

THE ROAD TO KINDNESS

Mental Health Month Activity for Elementary School Students

May is Mental Health Month! It is a good time to remind students they should be kind to themselves and their classmates, teachers, and parents. Kindness can help improve a child's self-esteem and behavior in the classroom and at home. Creating a friendly environment is important to keep students engaged and excited to come to school.

Included in this packet are:

- Classroom activity for students
- Bulletin board template for hallways
- Newsletter to send home with students with an at-home activity

INSTRUCTIONS

Classroom Activity (p. 2-3):

Using the "I am" heart template (p. 2), ask students to think about positive qualities in themselves. Have them write these words around the heart until filled.

Using the "You are" heart template (p. 3), group the students in pairs. Have each student think about positive qualities of their partner. Have students write these words around the heart until filled. *Depending on the age of the student, you can provide a list of "kind" words for students to copy.*

At the end of the activity, ask students how it felt to make the heart for themselves and their partner. You can use the following **guiding questions** to help start a discussion:

- What does it mean to be kind?
- Does anybody have a story about being nice?
- Was anyone nice today?
- Tell us about a time somebody did something nice for you. How did that make you feel?
- What are some ways you can be kind every day? *We've included a list of examples!*

Bulletin Board (p. 5-29):

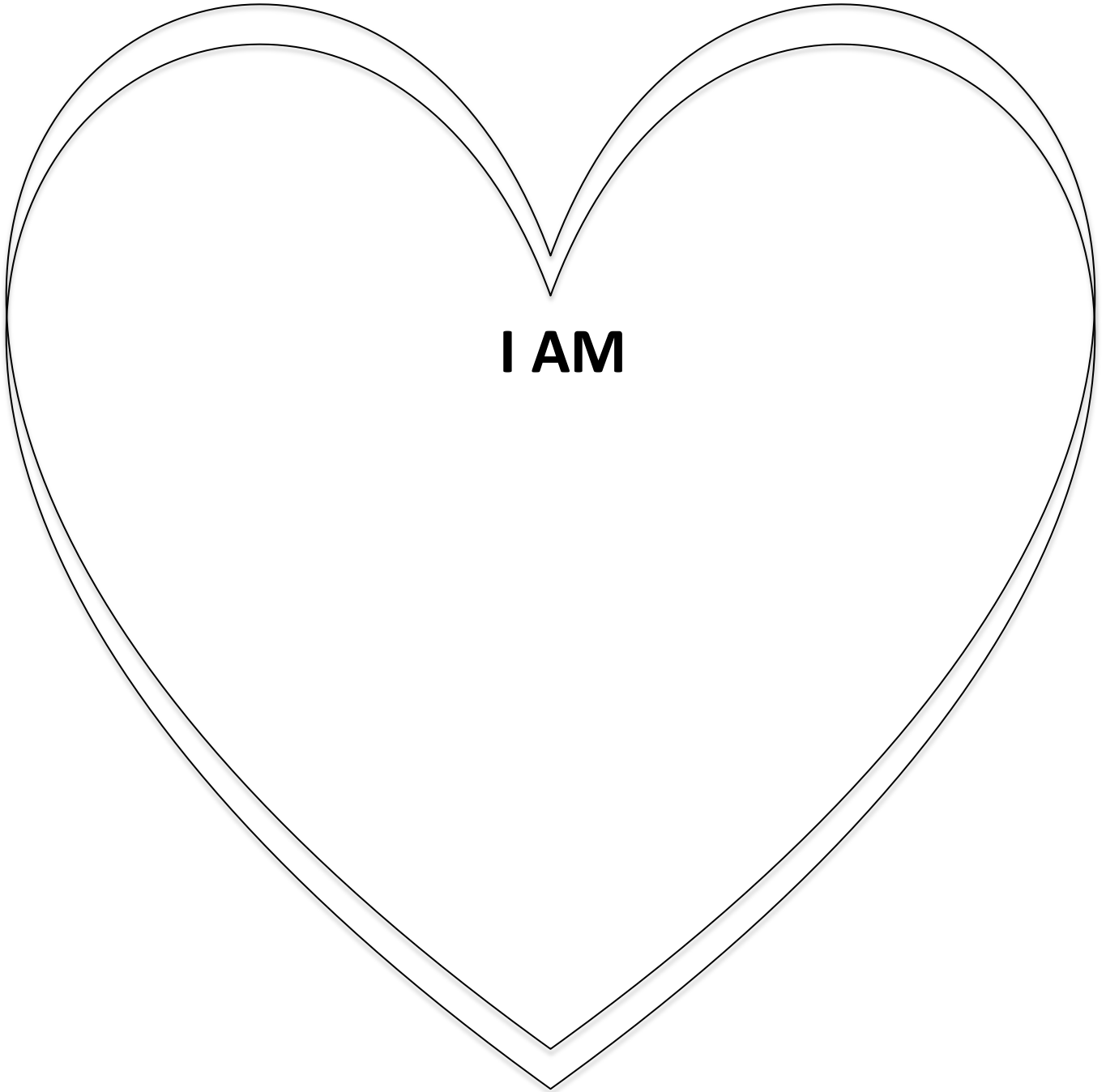
- Use the board demo document as a guide for set-up (p. 5)
- Add images to the board (we provided some samples). You can also take pictures of students completing the classroom activity and use them for the bulletin board.
- Add the completed hearts to create a border around the bulletin board.

