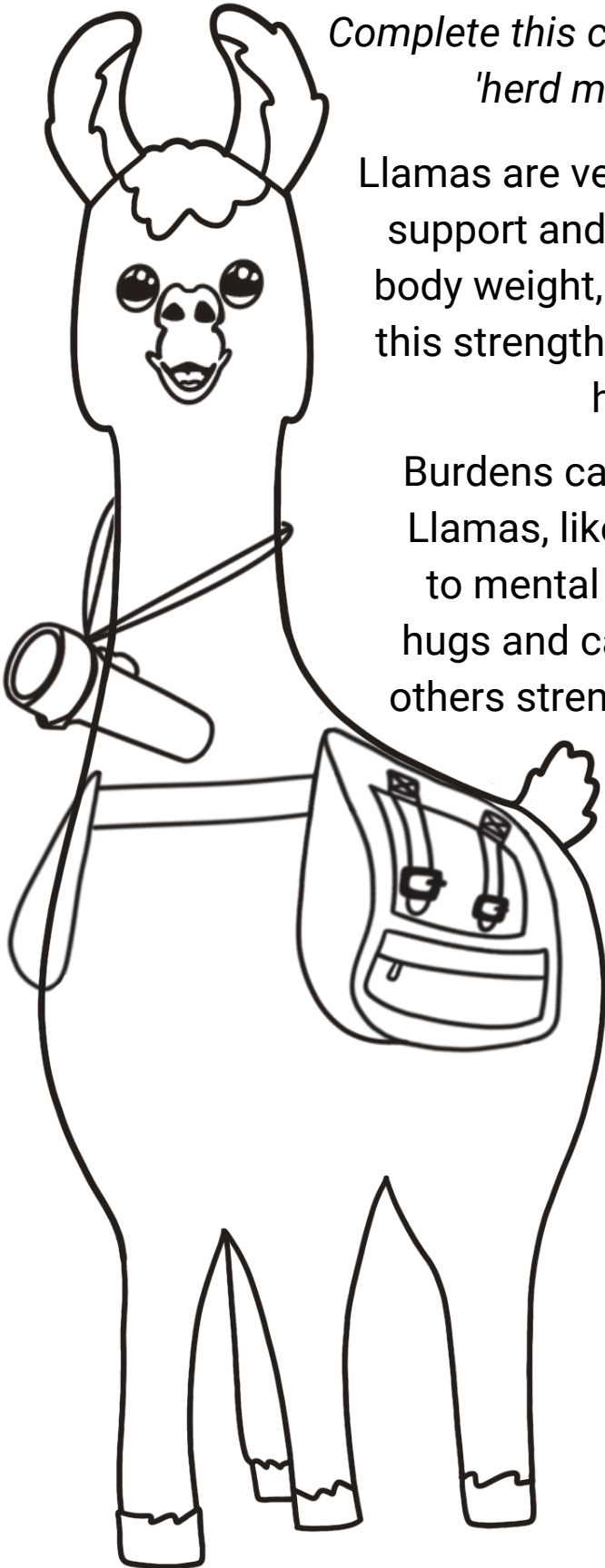
JOIN THE NAMI LLAMA KIDS CLUB

Complete this coloring book and earn your ears as an official 'herd member' and mental health champion!

Llamas are very social animals who rely on their herd for support and love. Llamas can carry up to 30% of their body weight, displaying truly exceptional strength! It is this strength that leads many to rely on llamas to carry heavy burdens on their behalf.

