

Kid in
the Corner



Student Workbook

Name:



SHATTER
THE STIGMA



Kid in the Corner is a 501(c)(3) nonprofit organization registered in the United States under EIN: 82-3129345.

Learn more at [kidintheCorner.org](https://www.kidintheCorner.org) | Follow Us [@kidintheCornerorg](https://www.instagram.com/kidintheCornerorg)

Kid in the Corner



Our Vision

To live in a world where no family ever has to suffer the loss of a child to suicide.

Our Mission

To support the kid in the corner, whomever they may be, and to shatter the stigma that surrounds mental illness.

Our Approach

Educate
& Spread
Awareness

Promote
Kindness &
Community
Connection

Connect
Community with
Mental Health
Resources

Do you know
what the word
stigma means?

Stig•ma

noun

Stigma is a negative attitude or belief that unfairly associates a person or group with a certain characteristic, often leading to discrimination or social isolation.

Being embarrassed or ashamed.

*"She felt a deep shame because of the **stigma** associated with her family's bankruptcy."*

*"The **stigma** surrounding depression made him bottle up his feelings, fearing judgment from classmate.."*

*"Withholding their diagnosis for fear of being **stigmatized**, the student struggled to connect with others."*

*"She worried about the **stigma** of asking for extra time on tests, even though she had a documented disability."*

It's important that we shatter the stigma surrounding mental health and understand that there really is no difference between taking care of our mental health and taking care of our physical health!

We don't tend to feel embarrassed or ashamed when we have a cold! In fact we know what to expect and how to take care of ourselves. We have tissues close by, cough drops, maybe chicken soup or Tylenol for fever. We get plenty of rest and don't expect too much from ourselves.

So why do we feel ashamed or embarrassed when we have a sad or a bad day? Why don't we talk about it, get support from our loved ones and do what we need to do to take care of ourselves until we are feeling better?

It's all because of **STIGMA**. Stigma can prevent people from seeking help when they need it, sharing their experiences, or feeling accepted in society.

We can shatter the stigma by starting difficult conversations.