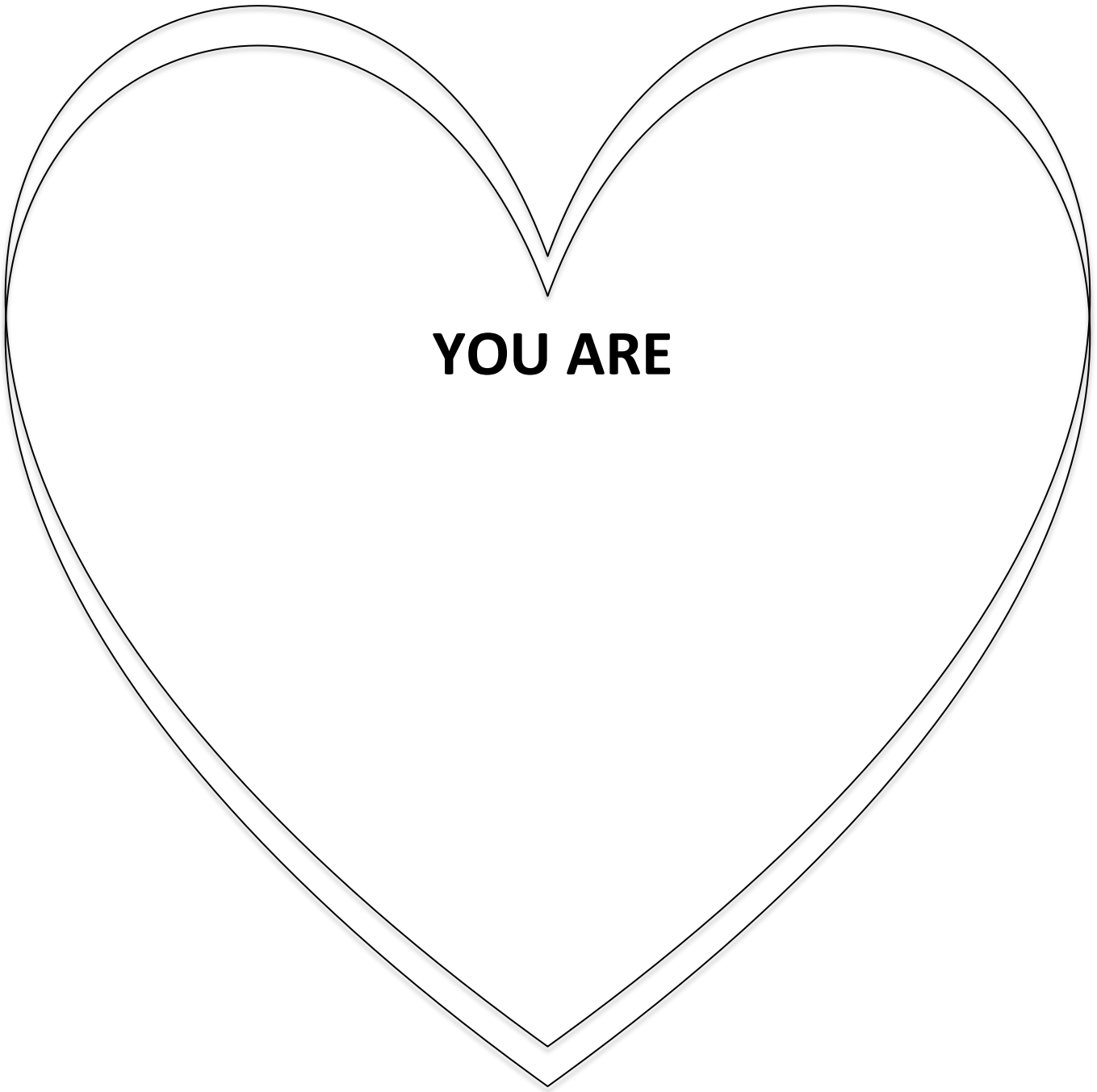
Newsletter (p. 30):

