

Coloring & Activity Book 2020



## Coloring & Assivity Book 2020

Raising awareness about the importance of good mental health Providing young people with a healthy outlet for social-emotional well-being

#### A PROJECT BY CORNELL COOPERATION EXTENSION OF BROOME COUNTY

#### CITIZEN U TEEN LEADERS

In cooperation with Binghamton City School District's Empire State Afterschool Program, RootED

Cali Rogers	Kendra Anson	Kierra Anson	Shazari Beaver
Avia Hailey	Nyantwig Akol	Destiny Sanders	Sara Zdionica
Jessica Drury	Marian Lema	K'nai Talton	Ezra Obgonna
Hakeen Lockett	Javian Watkins	Shaunay Williams	Eddie Baker

AND

#### 4-H UNITY (URBAN NEIGHBORHOODS IMPROVED THROUGH YOUTH)

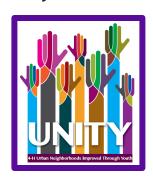
In cooperation with Union-Endicott Central School District

### Cornell Cooperative Extension | Broome County







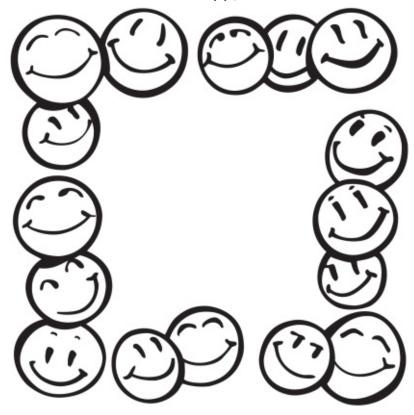


# All About Mel

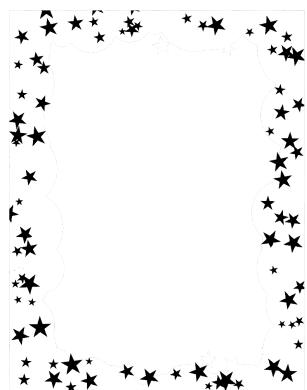
This is a picture of me...



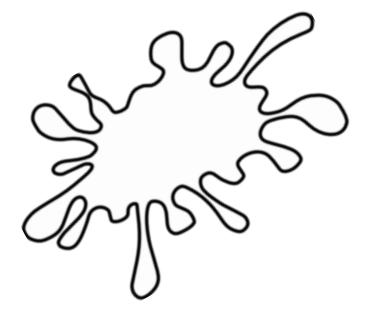
This makes me happy...

