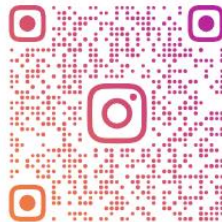




**Dr. Evy's Kids**  
PEDIATRIC BEHAVIORAL HEALTH

## Children's Mental Health Awareness Activities

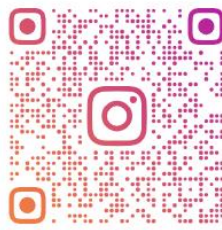
1. Play with them
2. Encourage Imagination and Creativity
3. Remind them that they are\* a:
  - Blessing
  - Loved
  - Sacred
  - Gift
  - \*Teachings from Maestro Jerry Tello & Positive Indian Parenting
4. Teach them a new game/hobby
5. Allow them to Teach You
6. Reinforce their Strengths
7. Be Present, Attuned, Attentive, and Responsive - Dr. Bruce Perry
8. Show them they Safe, Protected, Loved, and Respected - Dr. Kristen Brandt
9. Validate Their Emotions
10. Have an Adventure!



BIRTH2FIVE

## Instructions:

1. Play with them, but let them Lead the play. Do Not interrupt their Process and Do Not Correct them. They are inviting you into their world and you're accepting the invitation. Don't make them kick you out, LOL!
2. Encourage Imagination and Creativity by allowing them to take you into their world and share an AMAZING NARRATIVE, without correcting inaccuracies. Again, you are an invited guest in this world. Behave. Follow Their Rules. It's Play... that means it's temporary. Always be mindful of safety though. Risky Play is different than Dangerous Play.
3. Tell them, in a way that feels natural for you, that they are a: Blessing, Loved, Sacred, and a Gift. Again, in a way that feels true and comfortable to you. Let them know how precious they are to you. Through an affectionate, nurturing touch or glance.
4. Teach them a new game/hobby you Loved as a Child. What game did you love to play outside? What game, playful interaction, nursery rhyme, and/or song did you love growing up that you can share with them?
5. Let them Teach YOU something new. A new game, even if it doesn't make sense. Remember, this is a time to play and be Part of Their World, not the other way around.
6. Reinforce their Strengths, without addressing any areas of improvement, just Strengths. No, unintentional, backhanded compliments this week. Focus on what your favorite qualities are.
7. Be Present, Attuned, Attentive, and Responsive (Dr. Bruce Perry). Not sure what these means? Reach Out. Let's Connect!
8. Demonstrate that they are Safe, Protected, Loved, and Respected (Dr. Kristen Brandt)
9. Validate Their Emotions, no matter how irrational you think they're being. Emotions are Transient, but they don't know that.
10. Have a backyard/front yard Adventure! Don't have a yard? Pick a room! Again, you can always set boundaries and limits, BEFORE BEGINNING TO PLAY. If you have the means for a small, same day adventure, do it: Beach, Park, Hiking, Neighborhood Walk (if it's safe). I am known to play a good game of "I Spy" with a Precious Little!



BIRTH2FIVE