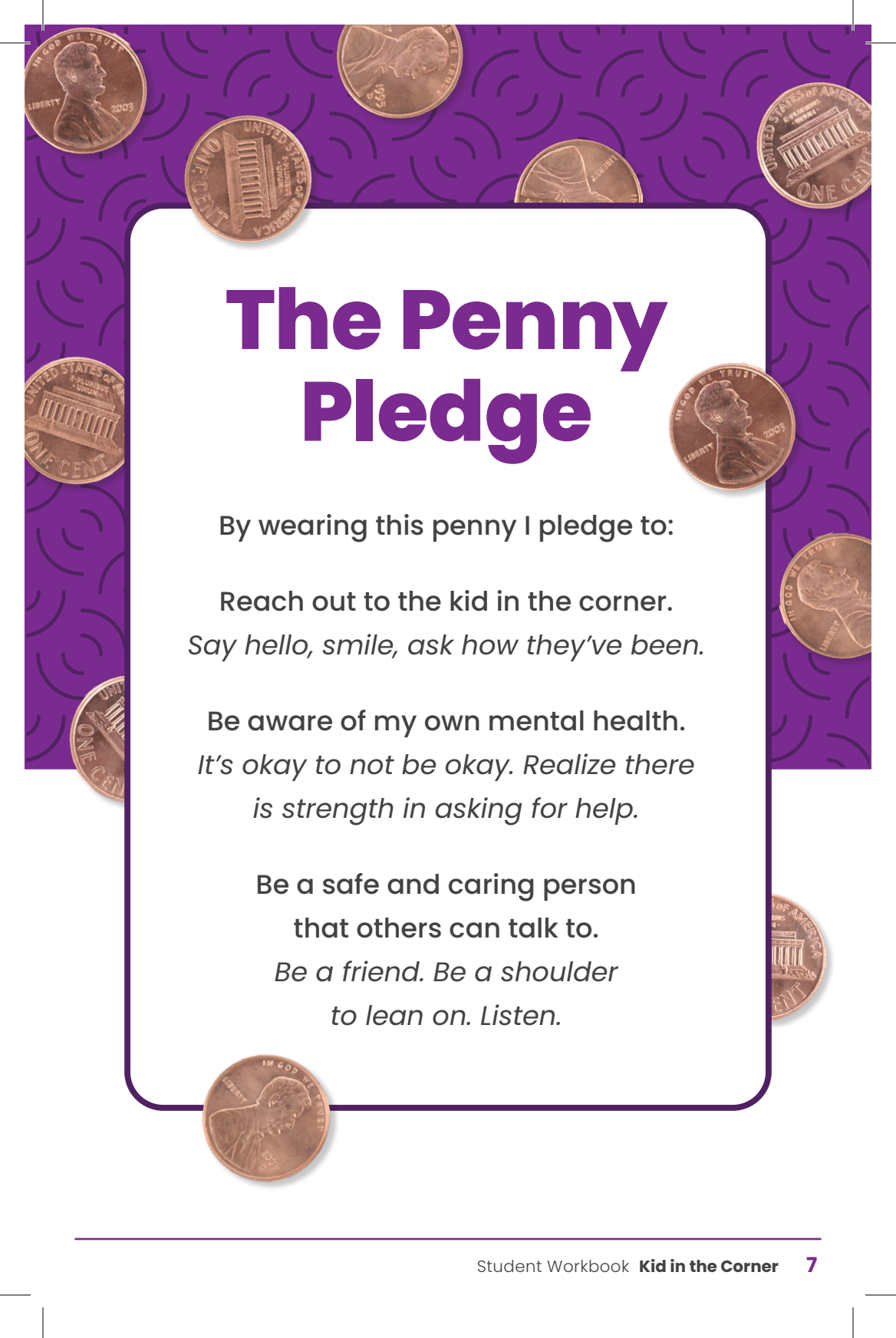


The Penny Pledge is an individual call to action.

Yes, **YOU** can take part in shattering the stigma! In this workbook we will learn and develop the necessary skills and actions so we can all take the Penny Pledge together!

We will learn to...

- **Part 1:** Reach out to others
- **Part 2:** Take care of our own mental health
- **Part 3:** Be a safe and caring person that others can talk to



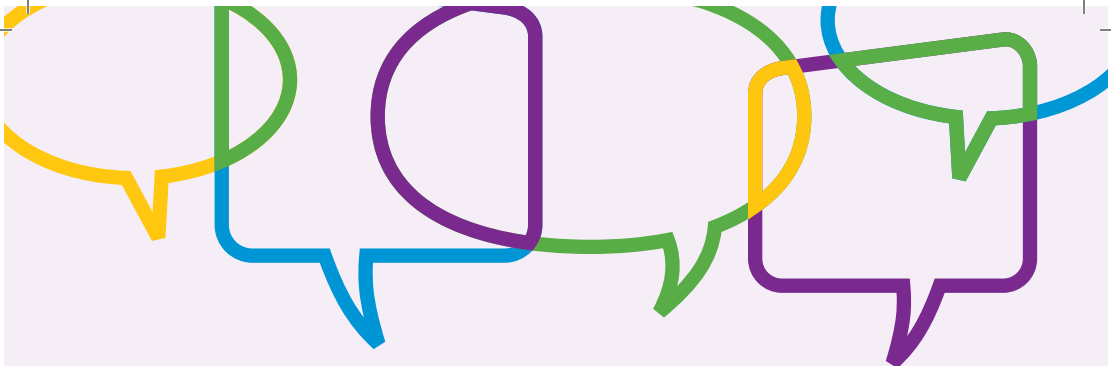
The Penny Pledge

By wearing this penny I pledge to:

Reach out to the kid in the corner.
Say hello, smile, ask how they've been.

Be aware of my own mental health.
*It's okay to not be okay. Realize there
is strength in asking for help.*

Be a safe and caring person
that others can talk to.
*Be a friend. Be a shoulder
to lean on. Listen.*



Mental Health Word Search

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

Mental Health
Depression
Self Care
Anxiety

Support
Therapy
Mood
Friendship

Stigma
Mental Illness
Kindness
Love

Emotions
Talk
Listen

PART 1

Reaching Out

Reach out to the kid in the corner.
Say hello, smile, ask how they've been.

We all have a variety of emotions and feelings that are changing all the time! By reaching out to others, we show them they are loved, cared for, and supported, while letting them know that they are never alone.