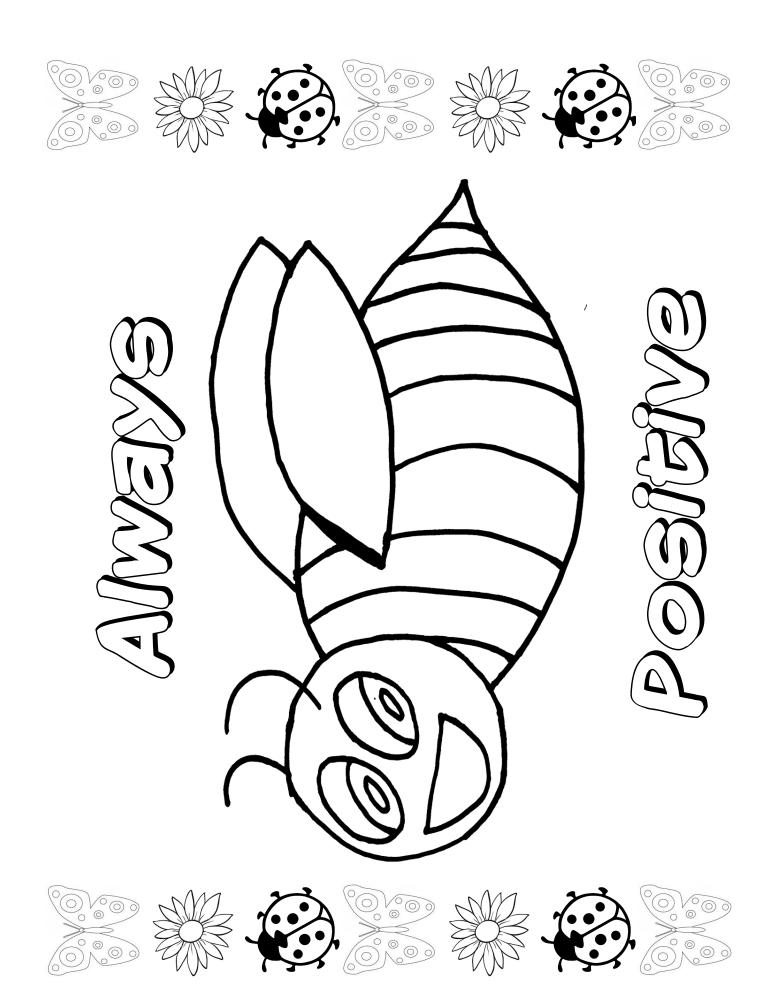


My Favorite thing to do is ...



My Favorite color is ...





### Feeling blue?



## Here's what we dol (C)(H)(H)



#### Look a Memes

Cali says, "When I feel blue I look a memes because laughter is the best medicine."

#### Listen to Music

Avia says, "Music is a universal language that speaks to the soul."

#### Look a Meditate

Jessica says, "I mediate because it helps me relax my mind and give me a better perspective."

#### Take a Walk

Destiny says, "I take a walk because looking at nature helps me calm down."

#### Work Out

Eddie says, "Exercising always makes me feel better."

#### Coloring

Kendra says, "Coloring helps me express my emotions—and it's a positive outlet."

#### Read

Kierra says, "Reading helps me travel into another world where anything and everything is possible."

#### Sleep

Peyton says, "Sleep recharges you because when you sleep your body naturally heals itself."

#### Breathe

Sara says, "Deep breathing is a positive distraction until you can deal with whatever's going on."

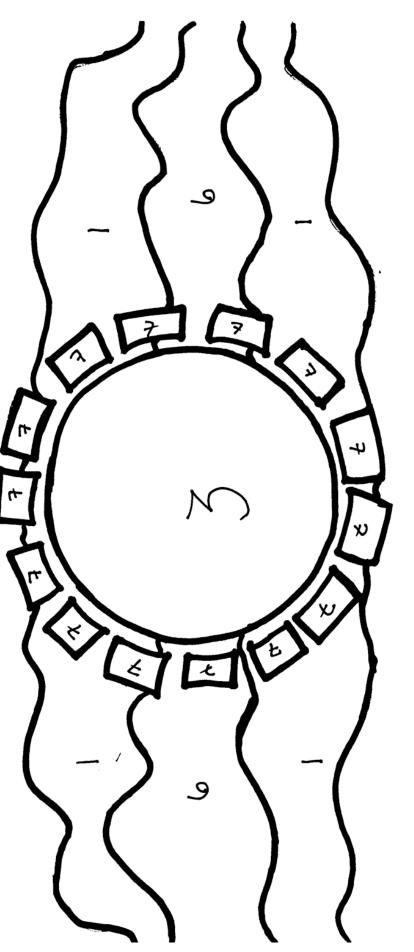
#### Play basketball

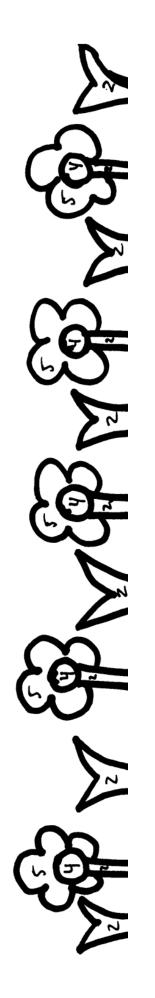
Hakeem says, "I love playing ball! It clears my mind." K'nia says, "Playing basketball relieves my stress and calms my nerves."

