

# MENTAL HEALTH WEEK 2026

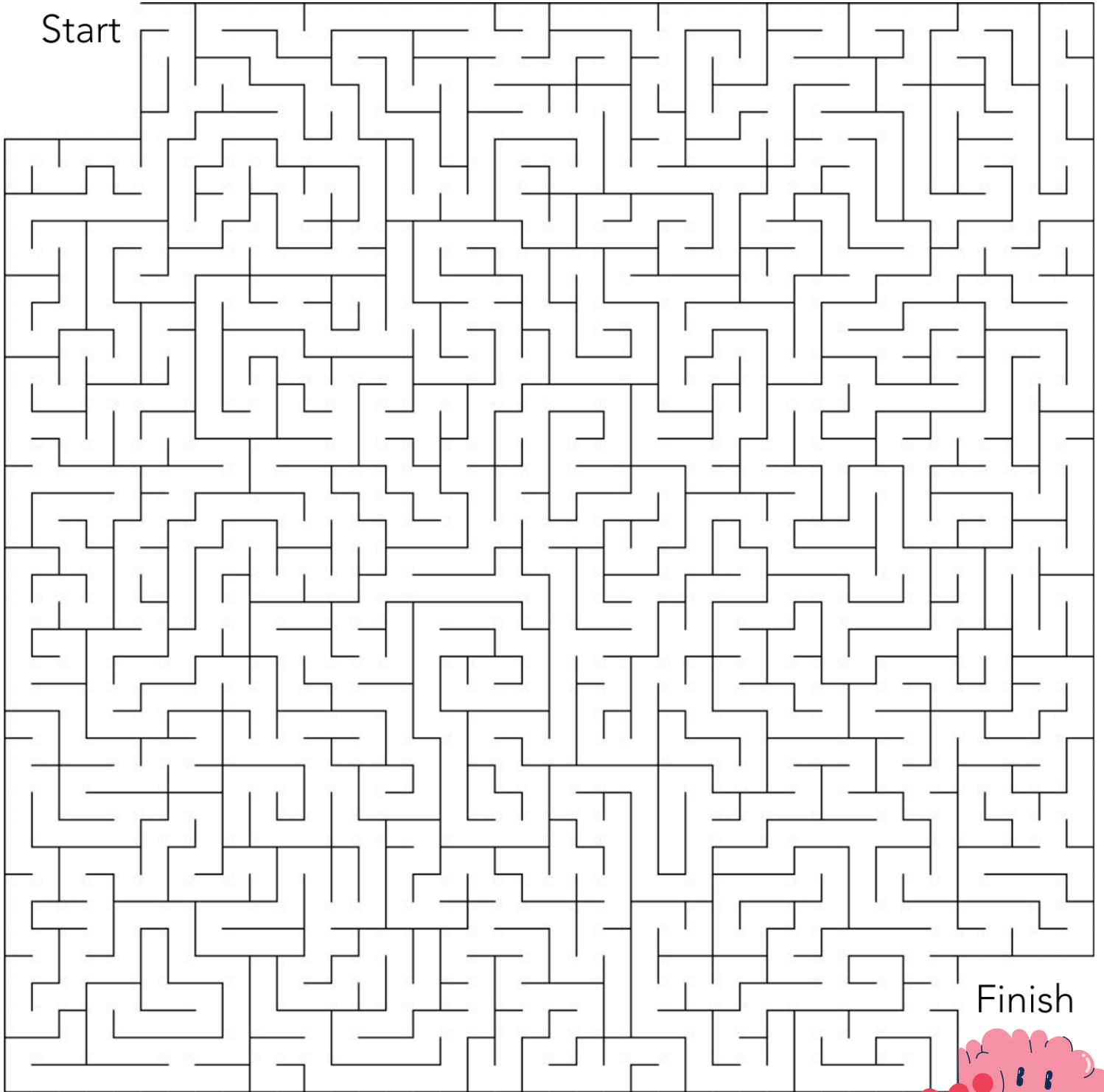
## Activity Book



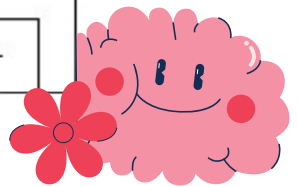
Family & Community  
Support Services  
CITY OF FORT SASKATCHEWAN