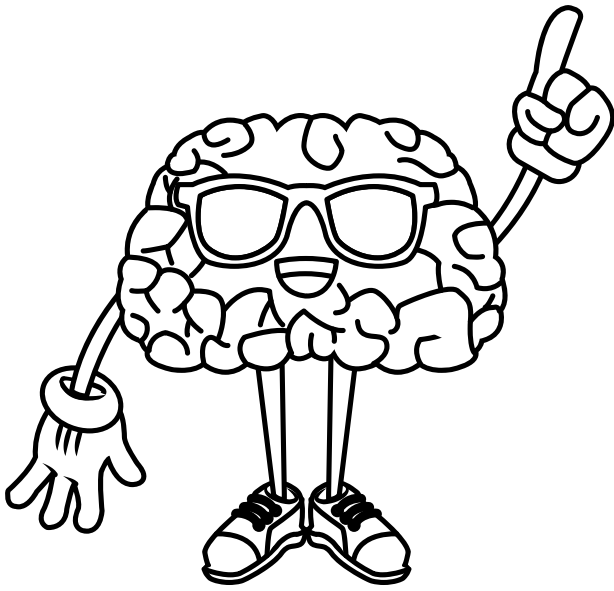
Burdens can be both physical and emotional, and NAMI Llamas, like Ginny, help with emotional burdens related to mental health and wellness. They have soft fur for hugs and carry packs full of resources and tools to help others strengthen their mental health. Ginny carries their trusty pack everywhere; it is full of tools and resources to help others manage their emotional needs.

Complete this NAMI Llama coloring packet and you will have started your own pack, and 'earned your ears.' Thanks for becoming an official member of the NAMI Llama Kids Club!