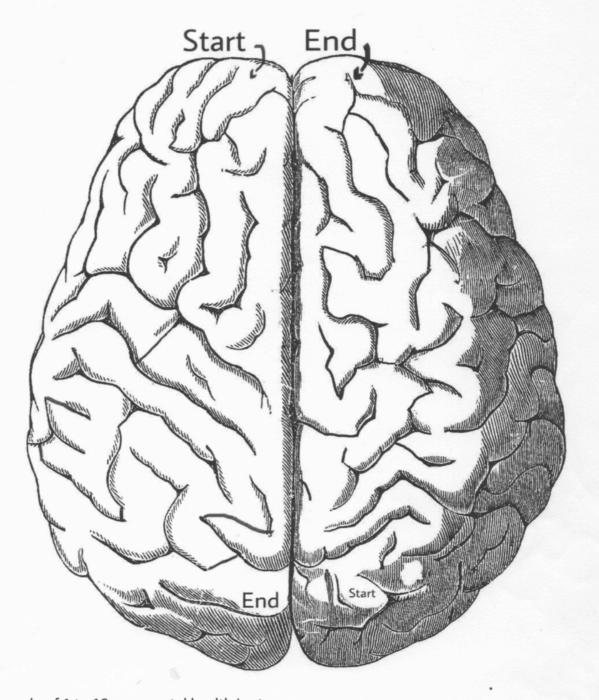
#### Communication

Shazaria says, "Talking to my friends take the weight off my shoulders and makes me feel like someone else understands what I'm going through."