We need to do our part to reach out to:

- Friends when they seem sad or down
- Parents when they seem stressed
- Siblings when they seem frustrated or lonely
- A classmate who has been absent
- A new student at school
- Anyone who looks like they may need someone to reach out to them

Who is the kid in the corner?

Someone who appears like they could use someone to reach out to them might seem quiet, withdrawn, or hesitant to join conversations or activities. They might look like they are feeling left out, or unsure how to connect with others. Taking the time to approach them with kindness and a willingness to listen can make a huge difference! Sometimes, a simple gesture of reaching out can help them to feel welcomed and valued. It's all about creating a supportive environment where everyone feels included and cared for.

Reaching out can look like:

- Sending a text
- Checking on a friend you haven't heard from in a while
- Complimenting someone
- Letting someone you see struggling at the store jump ahead of you
- Welcoming someone new
- Asking about someone's day
- Random acts of kindness
- A hug



The kid in the corner can be

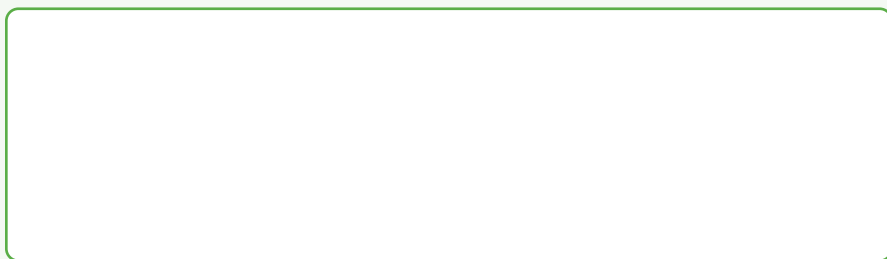
How you can try reaching out

Someone new	• Welcome them • Ask them to join you • Offer to catch them up on work or notes
Someone who appears to be having a sad or bad day	• I'm here for you • Would you like to talk or hang out? • Sit with them in silence • Smile at them and let them know you "see" them
Someone who you haven't seen in awhile but used to all the time	• I've been thinking about you. How are you? • I'm checking on you. I haven't seen you at soccer lately. • Would you want to hang out?
Someone who has been absent for a few days	• Hope you're feeling okay. I haven't seen you at school • Can I help you catch up on work that you missed?
Someone who appears to be stressed	• Can I hold the door for you? • Do you need help loading those groceries into your car? • How can I help you?
Anyone at all!	• A smile • A compliment • A hug

At Home Activity

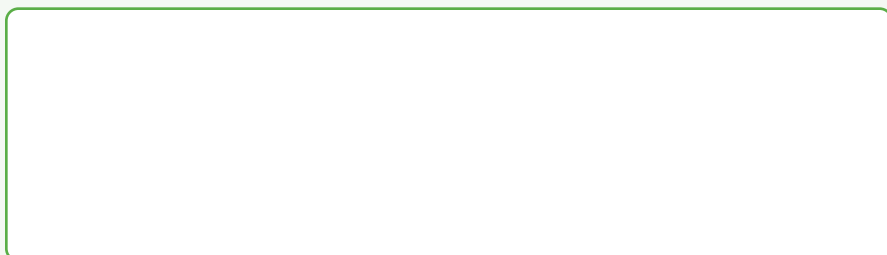
1. Think of a time when you reached out to someone.

What did you say or do?

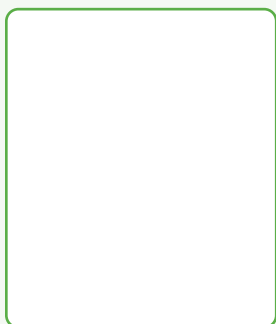


2. Think of a time when someone reached out to you. What did

they say or do? How did you feel?



3. Think of three (3) people you could reach out to or check in with. What's something you could say to them?



PART 2

Taking Care of My Own Mental Health

Be aware of my own mental health.

It's okay to not be okay.

Realize there is strength in asking for help.

We all know how to take care of ourselves when we have a cold. Maybe you love cozy blankets and chicken noodle soup, while your friend prefers hot cocoa and a movie marathon. The point is, we all have different things that make us feel better!

Think of a Self Care Plan like finding your own personal comfort food for your mind and emotions.