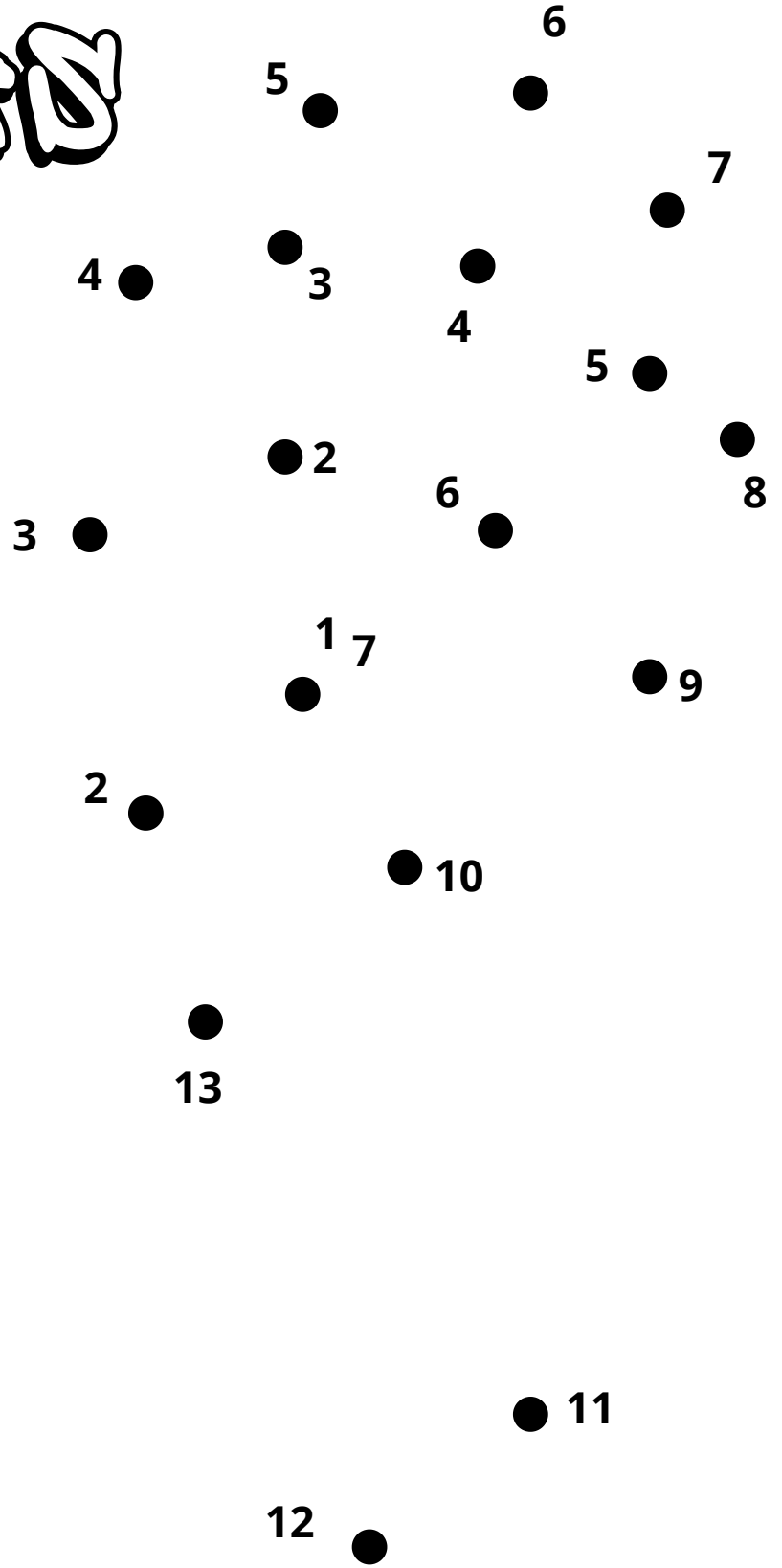




MENTAL HEALTH MATTERS



Green is the color of mental health awareness. Help others start their packs, decode this image and color it green! Make sure to put it somewhere visible so others can see!



1 ●
Start Here

14 ●

●
13

12 ●

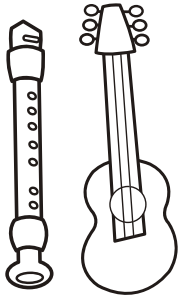
● 11



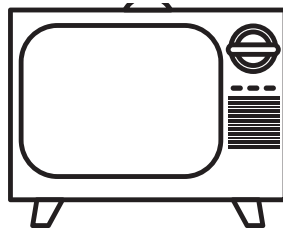
NAMI LLAMA KIDS CLUB

WHAT'S IN YOUR PACK?

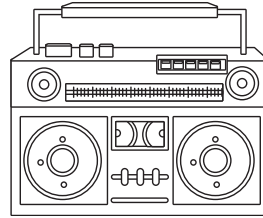
What helps you stay calm and happy when sad, nervous or upset? Color in and circle those that work for you. If you have addition ideas not listed, use the circles below to draw them.



