



We're  
Stronger  
Together

## Encouraging Positive Mindsets for Elementary Students

It's everyone's job to help support resilience, strength and emotional awareness in our students. To help reinforce these messages, your child has received special items sponsored by SD Behavioral Health, a division of the SD Department of Social Services.

Elementary school is an important time for developing social skills, relationships and mental fortitude. These free items are designed to help promote a positive approach and foster self-awareness.

### Students may bring home items like:

- Grading stickers and textured sensory stickers
- Bookmarks and coloring pages
- Keychains
- Pop-it balls

## Tips for Talking about Mental Wellbeing

### Know Your Student

Check in early and often with your child. Encourage open conversations and ask them about what they're experiencing. Car rides can be good times to talk because they're private and controlled. You can start the conversation with questions like these:

- "What were three good things that happened today?"
- "What happened today that was hard or tough?"
- "What helps you feel better when you're sad or mad?"
- "I'm here to listen if you ever want to talk."

**Need Help?** Call, text or chat 988 for you or your child. Local experts can provide support for mental health concerns, emotional distress or just to talk.

For more information, visit [SDBehavioralHealth.gov](https://SDBehavioralHealth.gov) or contact [dssbh@state.sd.us](mailto:dssbh@state.sd.us).

### Know The Signs

Mental health is part of overall wellness. As children navigate new relationships and phases of their growth, some emotional changes may happen. But if you see a prolonged change in behavior or these warning signs, it may mean your child needs help.

- Crying or hyperventilating
- Continued disinterest in food or not wanting to eat
- Constant worry or anxiety
- Persistent sadness, outbursts, or extreme irritability
- Frequent absences
- Sleeping in class
- Changes to a child's home life or support system
- Talking about death, suicide, or self-harm