Just like with a cold, it's important to have a plan before you're feeling down, stressed, or overwhelmed. That way, you know exactly what will help you feel better when you're having a bad day.



Why is a Self Care Plan important? It helps you...

- **Feel better faster:** Having a plan gives you a roadmap to feeling better when you're not at your best.
- **Reduce stress:** Knowing you have tools to manage stress can help you feel calmer and more in control.
- **Boost your mood:** Taking care of yourself can help improve your overall mood and well-being.
- **Improve your relationships:** When you take care of yourself, you have more patience and energy for others, which can lead to better interactions and stronger relationships

By creating and following a Self Care Plan, you will be better prepared to handle stress, maintain your health, and keep a positive outlook on life. Ready to create your own Self Care Plan? Let's get started!



1. Safe & Trusted Adults

Life throws curveballs sometimes, and that's when having someone to talk to can make a big difference. These trusted adults in your life are like your own personal support team, ready to help you navigate life's ups and downs, whether they're at school or outside of it.

Think about the adults who make you feel safe and respected.

Here are some ideas to get you started:

- **School Stars:** Maybe it's a teacher who always has your back in class, a counselor who listens patiently, or a coach who motivates you to be your best.
- **Family Members:** Do you have a supportive parent, a cool aunt or uncle, or a wise grandparent you can confide in?
- **Community Champions:** Think beyond family! Is there a neighbor you trust, a community leader you feel comfortable talking to, or a mentor you look up to?
- **Therapist:** A therapist is a trained professional who can help people through difficult times and provide support. Not everyone will go to a therapist all the time, but therapy can be helpful when going through something really tough. You may go to a therapist for a short or long period of time, or on and off throughout your life.

2. Safe & Trusted Friends

Friends are like your chosen family! Having a group of safe and trusted friends who support you is awesome. They're the people you can share your best moments and worst worries with, knowing they'll always be there for you.

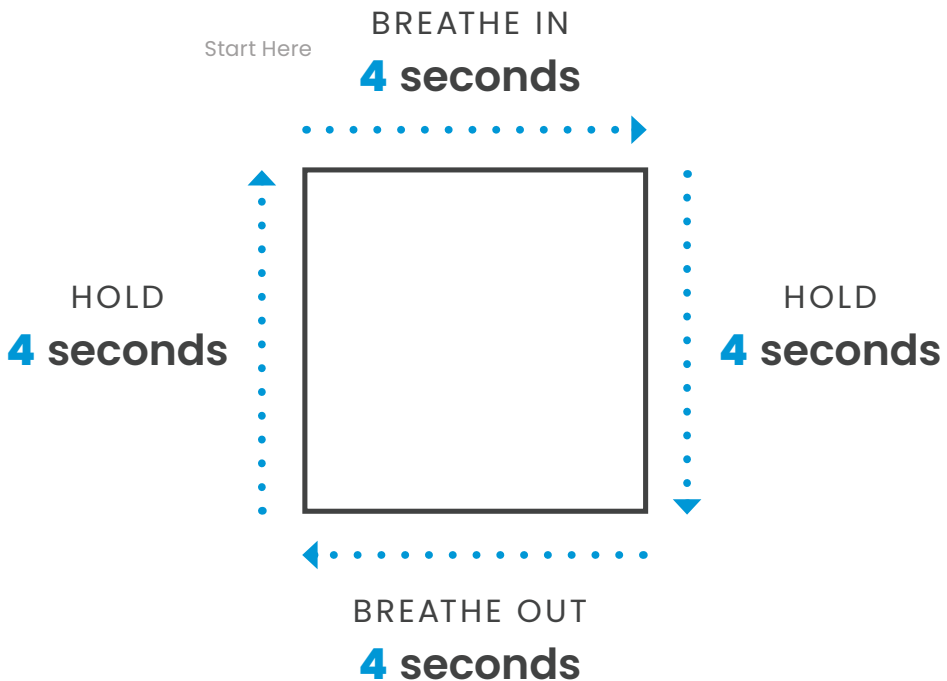
What makes a friend a safe and trusted one? Here are some things to look for:

- **Privacy Protectors:** You can trust them to be discreet with sensitive information, just like you would for them.
- **Awesome Listeners:** They're always down to listen, without judgment. They want to hear what's going on in your world, good or bad.
- **Always Got Your Back:** They're your rock! No matter what situation you're in, you know they'll be there for you, thick and thin.
- **True to You:** You can be your complete self around them, and they appreciate you for who you are, quirks and all!