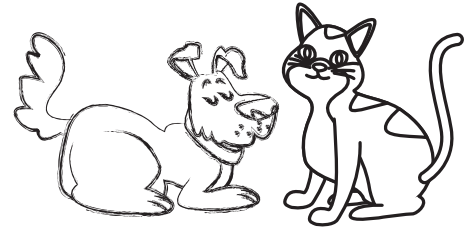
Play musical instrument



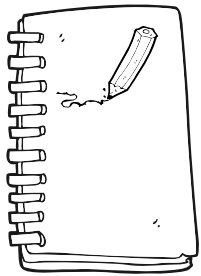
Watch TV/Movies



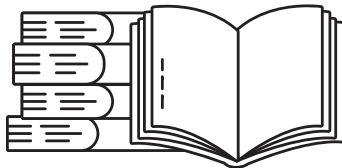
Listen to music/stories



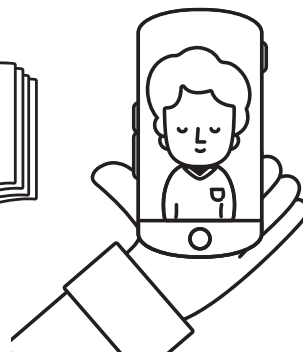
Play with pets or animals



Write or journal



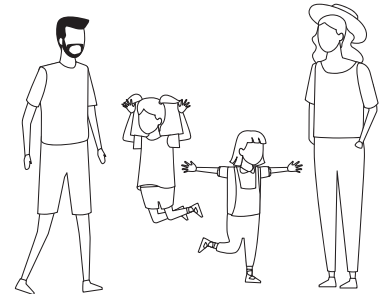
Read



Talk to friends/play games on phone



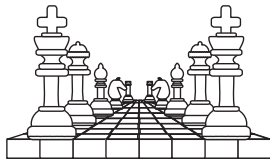
Sing or dance



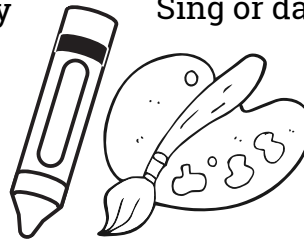
Play, be with family



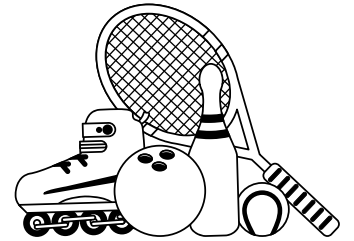
Play video games



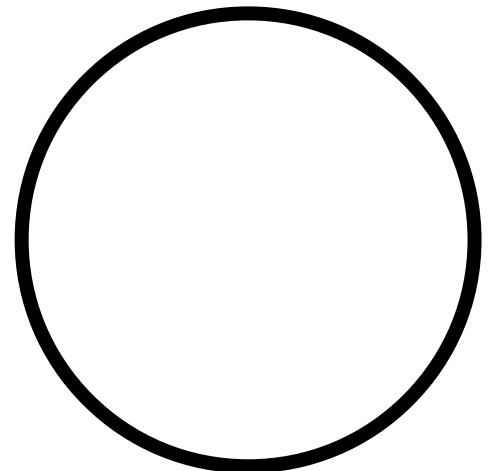
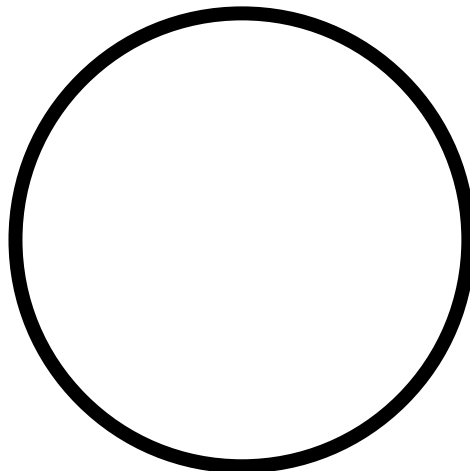
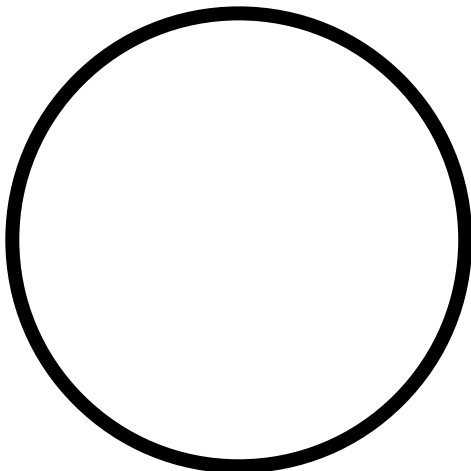
Play board games or cards



Draw or paint



Play sports, be active





NAMI LLAMA KIDS CLUB

WHO HELPS YOU WITH YOUR PACK?

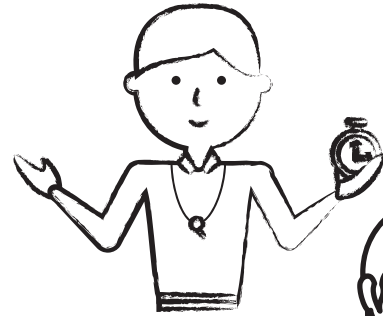
Color in and circle the images of the people in your life you turn to for love, support and guidance. If there are others not listed, draw them in the circles below.