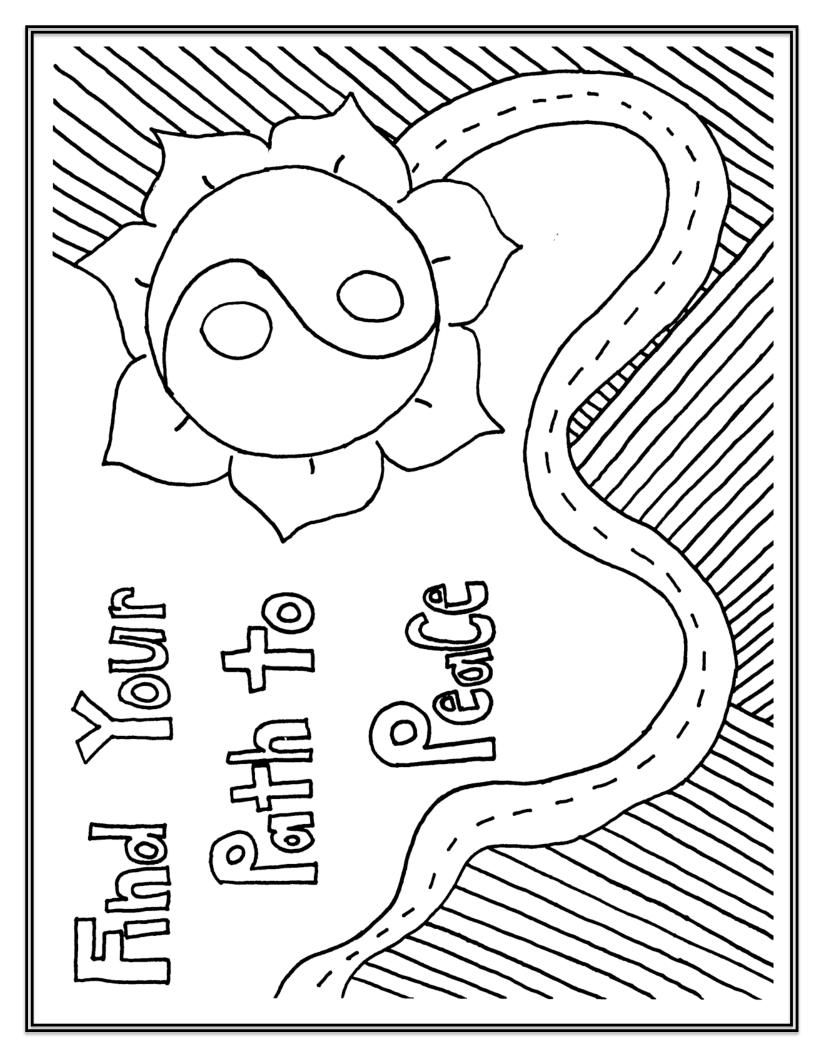
5-RED 4-BROWN 2-GREEN 3-YELLOW ILUE 7-ORANGE 1-BLUE 2-6 6-LIGHT BLUE







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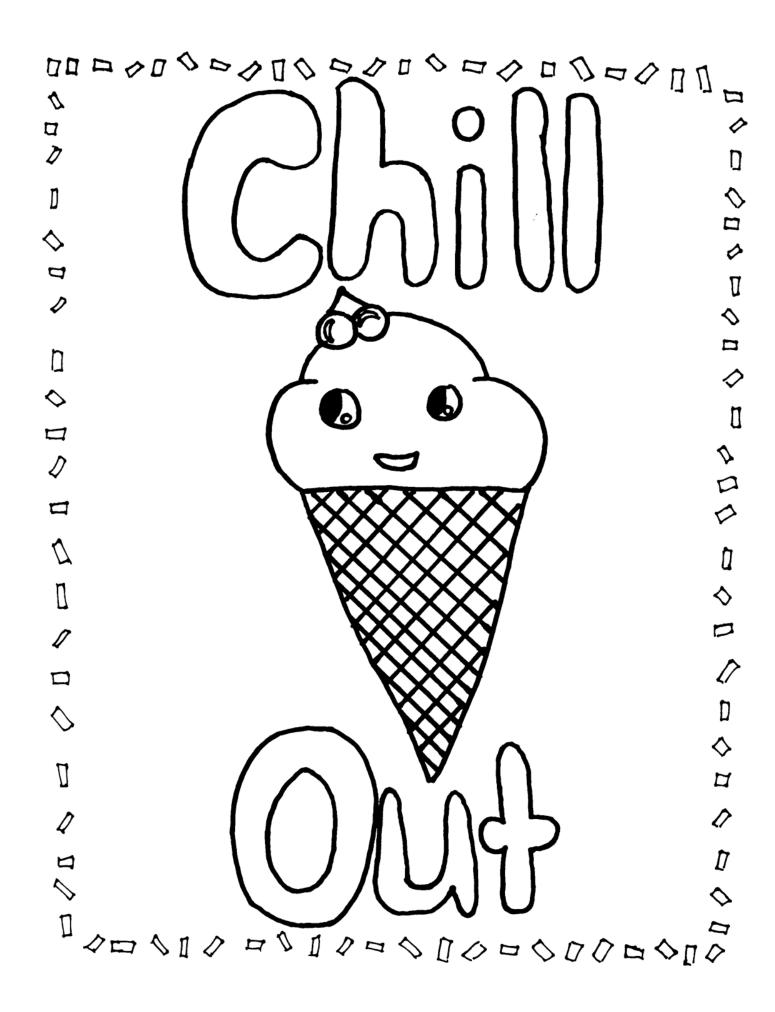
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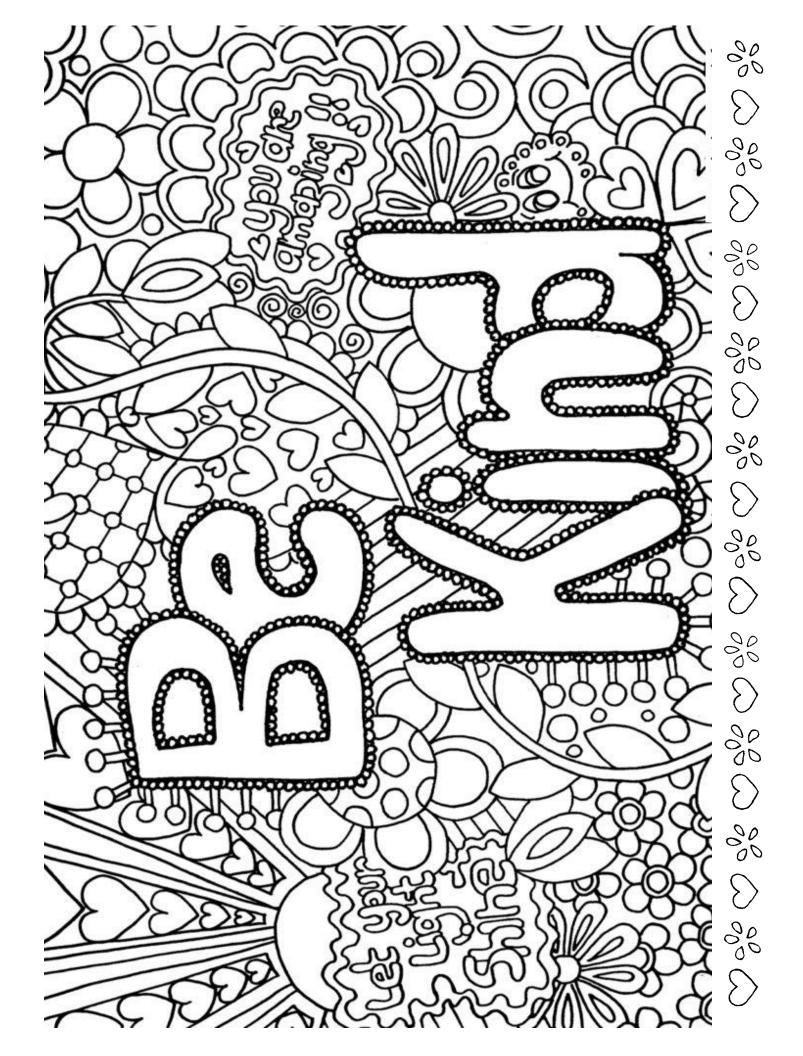
D S E A R C **HEALTH ACCEPTANCE UNDERSTANDING SUPPORT** 