3. Mindfulness Techniques

A mindfulness technique is a practice that involves focusing one's attention on the present moment. This can be done through various methods, such as deep breathing, meditation, or body scan exercises. The goal of mindfulness techniques is to increase awareness of the present moment, reduce stress, and promote mental well-being.

Square Breathing Exercise



5-Step Grounding Exercise

Look Around & Identify:

5

things you
can **see**



4

things you
can **feel**



3

things you
can **hear**



2

things you
can **smell**



1

thing you
can **taste**



4. Self Love Language

What is a Self Love Language?

Think of the things that YOU do when you are stressed and need to calm down. This is unique to you and may not be the same as other family members. Identify your self love language and then communicate it to your family members and ask about theirs!

Examples of Self Love Languages:

- Listening to music
- Spending time with animals
- Spending time outside
- Writing
- Playing video games
- Drawing
- Cooking/baking
- Physical activity
- Reading

5. Healthy Screen Time

Our minds are like our bodies – what we feed them impacts how we feel! Just like eating too much ice cream and candy wouldn't make us feel great, spending all our time looking at screens might not either.

Think about all the cool stuff you can find online and offline! Exploring your hobbies, watching educational videos, learning a new skill on YouTube, reading a book, or playing games with friends can all be awesome ways to spend your time.

The key is to find a healthy balance! Find activities that make you feel good and keep your mind growing and learning!



6. Hotlines

What if you need to reach out and talk to someone else?

You are never alone!

TEEN LIFELINE

Teen Lifeline is a free, confidential, anonymous hotline for teens.

Teen Peer Counselors are available by call or text from 3–9pm every day.

Thanks to a partnership with Solari, the hotline remains open 24/7.

Teen Lifeline

Call or Text

602-248-8336

988 LIFELINE

The 988 Lifeline provides free, confidential support for people in distress, as well as prevention and crisis resources for you and your loved ones.

The 988 Lifeline is available 24/7.

988 Lifeline

Call or Text **988**

or Chat Online at

988lifeline.org

At Home Activity

Fill out and create your own Self Care Plan.

Self Care Plan

1. Safe & Trusted Adults I can talk to

In School	Outside of School

2. Safe & Trusted Friends I can talk to

--

3. Mindfulness Technique

--

4. Self Love Language

--

5. Healthy Screen Time

--

6. Hotline I can reach out to

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PART 3

Being a Safe & Caring Person

Be a safe and caring person
that others can talk to.

Be a friend. Be a shoulder to lean on. Listen.

Em·pa·thy
noun

The ability to understand and share
the feelings of another.

*"**Empathy** is the ability to put yourself in someone else's shoes"*

*"Reading a book or watching a movie can help you practice **empathy** by letting you see things from another character's perspective."*

*"Sarah felt **empathetic** to the student sitting by himself and invited him to play with her at recess."*

Differentiating between Sympathy & Empathy

The Oxford English Dictionary defines sympathy as “feelings of pity and sorrow for someone else’s misfortune” and empathy as the “ability to understand and share the feelings of another.”

5 Types of sympathetic responses to avoid

Here’s what to avoid saying when someone has shared something difficult with you.

1. Deflecting

“Um. RIP. That sucks. Oh yeah, did you watch the game last night?”

When someone shares something painful, it’s natural to feel uncomfortable and want to change the topic. But this type of response can actually make the other person feel hurt and think that you don’t really care.

2. Diminishing

“At least you got 51%! I heard someone got, like, 20%... You did so well in comparison!”

Maybe your instinct is to find the silver lining in a challenging circumstance or to compare your friend’s situation with those of people in a worse spot. However, by starting statements with “at least” or comparing to other people’s circumstances, it can actually make the individuals you’re comforting feel like they have no right to feel the way they do.

3. Dismissing

“Calm down. You’re overthinking it.”

When someone shares something that you feel isn’t “a big deal,” you may think that they are brooding over things that aren’t worth their time and attempt to give them perspective. However well-intentioned, such a response can end up sounding dismissive, as though you don’t care about what they are experiencing.

4. Directional Questioning

“You’re okay, right? I mean, it’s been a month...are you feeling better now?”