Send a copy of the newsletter home with students!

Office of School Mental Health Resources (p. 31-32)

Explore this list for additional mental health and social services resources in NYC.





ACTS OF KINDNESS

Things You Can Do Today!

Invite someone to sit with you at lunchtime

Share your toy with a classmate

Invite someone new to play

Hold the door open for someone

Give someone a compliment

Make someone laugh

Draw a picture for someone

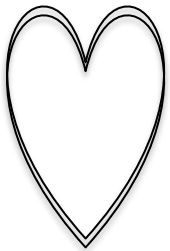
Smile at everyone

Write a "Thank You" note

Thank your teacher for their hard work

Give someone a high-five

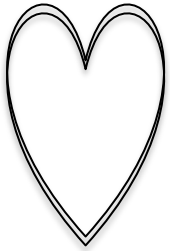
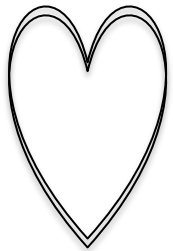
THE ROAD TO KINDNESS



I was excited to share my new game with my friend.

To be kind is to be friendly to people and things around you.

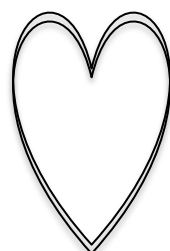
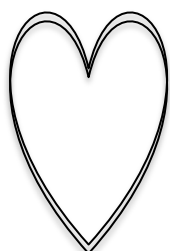
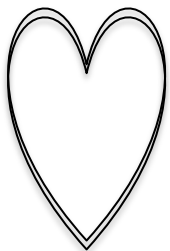
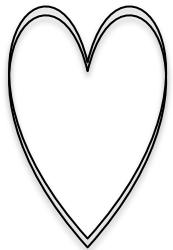
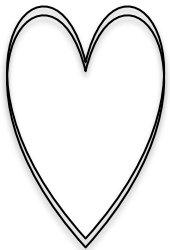
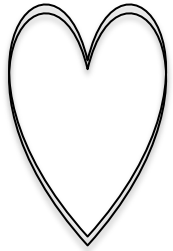
Sarah was happy when I drew a picture for her.



When I read for 15 minutes I felt calm.

An act of kindness is doing something nice or good for others or yourself.

When Marc sat with me during lunch I felt included.



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AT RECESS / PLAYGROUND
INVITE SOMEONE TO PLAY WITH
YOU AND YOUR FRIENDS!