**POSITIVE** 

**RELAXED** 

HOPE







1)		
2)		
3) 4)		
4)		
5)		

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## AS I OSPETKO SUPETHETO...

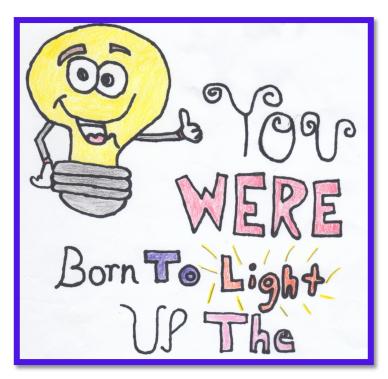
	MY SUPER POWER TO HELP THE WORLD WOULD BE (CHOOSE ONE)
	□ABILITY TO BECOME INVISIBLE
	□ABILITY TO FLY
	☐ABILITY TO READ MINDS
	☐ABILITY TO SEE THROUGH WALLS
	☐ABILITY TO MOVE THINGS WITH MY MIND
	☐ABILITY TO TRAVEL THROUGH TIME
	□SUPER-HUMAN STRENGTH
THIS IS HOW I WOULD LOOK.	
THIS IS WHAT I WOULD DO WITH MY	Y SPECIAL ABILITY:
SPEPS  SPEPS	

CITIZEN U and 4-H UNITY are conducted by Cornell Cooperative Extension of Broome County. The programs focus on civic engagement and workforce development. CITIZEN U is funded by and a part of Binghamton City School District's Empire State Afterschool Program, RootED.

CITIZEN U is also supported in part by a

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4-H UNITY is funded by the Children, Youth and Families At-Risk (CYFAR) Program, U.S. Department of Agriculture, National Institute of Food and Agriculture, in partnership with Cornell University and New York State 4-H Youth Development. 4-H UNITY is also supported in part by a grant from the Community Foundation for South Central New York.





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