# MAZE

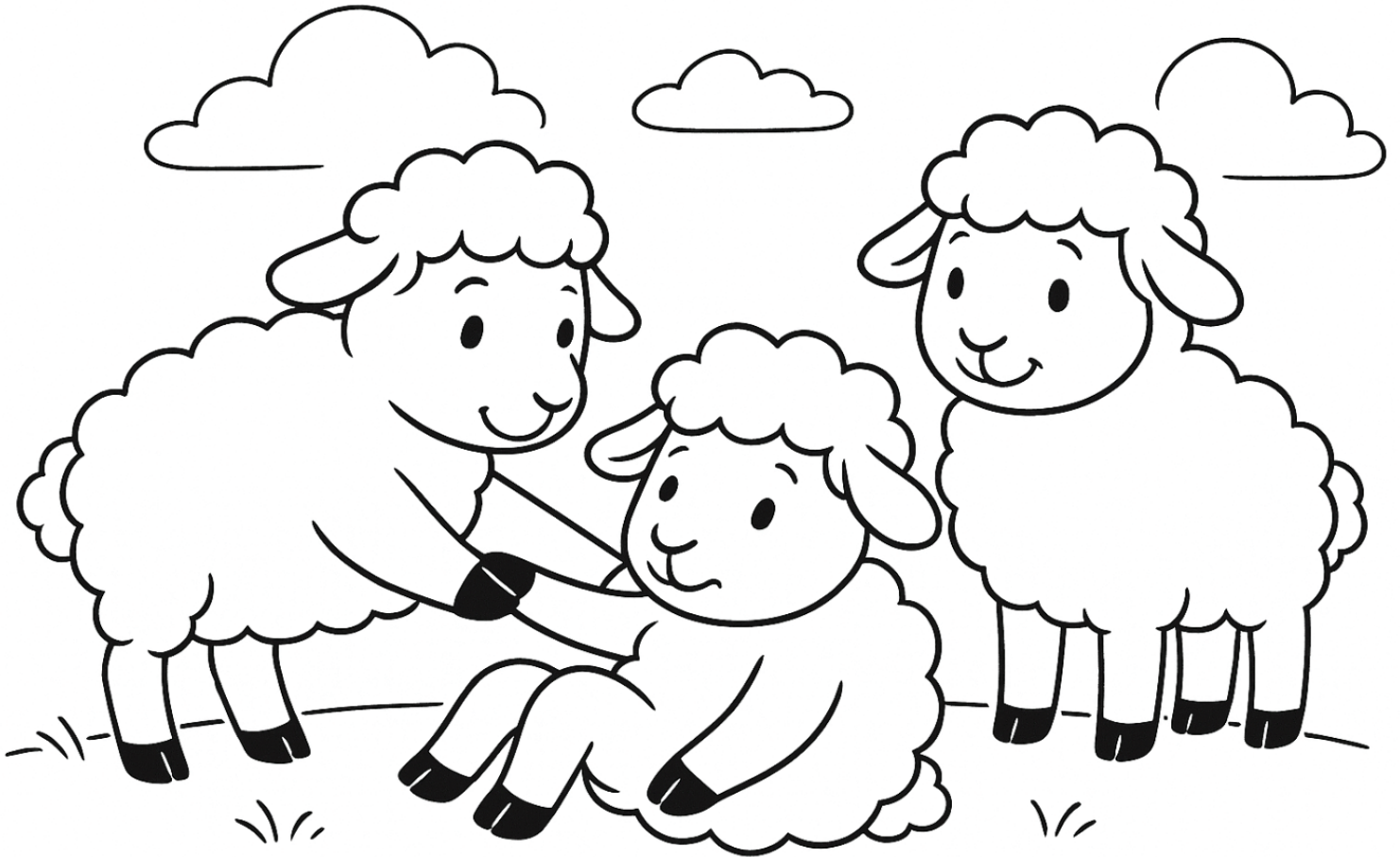
Start



Finish



# SHEAR KINDNESS



# WORD SEARCH

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

BREATHE  
SAFE  
KIND  
HELP

BRAVE  
EMOTION  
FRIEND  
EMPATHY

CARE  
HAPPY  
CALM

  
**Take Care**  
 **of Your Mind**

# FIVE SENSES SCAVENGER HUNT



Take three deep breathes in and out to ground and focus then try to complete two lines of the scavenger hunt:

Find something bumpy	Find something that tastes sweet	Find something that makes you happy	Find something noisy	Find something soft
Find something blue	Find something that can make music	Write a nice message or picture for someone	Show a family member how you take 3 deep breathes	Tell someone something positive about them
Sit quietly for one minute and pay attention to what you hear and smell	Listen to music you love	Look out your window and list the things you see	Make someone laugh	Find something round
Find something you feel grateful for	Find something Cold	Find something you like to look at	Find something that is your favourite color	Give someone a compliment
Walk slowly for one minute	Do a full body stretch	Smile at yourself in the mirror	Sit or walk outside for 10 minutes	Drink a glass of water