

Healthy Minds Workbook

5-Week Challenge for the Growth of
Social & Emotional Health (Ages 7-12)



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Thank you for committing to the completion of the 5-Week Challenge. Visit our website to attend the Healthy Minds Webinar Series to learn more about each topic.

This workbook is intended for children to complete, with a buddy and/or with the help of a parent. Each week presents a challenge that will help you focus on different aspects of a healthy mind. Please take your time, listen to your thoughts, and get them on paper. It is best to find a quiet area to sit and get comfortable.

This will help you focus on what you are feeling. Take care and we will connect after you have completed the workbook. Welcome to the family. Sending you love.

Jamika Coleman
President, Mass Integration

5-WEEK CHALLENGE

WEEK 1: GROWTH MINDSET CHALLENGE

Grab a buddy or complete the challenge alone. For five days you will complete each challenge that retrains your brain to believe that you can achieve.

WEEK 2: SELF-LOVE CHALLENGE

This challenge will help you retrain how you talk to yourself. Do you show kindness when you say or think about yourself. Use this week to practice.

WEEK 3: GRATITUDE CHALLENGE

Do you take time to thank your family and friends when they help you be happy? Do you think about the amazing things about yourself that you can be thankful for? This week will give you the time to show gratitude for all that is good in your life.

WEEK 4: POSITIVITY CHALLENGE

Sometimes life presents us with many negative situations. We have to train our minds to stay positive. However, there are some situations where our emotions need to be processed. Take time this week to connect to your true positivity.

WEEK 5: FRIENDSHIP CHALLENGE

Friendship is an important part of life. Our relationships can either impact our lives for the better or for the worse. It is important to take an interest in the other person to create a healthy foundation. This week you will be challenged to see the good in others, thus creating healthy friendships.

Week 1

GROWTH MINDSET CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



Module 1



Growth Mindset Challenge

This challenge will help you change the way you think about things that are hard. Do you ever feel like you don't want to try anymore? Let's thinking a new way. Let's give our brains a carwash and make it cleaner than before.

Are you ready? Let's go!



Here are this week's Challenges!

Day 1: Change my words. Change my mindset.

Day 2: I can find the words!

Day 3: Fixed or Growth?

Day 4: My Superpower: The Power of YET!

Day 5: My way to a Growth Mindset!

Day 1

Change my words. Change my mindset.

.....



This is Monica. Her mom is helping her with math, but she cannot get the right answer. At school, she misses answers and her teacher tells her to try harder. She wants to give up.



Monica tells herself
these things and
wants to give up.

Write down what
Monica can say to grow
her brain

I can't do it.



I'm not good at this.



It's too hard.



They are better
at it than I am.



I don't know how.



I give up.



I'm afraid of failing.



GROWTH Mindset

INSTEAD OF
This is too
hard!

THINK

This may take
a while, but I
can DO it!



Day 2

I Can Find The Words!

Complete the word puzzle below. Find and circle the growth mindset words. The hidden words can run forwards, up, down, or diagonally. The words may also overlap.

X C E E L I K U G A I S M C D R G A S V
F N S L N T F D X J K D R E T W E I W T
A S D U O J W T P H J B E S T I X O B B
F T Q T M J D O D F B K Z A Y M H T S H
B Q G M I R A O S C S S G P A P R I A L
A O P I N B C Y S U H H M O I R B M C V
Z J G G D M T O D B C A R U X O U E T Q
S F X M S H I K W K E C L K K V D P B X
D Q M L E X O H O T B G E Y E E H O W L
V E P L T I N C W O R R A S M O S T V P
F U X O W V G O I D Y K A X S H K B W S
N I O X S K D V C L M T H I N K I L O Q
X R N S R I L T I T I I X P N G L O O N
P K T S P Q T G J D P W N I Q E L C E O
V T L G P V A I R B T D L D I U S G C X
Q H F O A I S V V O Q U D E N A F O W T
B I I A C C R G R E W M Y C A D D O J J
R X W L V K D E H S O T E D U R N D P M
Q L R S X W E Q H U O K H B R B N R C L
M R N P A F U H N E Y F T R W W D X T Z

positive
mindset
goals
best
mind

success
skills
think
most
good

improve
growth
learn
time

inspire
action
brain
idea

Day 3

Fixed or Growth?

