

Mental Health First Aid For Children & Teens: 75 Activity Suggestions

NOTE: Depending on the age of your child/children and your house rules, your child/children will need to get permission from you for many of these activities. Some activities are intended to be done alone while others should be done with family and/or friends who care about your child/children.

1. Answer trivia questions (book, worksheets, app).
2. Apply scented hand lotion to skin.
3. Apply fun stickers to your things.
4. Apply fake tattoos to your skin.
5. Ask a friend or family member to use the back scratcher on your back.
6. Ask your parent(s) to redeem a special coupon.
7. Bake or cook a favorite recipe.
8. Blow bubbles.
9. Build a lego creation.
10. Call or text a family member or friend you have not connected with in a long time.
11. Clean and/or organize your room.
12. Clean the interior of the family vehicles.
13. Color (adult or children's coloring books).
14. Create new hairdos.
15. Create something with playdough.
16. Cry.
17. Cuddle up in a comfy blanket.
18. Dance to your favorite songs using YouTube.
19. Decorate your room with your favorite seasonal decorations.
20. Do brain teasers (in written form or as objects like a Rubik's Cube).
21. Do stretching exercises.
22. Do some deep breathing.
23. Do yoga.
24. Draw in your sketchpad.
25. Draw with sidewalk chalk.
26. Drink water.
27. Eat a snack (trail mix, granola bar, chocolate bar, etc.).
28. Experiment with your makeup routine.
29. Go fishing.
30. Go for a drive (if you are a licensed driver and have parental permission).
31. Go for a walk or run.
32. Go on a bike ride.
33. Hug your favorite stuffed animal.
34. Listen to your favorite comedian.
35. Listen to your favorite music playlist.
36. Listen to your favorite podcast.

37. Look at favorite pictures of people and places; assemble a special photo album or frame.
38. Make a cup of hot chocolate, coffee, or tea to sip.
39. Make a float, smoothie, or shake to drink.
40. Meditate.
41. Manipulate a fidget or stress ball.
42. Organize hobby items/tools (baseball cards, coins, stamps, etc.).
43. Paint.
44. Play catch with a friend or family member.
45. Play cards or a game board with friends or family.
46. Play with a favorite doll or action figure.
47. Play with matchbox cars.
48. Polish your nails.
49. Pop bubble wrap.
50. Practice mindfulness.
51. Put a model together.
52. Put a puzzle together.
53. Read a favorite book or magazine.
54. Read affirmations or favorite quotes.
55. Read the Bible or other spiritual or religious book.
56. Rearrange your bedroom.
57. Scream or punch into a pillow.
58. Sew, knit, crochet, latch hook, embroider, etc.
59. Shoot some hoops.
60. Sing along to favorite songs on YouTube.
61. Spend time with the family pet (or around a friend or family member's pet).
62. Sit or lay outside in the sun.
63. Start a craft project/kit.
64. Take a bath or shower.
65. Take a nap.
66. Take pictures.
67. Use conversation cards with a friend or family member.
68. Walk barefoot in the grass.
69. Wash your face.
70. Wash or wax the family vehicles.
71. Watch a favorite movie.
72. Watch funny animal videos.
73. Write your thoughts in a journal.
74. Write down goals, ideas, or plans you've been thinking about in a notebook.
75. Write a few thank you notes to people you are thankful for.

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