



People used to be afraid to talk about mental health. Today, we understand that we all have mental health, just as we all have physical health. Sometimes we have mental health problems, just as we sometimes have physical health problems. For example, do you ever feel stressed, anxious, sad, distracted, angry, confused, hopeless, or frustrated? We all feel these emotions from time to time. Some of us might, at some point in our lives, have other mental health issues. Or we might know family members and friends who are dealing with mental illness.

There are many ways to deal with mental health problems. Sometimes people need the help of experts. But there are lots of things we all can do. We can talk about mental health. We can recognize how mental health affects us – at school, at home, with our friends, in the community. We can learn what we can do to be mentally well. We can empathize with people who are struggling with mental illness.

That's why Pearson developed this series of books called Well Aware. Through these stories and information texts, you'll learn about how a variety of people have dealt with mental health. You'll be able to talk with your teacher and your classmates about what you read. You will be able to think about how these stories and ideas might apply in your own life.

This is an excerpt from one of the books in the series that will get you talking and thinking about mental well-being. We hope you enjoy the reading and have some great conversations. We hope you will become more Well Aware.

	<p>Canadian Mental Health Association <i>Mental health for all</i></p>	<p>PROUD SUPPORTER OF CANADIAN MENTAL HEALTH WEEK MAY 4 - 10, 2015</p>
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19 Things

A Book of Lists for Me



Alison Acheson



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For teaching ideas related to this book, see the Teacher's Resource.

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PEARSON

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A Book of Lists for Me

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“I am the captain of my soul.”

—William Ernest Henley, poet

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LIST 2

Things That Make Me Sad or Frustrated

“Whoever is happy
will make others happy, too.”

—Anne Frank, writer

- Friends—sometimes make me cry
- Rain—on my birthday
- Soccer practice—the drills confused me today
- My cat—I worry about her getting old
- Homework—sometimes there’s just too much
- Skateboarding—I still can’t do an ollie!
- Not remembering where I put that library book

Ways to Feel Better

- Have a healthy snack—maybe dollops of yogurt on thick slices of banana. Maybe with an almond on top.
- Have time to myself—quiet, happy time, doing something I love to do, and humming my favourite tune. Maybe even a bubble bath.
- Spend time with a really good friend, someone who makes me smile and laugh
- Put on my favourite socks or slippers and read a book or listen to an audiobook
- Hug Mom or Dad, or everyone in my family all together!

LIST 6
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Accomplishments I Feel Proud Of

“Nothing works unless you do.”

—Larisa Yurkiw, Canadian Olympic athlete



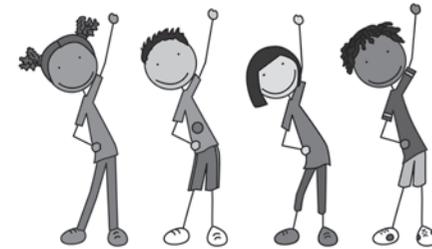
- I spent an hour all by myself and didn't feel bored or lonely.
- When my little sister broke my lamp, I didn't holler at her—even though I really felt like it!
- I finally told Mom about the argument I had with Yosuke. It was bothering me.
- I asked a question in class today. I knew my face would turn all red, but I did it anyway.

LIST 8
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Ways to Get My Body Moving

“Walk and be happy; walk and be healthy.”

—Charles Dickens, writer



- Jump rope, climb a tree, fly a kite, get a hula hoop!
- Ask Mom to come with me while I explore the neighbourhood—biking or rollerblading
- Do some simple yoga poses

When Do I Feel Peer Pressure?

“Being yourself is the best YOU
you can be!”

—ME!

- See if I can do more jumping jacks than my brother during TV commercials
- Think of a wish, stretch out my arm, and use a finger to write the wish in the air. I can write with huge letters to get my arm moving, and even try writing with the other hand. OR I can go through the alphabet, forming my body into the shapes of all the letters. Together with friends, we can spell words.
- Find a hill and roll down it sideways. (When I open my eyes, I’ll be dizzy, and the clouds will be all over the place!)
- Practise my tap-dancing, or put on some music and make up a new dance
- Set up a bocce game or badminton in the yard, the schoolyard, or at the local park
- Go on a nighttime walk with Dad—either on a night with a bright full moon or take a flashlight!

- When it seems as if everybody is doing something—except me!
- When I start thinking I should change myself (my hair, my clothes, how I talk) just to fit in
- When someone tries to convince me to do something and it doesn’t feel right
- When I feel people will laugh at me if I don’t do what everyone else is doing

What I Can Do About It

- Remember I don't have to be like everyone else. I'm fine just being ME!
- I can trust my feelings. If it doesn't feel right, it probably isn't.
- When I don't want to do something, I can say, "Let's do something else!" Or I can just say, "No, thanks!"
- Read my list "Things I Like About ME!" (List 5). Remind myself that it doesn't matter what other people think of me. Liking myself is more important!

(I can remember that sometimes peer pressure is good—like when friends want me to help them do something nice for someone.)

LIST 16

Doing Things for Others

"The best way to cheer yourself up is to try to cheer somebody else up."

—Mark Twain, writer and funny guy!

- Invite the new girl in my class to hang out with me and my friends at recess
- Spend more time with Grandma. Maybe I can help her with her computer and she can teach me how to knit.
- Shovel snow for someone I know who might need help



- Our next-door neighbour broke his leg. I could walk his dog for him.
- Make my own amazing birthday cards for my friend Pablo and my cousin Hilda
- Stop myself from saying nasty things to people when I'm angry. (Later, I'll feel good that I didn't hurt their feelings.)
- Help Grandpa set up the new drum kit he got for his band!
- Look after my little sister when my parents need a break
- Ask my choir leader if we can go and sing to people in the hospital
- Make signs and blow up balloons for the block party in our neighbourhood
- I'm going to wave at Mrs. Chan from down the street whenever I see her. She looks so lonely since her cat died.
- Find out if kids can volunteer at the animal shelter. I love animals!

DISCUSSION STARTERS

1. When you first saw the book's subtitle (*A Book of Lists for Me*), did you predict that you would enjoy reading this book? Why or why not? Did you enjoy the book more or less than you thought you would? Why?
2. What text features are in this book? What is the purpose of each text feature? (For example, does it help readers in some way, or is it just for readers to enjoy?)
3. Lists 2 and 3 give ideas for how to make yourself feel better when you are unhappy. Do you find it easy or hard to change the way you are feeling? Why?
4. Look back at Lists 10 and 11. Why might it be helpful to think about the things in your life you can control, and the things you can't control?