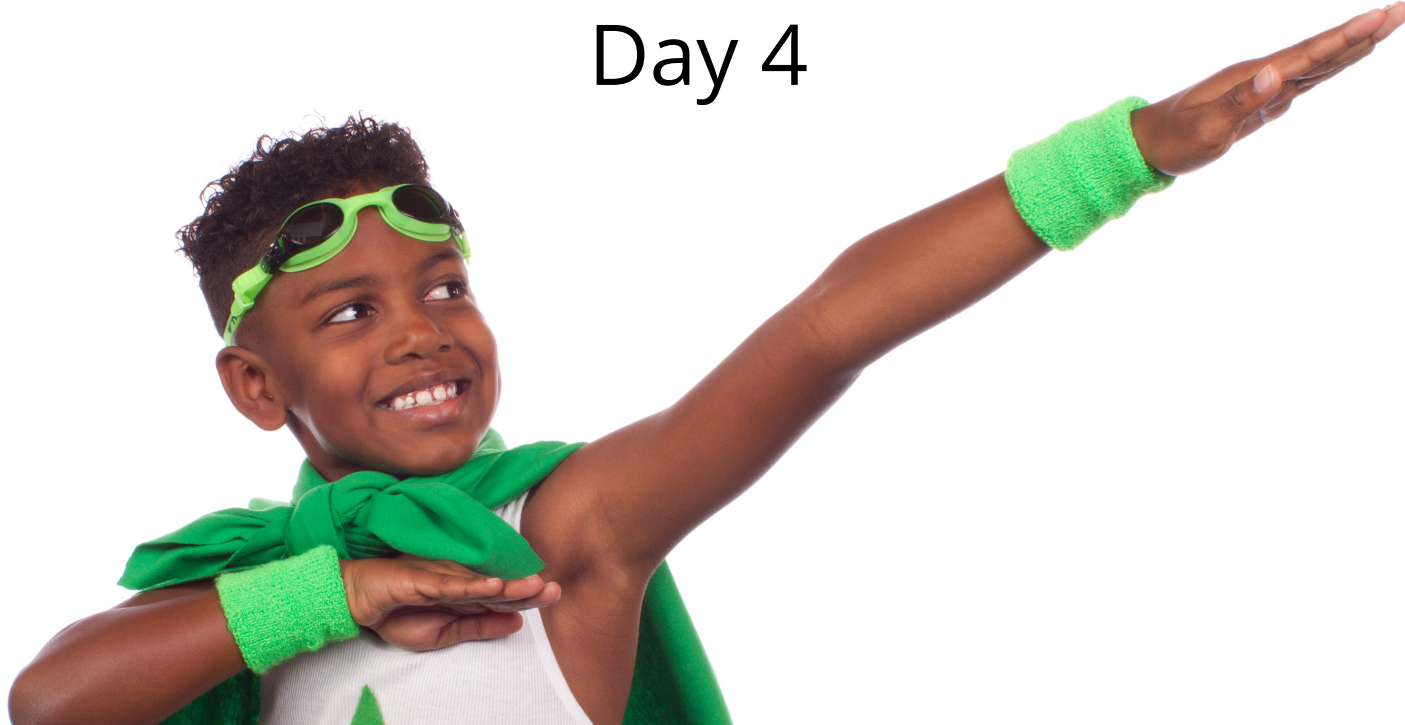
Read the sayings below. Write the saying that belongs inside of the **FIXED MINDSET** box. Write the sayings that belong inside of the **GROWTH MINDSET** box. If you can think of others to place into each box, add them!

FIXED

GROWTH

Mistakes help me improve
If I fail, I'm not good
I want to challenge myself
I don't like feedback
I learn from my failures

I can learn anything I want to
I don't like to be challenged
This is too hard
I give up
I'm going to train my brain



My SUPERPOWER:
The Power of YET!

I can't do this.....**YET!**

I don't understand this.....**YET!**

I'm not good at this.....**YET!**

It doesn't make sense.....**YET!**

I don't know the answer.....**YET!**

It doesn't work.....**YET!**



My Power of



Draw something you can do really well.

Draw a picture of yourself above or paste a photo of you.