IN THE HALLWAY
SMILE AND SAY SOMETHING
NICE!

IN CLASS
PUSH IN SOMEONE'S CHAIR IF
THEY FORGOT!

TO ADULTS
THANK YOUR TEACHER OR
PARENT FOR THEIR HARD WORK!

**TO YOUR CLASSMATES
TELL ANOTHER STUDENT THEY DID
A GREAT JOB!**

When Marc sat with me
during lunch I felt
included.

I was excited to share my
new game with my
friend.

Sarah was happy when I
drew a picture for her.

When I read for 15
minutes I felt calm.

**To be kind is to be
friendly to people
and things around
you.**

**An act of kindness
is doing something
nice or good for
others or yourself.**

healthy
AND READY TO
learn



**Children's
Health Fund**

Resource & Training Center
hrl.nyc

SCHOOL MENTAL HEALTH

SAMPLE IMAGES





<https://pixabay.com/en/kids-children-cute-childhood-2030260/>



<https://pixabay.com/en/kindness-chalk-handwritten-word-1197351/>



<https://www.publicdomainpictures.net/en/view-image.php?image=98927&picture=happy-smile-text>



ACTS OF KINDNESS

BUILDING HEALTHY HABITS

Did you know?

May is Mental Health Month!

Being kind promotes wellness. It can improve your mood, increase self-esteem and keep you and the people around you positive.

What does it mean to be kind?

To be kind is to be friendly to people and things around you.

An act of kindness is doing something nice or good for others or yourself.

Kindness is contagious! Start the chain and do something kind today.

Visit our website to learn how health can affect learning: www.hrl.nyc

SECRET FOR SUCCESS

Always ask yourself ...

“How can I be kind to others?”

“How can I be kind to myself?”

MENTAL HEALTH RESOURCES



School Mental Health resources are now located in every New York City Public School. Reach out to your student support team or on-site mental health provider for supports and services in your school community.

KINDNESS AT HOME



At-home Activity!

Every night this month, take a minute to think about your day. Have your child think about their day.

Think about:

- How were you kind today?
- How do you hope to be kind tomorrow?

Talk about it together!

Mental Health & Social Services For NYC Youth



Helpful Phone Numbers & Hotlines

HIV/AIDS Hotline-NYS
1-800-541-2437

Child Abuse Reporting in
NYC:

Mandated Reporter
1-800-635-1522

General Public & Non
Mandated Reporters
1-800-342-3720

Children's Single Point of
Access (CSPOA)
1-888-277-6258

Crime Victim's Board
212-577-7777

Domestic Violence
Hotline
1-800-621-4673

Drug Abuse Hotline
1-800-522-5353

Food and Hunger Hotline
1-866-888-8777

Immigrant Hotline -NYC
212-788-7654

NYC WELL
1-888-NYC-WELL

Español:
PRESS #3

中文:
PRESS #4

Deaf/Hearing Impaired
711

Rape & Sexual Assault
212-227-3000

Runaway Hotline
1-800-786-2929

Teen Pregnancy Hotline
(PCAP)
1-800-522-5006

LGBTQ Resources
1-866-488-7386

*Please contact 311 for
additional resources in
NYC.

Call, Text or Chat with NYC WELL Today

Toll-free hotline for NYC that provides confidential and free assistance for mental health and substance use concerns.

- Single point of access for all Mobile Crisis and Child Rapid Response Teams.
- Staffed by trained Counselors 24 hours, 7 days per week, 365 days per year.
- Peer Warmline available 24/7/365
- By phone: **1-888-NYC-WELL (692-9355)**
- Text "Well" to **65173**.
- Access chat through our website <https://nycwell.cityofnewyork.us/en/>
- Calls, texts and chats can be done in English, Spanish and Chinese.
- Interpretation services are offered for 200+ languages.