Maybe you tend to ask questions like the above because you’re hoping that what the person is going through has ended. Although these questions can sound harmless, they can make the person feel like he or she is supposed to be okay now because “enough” time has passed...when this may not be true.

5. Dishing Out (Unwanted) Advice or Anecdotes

“Here’s what I would do...”

It’s tempting to give advice, especially when you feel there’s a practical solution that would resolve your friend’s issue. But sometimes people just want you to listen, or they aren’t ready to take action. Avoid making judgments and quickly giving advice on what the other person should or should not do.

“I mean, she didn’t pass the course... but that doesn’t mean you won’t. So don’t worry, you’ll be totally fine.”

Giving stories with negative outcomes isn’t that helpful when comforting others. Despite your advice to “not worry,” they may feel that they themselves can’t succeed, either.

So, how do you know what to say?

When practicing empathy, it is important that we don't tell people how to feel but instead acknowledge how they are feeling.

	Non-Empathetic	Empathetic
A friend's pet has passed away	<i>"Cheer up! At least it was just an animal."</i>	<i>"I can imagine how much it must hurt to lose a pet. When my dog passed away, I felt heartbroken."</i>
A classmate is feeling anxious before giving a presentation	<i>"Everyone has to give presentations. You'll be fine, just get it done!"</i>	<i>"I can see you're really stressed about the presentation. Sometimes I get nervous to speak in front of people too. We can go over it and practice together if you'd like."</i>
A teammate on your soccer team is being bullied by other players	<i>"Just ignore them! Everybody gets bullied at some point."</i>	<i>"I'm really sorry that happened to you. I've been bullied before too, and it made me feel really sad. Let's go together to talk to the coach about what's been going on."</i>
A new student is feeling homesick after moving from a different state.	<i>"Don't feel sad! You'll get used to it here."</i>	<i>"I'm sorry you're missing your hometown and your friends. I can imagine this must be a really hard transition for you. Do you want to play together at recess?"</i>
Someone in your class is having an argument with their best friend.	<i>"Friends fight all the time. It's not a big deal!"</i>	<i>"I'm sorry there's trouble between you and your friend. Do you want to talk about it? I'm here for you if you need someone to listen."</i>

**"Rarely can a response make something better;
what makes something better is connection."**

– Brene Brown

What happens when a friend tells you they are feeling hopeless or are thinking of hurting themselves?

If a friend tells you they're feeling really sad, hopeless, or thinking about hurting themselves, it can be really scary and confusing. But don't worry—you can help them just by being a good friend.

First, listen to them. Let them talk about how they're feeling without interrupting or trying to fix things right away. Sometimes, just having someone to talk to can make a huge difference.

Next, let them know you care. Tell them they're not alone and that it's okay to feel this way. Encourage them to talk to a trusted adult, like a parent, teacher, or school counselor. They can help your friend get the support they need.

If you think your friend might hurt themselves right away, stay with them. Tell a trusted adult immediately, or call a crisis hotline for help. It's important to keep your friend safe.

Remember, you don't have to solve their problems. Just being there, listening, and helping them find an adult who can help is really

important. By being a supportive friend, you can help them get through this tough time.

What's the difference between *tattling*, *advocating*, and *escalating*?

- The motive for **tattling** is to get someone in trouble.
- The motive for **advocating** is to get someone help with an ongoing issue.
- The motive for **escalating** is to get someone in active crisis help.

You never have to promise a friend that you won't tell someone if you think they are in danger of hurting themselves.

Hotlines

TEEN LIFELINE

Call or Text

800-248-8336 (TEEN)

988 LIFELINE

Call or Text

988

IMPACT HOTLINE

480-784-1500

Kindness Matters!

Kindness is a powerful tool that we can all harness to make the world a better place. It's not just about being nice; it's about showing empathy, compassion, and understanding towards others. When we choose kindness, we create positive ripples that can impact not only those around us, but also ourselves.

Kindness comes in many forms, from simple acts like holding the door for someone to more profound gestures, like volunteering to help those in need. Each act, no matter how small, has the potential to brighten someone's day and create a contagious effect of positivity. Kindness can have a lasting impact on both the giver and receiver.

By being kind every chance we get, we can create a world where everyone feels cared for and valued. Being kind is something we can always choose to do.

