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**LET'S
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IT**



**THE UNIVERSITY
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WEST INDIES**

unicef
for every child



YOUNG CARIBBEAN MINDS

A TECHNOLOGY-ENHANCED WELL-BEING WORKBOOK
FOR AND BY CHILDREN AND YOUTH
FROM 17 COUNTRIES

Visit www.youngcaribbeanminds.com for
your **FREE COPY** and for more resources

YOUNG CARIBBEAN MINDS



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PUBLISHER

The Young Caribbean Minds Mental Health and Well-being Workbook is published by USAID and UNICEF, in partnership with Let's Unpack It and the University of the West Indies.

CO-AUTHORS

Thirty-one (31) child and youth members of the Let's Unpack It and UNICEF Caribbean National Youth Mental Health Focal Point Network from 17 countries and territories collaborated with UNICEF to develop the workbook.

BACKGROUND

The young co-authors developed this technology-enhanced workbook in response to their lived experiences and challenges managing their mental health, and in response to research studies indicating a need for more mental health solutions. It seeks to increase awareness of strategies that could be used to support children and youth's mental health and well-being. Developed based on research indicating that more time spent outdoors (e.g., playing, movement) is linked to better well-being,¹ it aims to encourage the use of the outdoors as a readily accessible mental health and well-being support mechanism.

The workbook contains engaging learning activities and evidence-based tips, and also features 17 picturesque reproductions of each co-author's favourite, must-visit outdoor, well-being attractions in their countries to encourage increased use of the outdoors for well-being. The technology-enhanced component of the workbook involves QR code links to youth-created/informed and culturally-relevant videos, mental health services directories, relaxing audio, apps, games, and a teacher/counsellor/group facilitator toolkit for the workbook, and other resources.

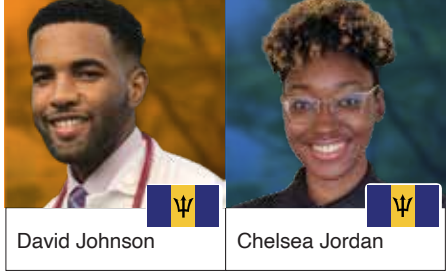
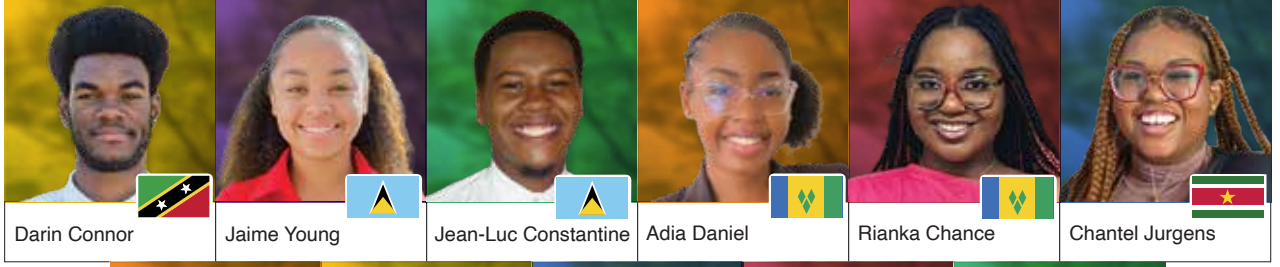
To download the workbook and other resources, visit the website below.

www.youngcaribbeanminds.com

¹ Parents, teachers, mental health workers, and community organizations, please visit this link for a toolkit with references and a classroom and group session workbook guide: bit.ly/YCMtoolkit

THE AUTHORS

The Let's Unpack It & UNICEF Caribbean National Youth Mental Health Focal Points Network



Welcome Message & Boarding Pass

Welcome to flight “Young Caribbean Minds”, destined to 17 countries and territories in the region! Please take note of the following to ensure that you have a smooth journey with us.

- 1** **Mental Health** is a state of well-being that helps us to understand our abilities, cope with daily living, contribute to our community, build relationships, and shape the world we live in.¹
- 2** **Well-being** is the positive state (happy and healthy) when we are able to do well, and our rights are present in the social, economic and environmental areas of our lives.¹

Before we start boarding, please take a moment to review our “calm and safety” guidelines:

Guidelines

- 1** Complete “The Departure Form” for a chance to win a gift (See page 7).
- 2** Explore the photos to discover must-visit calming outdoor locations in 17 Caribbean countries.
- 3** Discover the “tips” and complete the activities to support your mental health and well-being.
- 4** Scan the QR codes for dynamic videos, games, and a mental health services directory if you need support.
- 5** Complete the “My Well-being Plan” and “The Arrival Form” at the end of the workbook.

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For More Resources and inflight entertainment visit:



www.youngcaribbeanminds.com

The Digital Mental Health Hub for Children & Youth
(videos, games, services directories, audio, apps,
and more resources for children, and young people).

TURN TO BEGIN THE JOURNEY



bit.ly/ycmgift

The Departure Form

The 'Did You Know?' Treasure Hunt

Please complete the following form by scanning the QR code above or by writing on this page below. After completion, please begin the workbook and look out for the answers labelled "Tip"! Enjoy the flight and treasure hunt!