Family Resource Centers

Provide Parent-to-Parent Support
Specially trained staff who are aware of problems families have with children with emotional/behavioral difficulties.
Provide education, support and advocacy to parents.

Manhattan North:	212-410-1820
Manhattan South:	212-964-5253
Bronx North:	718-220-0456
Bronx South:	718-220-3868
Queens West:	718- 651-1960
Queens East:	347-644-5711
Brooklyn North:	877-425-8133
Brooklyn South:	347-394-5186
Staten Island:	718-698-5307

Children's Single Point of Access (CSPOA)

Children's SPOA is designed to improve access to intensive mental health services by creating a single point of entry to refer, link and coordinate services for family and youth who need high end services. Such services include:

- Case management
- Home/community based waiver
- Community residence
- **1-888-277-6258**

Families on the Move, Inc.

- Support for children and youth with emotional, behavioral and/or mental health challenges and their families.
- Coordinated, community-based, culturally-competent, family-driven services.
- <http://fotmnyc.org/>

Office of Safety First

Call this resource if you are concerned about the progress of a child protective investigation or have an ongoing safety concern related to a case that you called into the State Central Registry:

Mandated Reporters:
718-543-7233

General Public:
212-676-9421

**SCHOOL
MENTAL
HEALTH**

ADOLESCENT SKILL CENTER LOCATIONS

BRONX:

Mental Health Association of NYC (MHA)

- Adolescent Skills Centers
- (16-21) years old
- South & West
- 718-292-7880 ext. 6148

BROOKLYN:

Brooklyn Bureau of Community Service

- Adolescent Employment & Education Program
- (16-21) years old
- 718-566-0305 ext. 1100

QUEENS:

The Child Center of NY

- JobNet Youth Program
- (16-21) years old
- 347-571-2441 ext. 202

Mental Health Association of NYC Queens Location

- Adolescent Skills Center
- (16-21) years old
- 646-738-5131

STATEN ISLAND:

Staten Island Mental Health Society

- SafeTYnet9 Youth - Achieving Independence
- 718-984-6218

CITYWIDE:

Mental Health Association of NYC

- Youth Employment Services
- 212-254-0333 ext. 861

Resources for Youth with Mental Health and Behavior Disorders

Adolescent Skill Centers

- Provides adolescents (16-21 years old) with emotional and behavioral disorders educational remediation, GED prep and vocational training, coaching and placement.
- Life management skill training and internship opportunities.
- Referrals to be made directly to Skill Centers (*locations on the left*)

New York City Resources

- NYC School Based Mental Health Programs: <http://schools.nyc.gov/Offices/Health>
- HITESITE: is a FREE online resource directory, connecting New Yorkers with over 5,000 Free and Low-Cost Health and Social Services: <http://www.hitesite.org>

Online Resources

Thrive NYC—provides resources, mental health first aid trainings and a roadmap of Thrive NYC initiatives: <https://nycwell.cityofnewyork.us/en/>

NYC Teen— campaign to engage teens dealing with depression, drugs and violence, and encourages them to seek help: www.nyc.gov/teen

Department of Youth and Community Development—Search by zip code to find after school program near your school: <http://www1.nyc.gov/site/dycd/index.page>

School Mental Health—provides comprehensive information for clinicians, administrators, families and students: <http://www.schoolmentalhealth.org>

UCLA's Center for School Mental Health— training materials, printable resources and a technical assistance center: <http://smhp.psych.ucla.edu/>

The Center for Health and Health Care in Schools—educates on mental health and health programs in schools: <http://www.healthinschools.org/>

The Center for School Mental Health— technical assistance center and resources: <http://csmh.umaryland.edu/>

The American Psychological Association's Help Center— printable info for parents and educators: <https://www.apa.org/helpcenter/>

Therapy Safety Net—Free and low cost mental health support resources in NYC: <https://therapysafetynet.org/resources/additional-resources-uninsured/>

For more information about school-based support for mental and behavioral health, contact:

MH@schools.nyc.gov