Parent



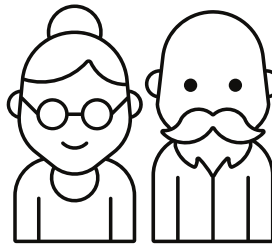
Friend



Coach



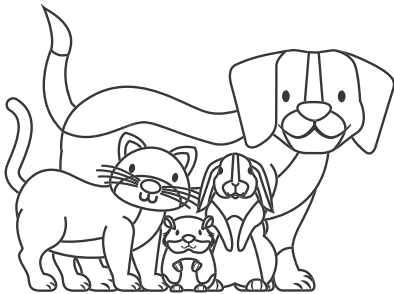
Neighbor



Grandparent



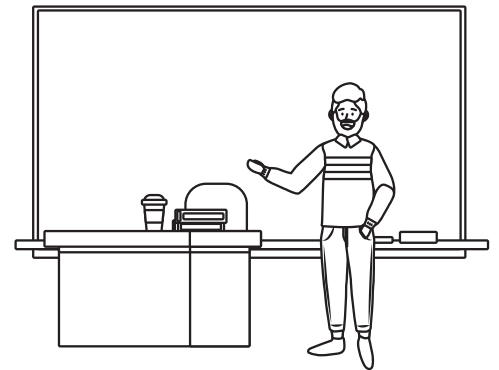
Other relative



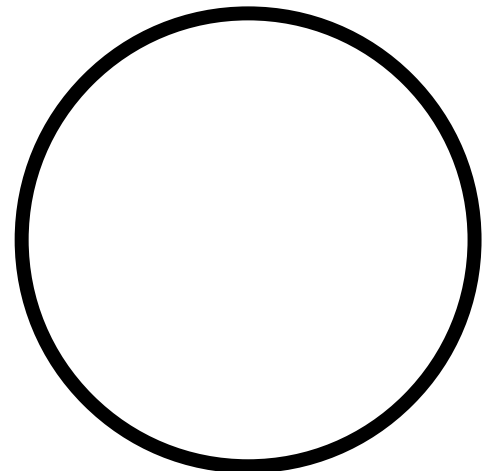
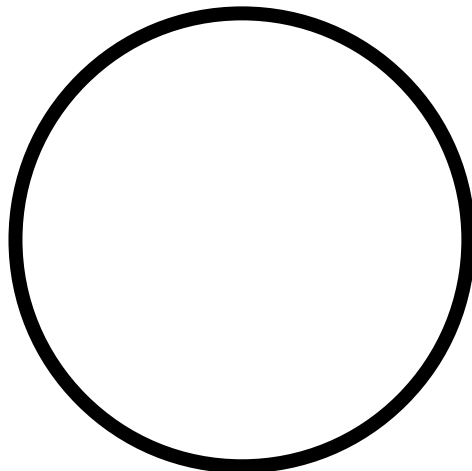
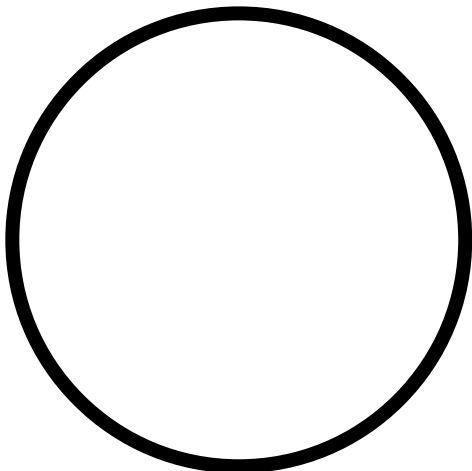
Pet



Sibling



Teacher



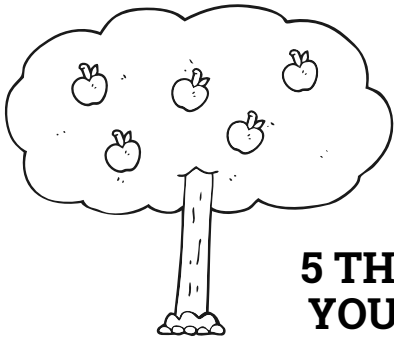


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GROUNDING: WORRY STRATEGIES

Can you name...