How will you use the power of "YET"? Complete your sentences below with your goals.

I CAN'T

YET!

I DON'T KNOW

YET!

I DON'T GET

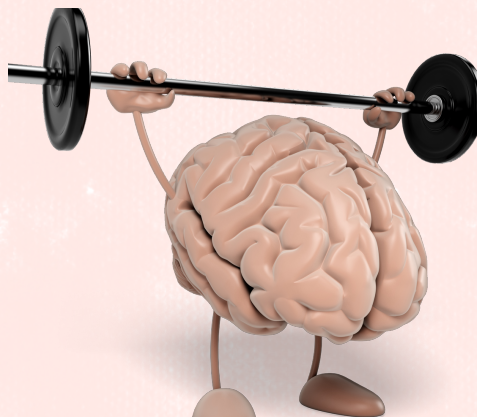
YET!

I'M NOT GOOD AT

YET!



How did you become good at it?



Day 5

My way to a Growth Mindset!

Have you ever worked on something and felt like it was too hard to do? You really don't want to give up. What can you say to yourself to keep going?

Draw yourself here:



Keep Going!

COLOR THIS PAGE FOR FUN!

I CAN

do

HARD

things.



You did it!

Great job! See you next week!

Week 2

SELF-LOVE CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



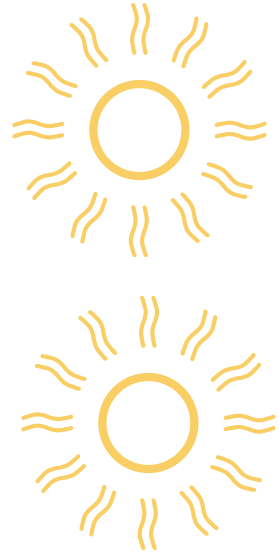
Module 2



Self-Love Challenge

This week's challenge will give you time to think about all of the wonderful things you love about yourself. Remember to think about these things when you are trying something new, or feeling a little sad. These qualities are always true about you.

Are you ready? Let's go!



This Week's Challenges!

Day 1: What I Love About Me

Day 2: I Am...

Day 3: My Positive Self-Talk

Day 4: My Circle of Love

Day 5: It Went Right For Me Today!

DAY 1

What I Love About Me!

#1 Thing I Love About Me:

#2 Thing I Love About Me:



3 Ways I Can Show Love Toward Others:

1

2

3

5 Positive Qualities I Have:

1

2

3

4

5

3 Things I Did Well This Week:

1

2

3





I AM...

Today's challenge is to write down your positive traits. Are you brave? Are you kind? Are you smart? Fill in the boxes below and then write down why you believe this about yourself.

I am

I believe this because...

I am

I believe this because...

I am

I believe this because...

I am

I believe this because...

