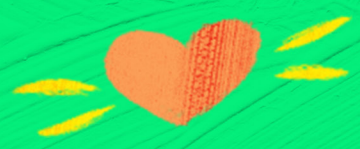




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BLACK HISTORY MONTH

A KID'S
GUIDE TO
BLACK JOY
AND
WELLBEING





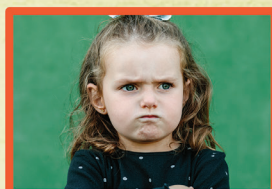
Taking care of your mind is just as important as taking care of your body! In honor of Black History Month, Nickelodeon is highlighting the importance of mental health in the Black community. **Listen as your favorite *That Girl Lay Lay* stars** share what mental health means to them, why it's important to talk about it, and what they do when they're feeling down. Then, explore some of the ways you can help keep your mind healthy and strong:

- Check-in with how you are feeling. Asking yourself "How am I feeling?" is the first step to identifying, or naming, your emotions. Use Nick's Feelings Chart to help you figure it out. Then, you can decide what your mind and body need to help you feel your best.

I AM FEELING...



HAPPY



ANGRY



DISAPPOINTED



PROUD



LONELY



JEALOUS



EXCITED



CALM



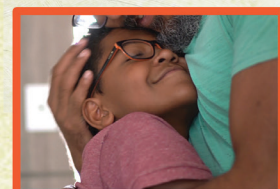
SURPRISED



FRIGHTENED



NERVOUS



GRATEFUL



- Do things that make your mind and body feel good. This is called self-care! Self-care can look like reading a good book, snuggling with a pet, going for a walk, or doing some deep breathing. All of these things can help keep your mind healthy. Practice **deep (sea) breathing** with Patrick Star or build a weekly self-care routine with a **Self-Care Checklist**.
- Remind yourself how special you are with affirmations! Saying kind words to yourself out loud can have a positive impact on how you feel and build your confidence – especially when you’re feeling self-doubt, worry, or other tough emotions. Check out this father-daughter duo **saying their daily affirmations together**, then practice your own with Nickelodeon’s Positive Affirmation Cards. You can cut them out and hang them on your mirror to say out loud to yourself each morning as you start your day!



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POSITIVE AFFIRMATIONS





- Find support from your community. A community is a group of people who share similar ideas, values, or interests. You already belong to many different communities like your friend community, school community, or cultural community. Spending time with the communities you feel safe with will help you feel happy, connected, and supported.
- Celebrate Black joy! **Kendall** loves farming, **Tanitoluwa** is a brilliant chess player, and **Jordan** won an olympic medal in Gymnastics. They let their **light shine bright** in everything they do and you can, too! Write a poem, song, or story about what makes you special! In it, share how you light up the world through your passions, strengths, and dreams.