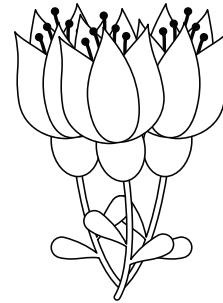
We all have thoughts and worries. One way to help calm your brain, and emotions, is by focusing on your senses. Take a minute to pay attention to your senses right now and jot them down below.



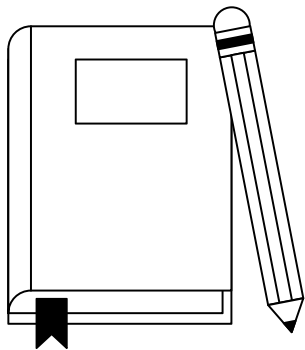
5 THINGS YOU SEE



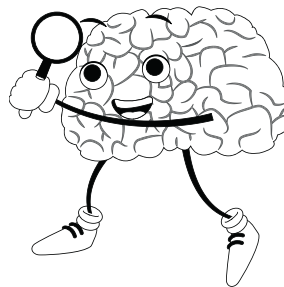
4 THINGS YOU HEAR



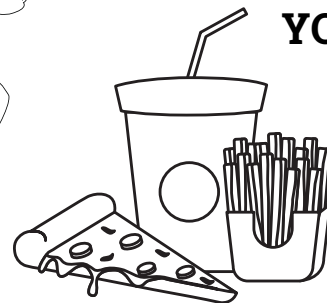
3 THINGS YOU SMELL



2 THINGS YOU CAN TOUCH FROM WHERE YOU ARE



1 THING YOU TASTE



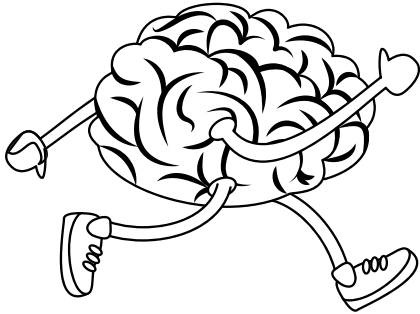
Keep this trick in mind next time you get worried about something! .



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COMMON SUPPORT PHRASES

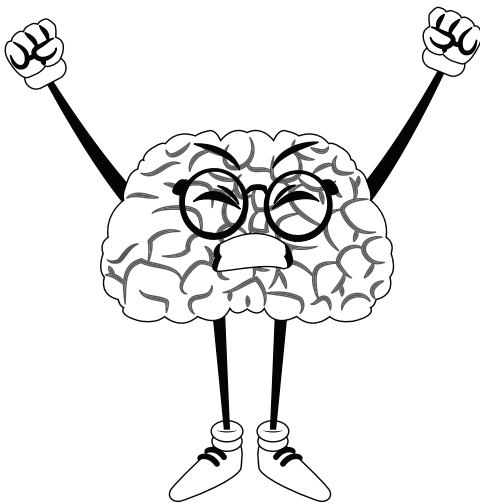
Unscramble and color the words below. Each is a useful phrase for asking for help or support OR in offering support to someone you love or care about who is sad, worried or stressed.



