



# Match the Emotion

Draw a line to connect the word with the matching emoji. For example, draw a line from "Happy" to the smiling emoji.



WORRIED

MAD

DISAPPOINTED

HAPPY

SILLY

SURPRISED

SAD

## Mindful Maze



Show us your work! Color the "Be Kind to Your Mind" photo, share it on Facebook and tag @TheBurrellFoundation for a chance to win a youth mental health swag bag!

## Feelings Word Search

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

Happy	Bored	Worried	Tired	Curious
Sad	Angry	Relaxed	Silly	Joyful
Excited	Scared	Calm	Focused	Shy
Surprised	Anxious	Frustrated	Nervous	Jealous

# MENTAL HEALTH AWARENESS MONTH



BURRELL  
FOUNDATION

May is Mental Health Awareness Month! By completing this activity sheet and thinking about words that represent how we feel is a great way to celebrate. You can keep your mental health top of mind by thinking about how you are feeling every day. Then, tell a loved one how you feel. It could be happy, sad, nervous, excited, or more — there are so many emotions we can feel!



Scan the QR code to learn more about youth services. To learn more or give to the Burrell Foundation visit [BurrellFoundation.org](http://BurrellFoundation.org).