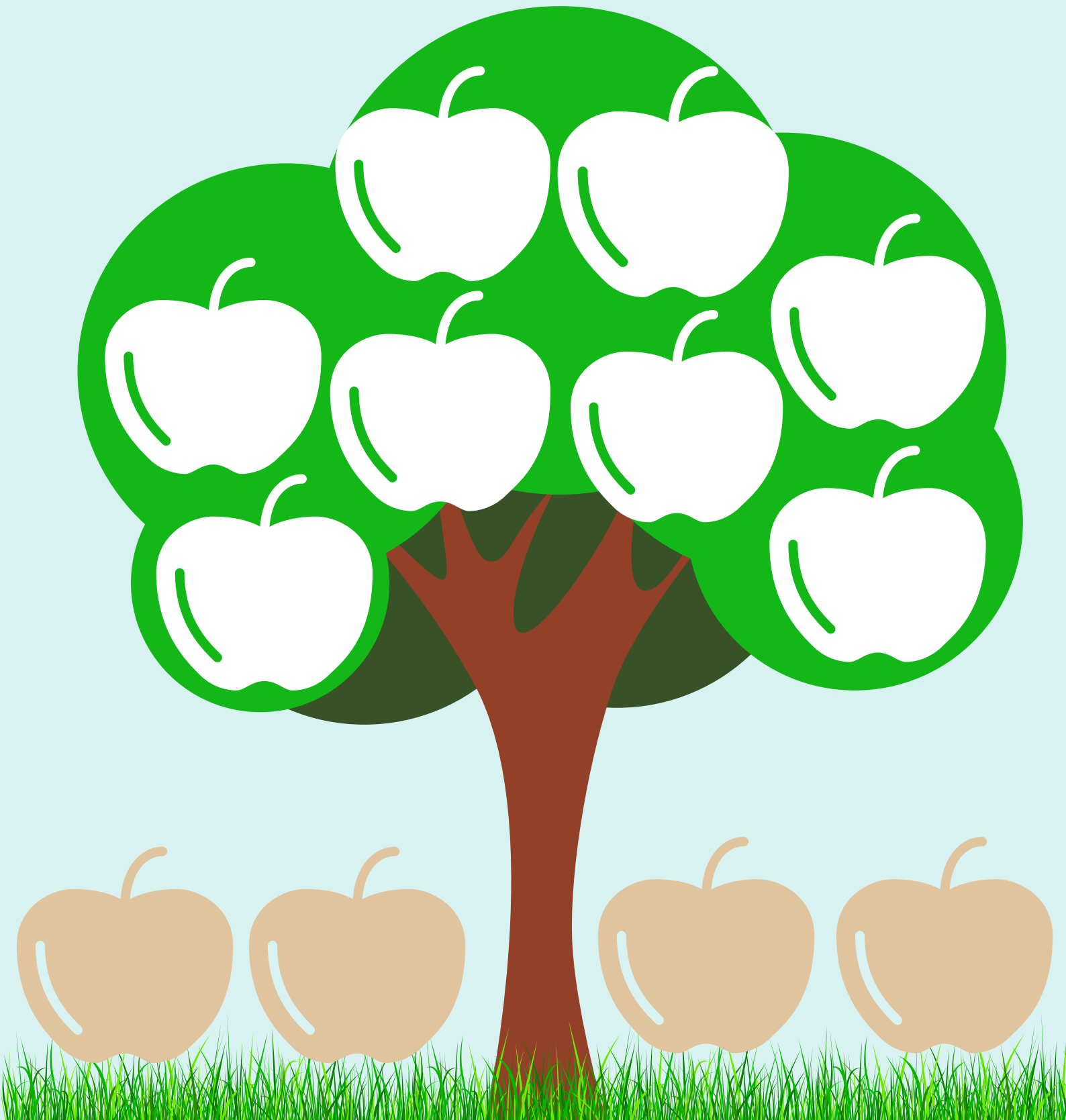
I am

I believe this because...



My Positive Talk

Inside the apples on the tree, write down the positive things that you say to yourself. Inside the rotten apples that fell off of the tree, write down the negative things you say to yourself.





My Circle of Love

Draw yourself in the frame. Then write what the people in your life that love you would say about you.





It Went Right For Me Today!

Can you name 10 things that went **RIGHT** for you today?

1

2

3

4

5

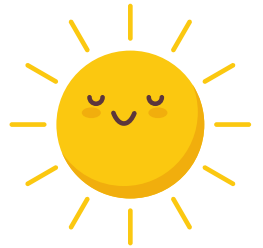
6

7

8

9

10



Great Job!

Can't wait to see you next week!



Week 3

GRATITUDE CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



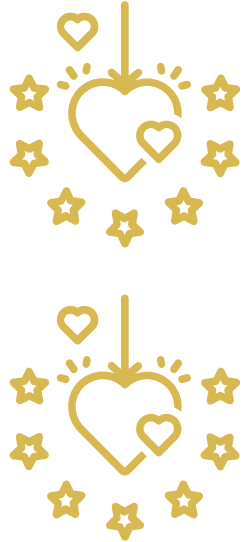
Module 3



Gratitude Challenge

Gratitude is a positive emotion. It's when you focus on the good in your life and want to say thank you to others when they are nice. Think about all of the things you are thankful for. Take time to think about the good things that happen.

Are you ready? Let's go!



This Week's Challenges!

Day 1: My Gratitude Jar

Day 2: Thankful For Today

Day 3: My Strengths

Day 4: My Gratitude List

Day 5: Thank You Letter

DAY 1

My Gratitude Jar

Take some time to write the things that you are grateful for inside of the jar below.



You can also find a real jar at home, write down what you are grateful for on strips of paper, and place them in the jar every day.