i _ _ _ _ HELP
EDNE

IT'S _ _ _ _ TO FEEL THAT WAY

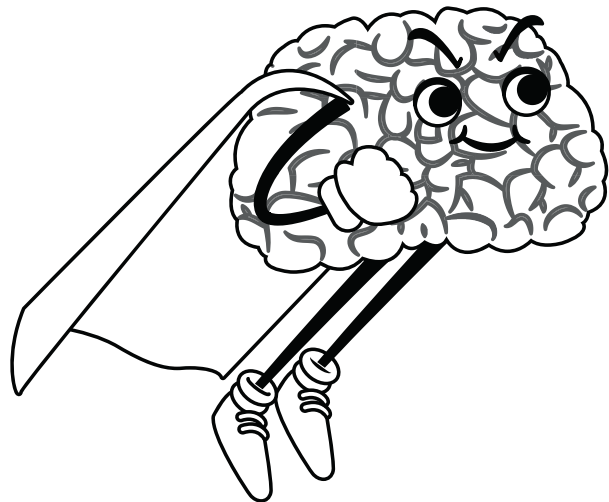
K O Y A



i _ _ _ _ _ _ _ _ YOU
UNSTADREND

YOU _ _ _ DO IT!

A N C





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MENTAL HEALTH FOR YOURSELF AND YOUR FRIENDS

If you or someone you know is experiencing mental health challenges, having support can really help. Here are ways you can help yourself and your friends. Color these in and review with a trusted adult.



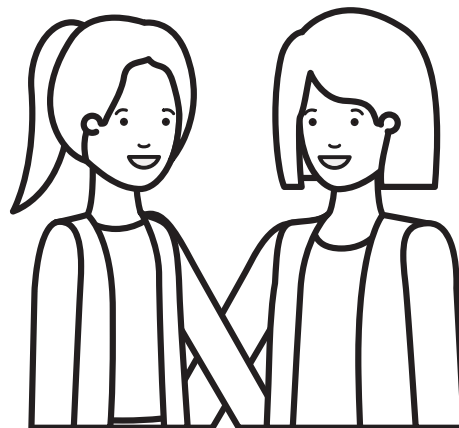
Listen. Being heard is important to support but also a great way to notice if others need help.



Ask questions to learn more about a situation or ways you can be a support to someone.



Talk to an adult and ask them for help or direction.

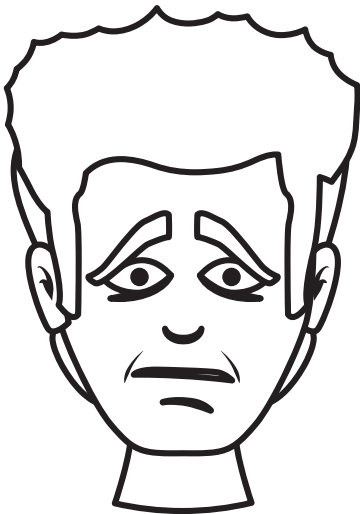


Be present and let them know you care, even if you don't know how to help or what to say.



MENTAL HEALTH WARNING SIGNS FOR KIDS

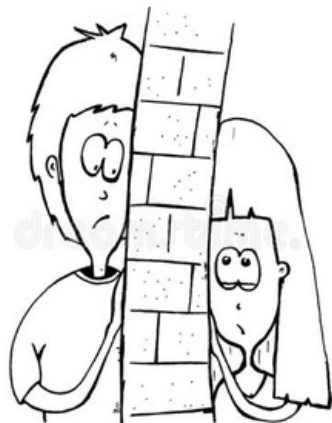
1 in 5 kids deal with a mental health challenge. Below are symptoms someone maybe be struggling that you can watch for in yourself or your friends. All of these feelings are normal for short periods; however if these feelings last for a long time or very strong reach out to a trusted adult. Color in the pictures and review with a trusted adult.



Sadness



Confused Thinking



Feeling Isolated



Excessive Anger

Congrats! You have earned your ears!

**Wear your ears with pride! Welcome to
the NAMI Llama herd mental health
champion!**



Directions:

- 1. Color in the Llama head band**
- 2. Get an adult to cut it out**
- 3. Tape the head band together!**

NAMI LLAMA HERD!

MENTAL HEALTH FOR ALL!