

Activities for Mental Health Support

Early Childhood (Ages 3–5)

- Build a blanket fort or playhouse
- Color, draw, or use stickers
- Freeze dance or movement games
- Read picture books together

Elementary (Ages 6–10)

- Play board games or card games
- Build with blocks or LEGOs
- Help bake or prepare snacks
- Read or draw about the snow days

Middle School (Ages 11–13)

- Cook a simple meal together
- Play games (board or video)
- Create art, music, or crafts
- Watch a family movie

High School (Ages 14–18)

- Help with household tasks
- Plan and cook a meal
- Work on a hobby or school project
- Journal, read, or rest

Helpful Tips for Families

- Keep a **basic routine** (wake-up, meals, bedtime)
- Balance **movement** and **screen time**
- Encourage breaks and check in on feelings
- Focus on safety—avoid icy travel when possible

Mental Health Reminder

Weather-related closures can be exciting but also unsettling for the whole family. Changes in routine may lead to frustration, restlessness, or big emotions for both children and adults. Offering reassurance, maintaining simple routines, and spending time together can help everyone feel safe and supported. If someone in your household seems overwhelmed, take breaks, listen, and remind each other that it's okay to feel how you feel

Mental Health Support Resources

Crisis and Immediate Support Services

988 Suicide & Crisis Lifeline – call or text 24/7

Crisis Text Line – 741741

Mobile Crisis Intervention – 901-577-9400 (Adults)

Youth Villages – 866-791-9226 (18 and under)

CIT – Memphis Police Department 901-379-7625

For MSCS Staff – EAP 901-683-5658