Something I did recently that makes me feel proud:



Something I did recently that makes me feel proud:



5 awesome things about me that I am grateful for:

1

2

3

4

5

My Gratitude List

DAY 4

I am thankful for....

person

color

season

animal

drink

dessert

movie

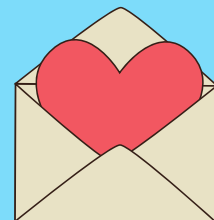
book

teacher

friend

vacation

Thank You Letter



Think of someone close to you like your brother, sister, mom, dad, grandma, grandpa, friend, or teacher. Think about why you are thankful for this person. Then, write a letter by completing the sentences on the next page. When you are finished, hand your letter to this person, or read it to them over the phone.



Date _____

Dear _____,

Thank you so much for being a
_____. What I *love* most
about you is _____.

Thank you for teaching me how to
_____.

You are the best because _____
_____.

With *love and gratitude*,





You rocked it!

See you next week!



Week 4

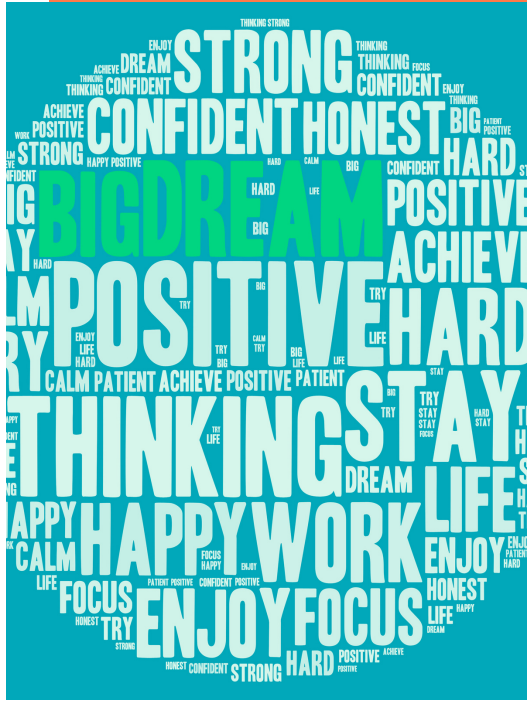
POSITIVITY CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



Module 4



Positivity Challenge

Sometimes life presents us with many negative situations. We have to train our minds to stay positive. However, there are some situations where our emotions need to be processed. Take time this week to connect to your true positivity.

Are you ready? Let's go!



This Week's Challenges - Journaling!

Day 1: Journal Challenge #1

Day 2: Journal Challenge #2

Day 3: Journal Challenge #3

Day 4: Journal Challenge #4

Day 5: Journal Challenge #5

JOURNAL ENTRY

Nice things I said to others today!



I said...



I said...



I said...



JOURNAL ENTRY

The things I like about me!

#2

1

2

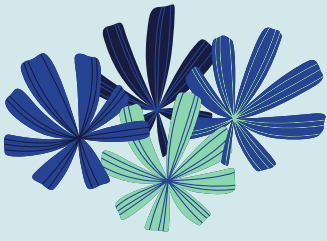
3

4

5

6

7



JOURNAL ENTRY

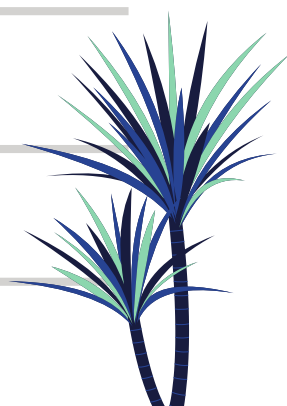
KINDNESS

#3

Today, I was kind. Here is what I did:

It made me feel like this:

I think the person I was kind to felt like this:



JOURNAL ENTRY

#4

Was someone kind to you today? If not, what would it look like if someone was kind to you? Draw it here.



Describe your drawing here

JOURNAL ENTRY

Negative VS. Positive

Describe a negative thought you have or have had recently:



What is a positive thought about what you described or a goal to change it:



Make it happen!



Great effort!

See you next week!