"Whenever possible, be kind. It is always possible."

- Dalai Lama



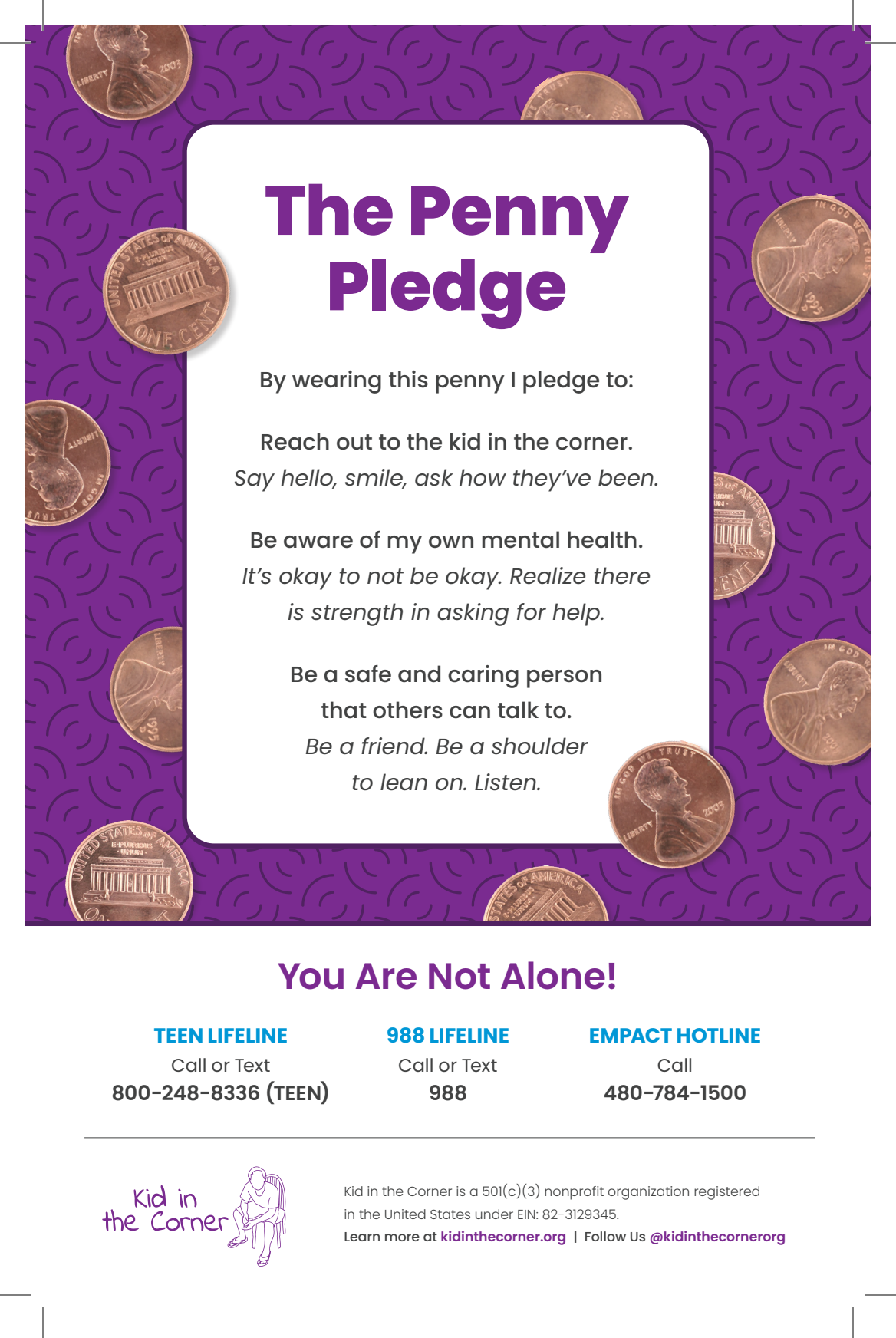
At Home Activity

1. Write out three (3) examples of empathetic statements.

2. What is one (1) kind thing you can do for yourself today?

3. What is one (1) kind thing you can do for someone else today?

Things I've Learned



The Penny Pledge

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Be a friend. Be a shoulder to lean on. Listen.

You Are Not Alone!

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