Week 5

FRIENDSHIP CHALLENGE

I BEGAN THIS CHALLENGE ON

WHEN COMPLETED I WILL CELEBRATE BY



Module 5



Friendship Challenge

Do you find it easy to make friends? If so, how do you make friendships last? Or perhaps you find it difficult to meet new people and grow the relationship into a friendship. This week challenges you to accomplish all of the above. Learn about yourself and how it empowers you to create healthy and lasting friendships.

Are you ready? Let's go!

This Week's Challenges - Journaling!

- Day 1:** A Good Friend Is Special
- Day 2:** A Good Friend Is Interested
- Day 3:** A Good Friend Listens
- Day 4:** A Good Friend Encourages
- Day 5:** A Good Friend Helps



Friendship

A Good Friend is Special

DAY 1

A great way to make friends is to make the other person feel special.
Think about one of your friends and answer the questions below.

How is your friend special?

What can you do to make your friend feel special?

Now that you have thought about it, make it happen!

☐ Check this box when you make your friend feel special.



Friendship

A Good Friend Is Interested

DAY 2

Friends take an interest in each other. Think about one of your friends or someone that you would like to be friends with and answer the following questions.

What is that person interested in?

List the things that you think are interesting about this person.

The next time you talk to that person, talk about the things you came up with.



Friendship

A Good Friend Is Listens

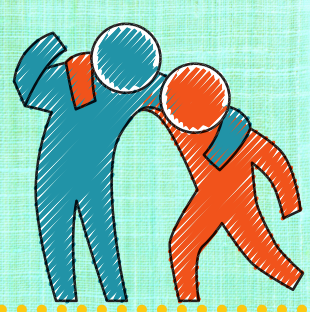
DAY 3

Friends listen to each other. One way to be a good listener is to ask the other person questions about him/herself. Think about one of your friends or someone you would like to be friends with and answer the following question.

What questions could you ask this person?

What could this person be interested in talking about?

The next time you talk to that person, talk about the things you came up with.



Friendship

A Good Friend Encourages

DAY 4

Friends encourage, or cheer up each other to make the other person stronger and happier.
Think about a time you encouraged your friend and answer the following questions.

What did you say?

What did you do?

How do you think that made your friend feel?

Continue to encourage in your friendships. It will bring you closer to that person.



Friendship

A Good Friend Helps

DAY 5

*Friends help each other.
Think about one of your friends and answer the following questions.*

Think of a time your friend helped you. How did your friend help?

How did it make you feel?

What are some ways you can help that person?



You did it!

***This is the end of the 5-Week Challenge and
the beginning of your new healthy mind.***

Visit www.massintegration.org for more resources.



Completing the 5-Week Challenge is an amazing accomplishment. You have much to celebrate. Keep this workbook in a safe area so that you can look at it again when you need to. There may be times when you are not feeling your best. Read what you have written down in this workbook to remind yourself of how great you are. Let this moment sink in. You can do what you put your mind to. Enjoy the rest of your week.

Jamika Coleman
President, Mass Integration

www.MassIntegration.org

The next page contains your certificate of completion. Write your name on the first line and fill in the date that you finished your 5-Week Challenge. Then, you can print it out and hang it up on your wall! Great job!




Certificate of Completion

This certifies that

Has successfully completed Mass Integration's
5-Week Healthy Minds Challenge

Date: _____

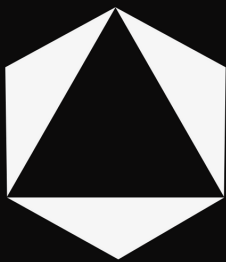
Signed: _____


President, Mass Integration

Healthy Minds Workbook

Do you want to provide your child with tools and resources that will help them be successful in their youth? Are you a young person that wishes you could have better days?

Mass Integration has developed this workbook as a supplement to our Healthy Minds Webinar series. The purpose of each activity is to build new ways of thinking so that bad days turn into opportunities for growth and create beautiful new beginnings. Youth can become empowered one day at a time.



Mass Integration, Inc.

Mass Integration is a non-profit organization that is committed to empowering melanated families to build healthy lives in all aspects. With education services as our foundation, we seek to provide information and resources to individuals for the purpose of knowing better in order to do better. Knowledge truly is power and many doors can open when we locate them through discovery. Join our mission in bettering communities, one person at a time.