Please circle the best answer for each of the following questions. Enjoy!

- Eating a balanced diet and regular exercise can help you to develop a good mood. How often should children and adolescents exercise a day to help develop a good mood?**
 - 30 minutes
 - 60 minutes
 - 150 minutes
- Practicing gratitude (being thankful) daily may help your brain to release which "happy hormone"?**
 - Adrenaline
 - Dopamine
 - Insulin
- The calming technique of focusing on what you are feeling, hearing, seeing, etc. in the present moment is:**
 - Relaxation
 - Mindfulness
 - Visualization
- Which of the following may help you to manage stress?**
 - Music
 - Visiting Museums
 - Both
- Positive thoughts will not help you to develop positive feelings and actions.**
 - True
 - False
- People should not be trusted, so I should not try to find a trusted adult for help.**
 - True
 - False
- Talking about your mental health challenges with a friend means that you are a weak person.**
 - True
 - False
- Volunteering in environmental conservation group activities will make you more fearful about climate change and natural disasters.**
 - True
 - False

GRENADA AND BARBADOS



Young Caribbean Minds



Racheal & Celina 😊



“**Belmont Estate** is a tranquil haven for a calm walk. Its diverse flora, fauna, and exotic animals create a soothing atmosphere, and the tours showcase the making of our famous Grenadian chocolate, which is a delightful treat.”



Kalan and Jovanna 😎



“**Coco Hill Forest** is an idyllic, 53-acre forest nestled in the heart of Barbados. Featuring over 70 plant species, the forest is a prime location for hiking, picnics, and reconnection with nature. Coco Hill is also home to the best vantage points overlooking the rugged east coast of Barbados.”





bit.ly/YCMfood

Good Food for a Good Mood!

The food you eat can affect your mood and overall well-being! Combining a healthy, balanced diet with **60 minutes of exercise per day**, can increase your energy levels and improve your mood!

TIP

Activity

Unscramble each word to discover what makes up a healthy diet for your mental health and well-being. Find the correct answers at the bottom of the page. Bon appétit!

OTPRINE	PROTEIN
RBDOARETSCAHY	
ERLOSCIA	
LHAEHYT ASFT	
SIVMANTI	
NARISLME	
NTORCSNREMIAUT	
LCMUAIC	
IUESANMMG	

Solutions

1. Protein 2. Carbohydrates 3. Calories 4. Healthy Fats 5. Vitamins 6. Minerals 7. Macro-nutrients 8. Calcium 9. Magnesium

*Please ensure that you check in with your family and a medical professional before consuming new foods as you may have allergic reactions to some foods.

BRITISH VIRGIN ISLANDS AND DOMINICA



Young Caribbean Minds



Caden 😊

British Virgin Islands



“Basking in the beauty of the British Virgin Islands is the **Sage Mountain Trail**. It is the epitome of peace and tranquillity in nature. The trail provides a space to unwind and replenish your mental health. I enjoy listening to music on headphones here!”



Kasinda & Maria 😊

Dominica



“Soaking in the pools of the **Ti Kwen Glo Cho Hot Springs** is the perfect post-workout soother. Closing your eyes and listening to the sounds of the trickling water induces an unparalleled sense of mental rest and peace.”




bit.ly/YCMfitness

Move With Gratitude

Gratitude is a super skill! Identifying what you are thankful for helps your brain to release the “happy hormone”, **dopamine**. Practicing gratitude helps your mind to create positive thoughts which can lead to positive feelings. It’s also exciting when you include movement and have fun doing it!



Activity

Take a moment now to ground yourself. Observe your surroundings. When you are ready, call out 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and breathe in and out slowly. Of all these things, what are you most grateful for?

Look around you and name:



5 things you can SEE

4 things you can TOUCH



3 things you can HEAR

2 things you can SMELL



and BREATHE in and out slowly

Now, let’s take it one step further, and integrate gratitude with movement. Choose one of the three activities below, and follow the instructions to Move with Gratitude.

Activity 1: #JumpingJacksForJoy: Try to do 100 jumping jacks. After every 10 jumping jacks, say something aloud that you are grateful for.

Activity 2: #GratitudeGoals: Head to the football field or the netball court and try to score 5 goals. For every goal, say something aloud that you are grateful for.

Activity 3: #SerotoninStretches: Stretch each of your muscle groups by holding each stretch for about 10 seconds and say something that you are grateful for after each one. Start with your neck, then your shoulders, then each limb, and end with your back.

ANGUILLA AND MONTSERRAT



Young Caribbean Minds



Sage ❤️



“Marvel at this natural wonder, carved out of the island's limestone cliffs on the far western coast. **The Anguilla Arch** in West End is known by locals and tourists alike as a safe space to relieve stress and reset.”



Nianna & Yah'da 🤗



“**The Montserrat National Trust** preserves cultural, historic, and archaeological heritage. Its botanical garden captures the beauty of the Emerald Isle while promoting mental well-being. It fosters a sense of relaxation in nature.”




bit.ly/YCMcalm

The De-Stress Island

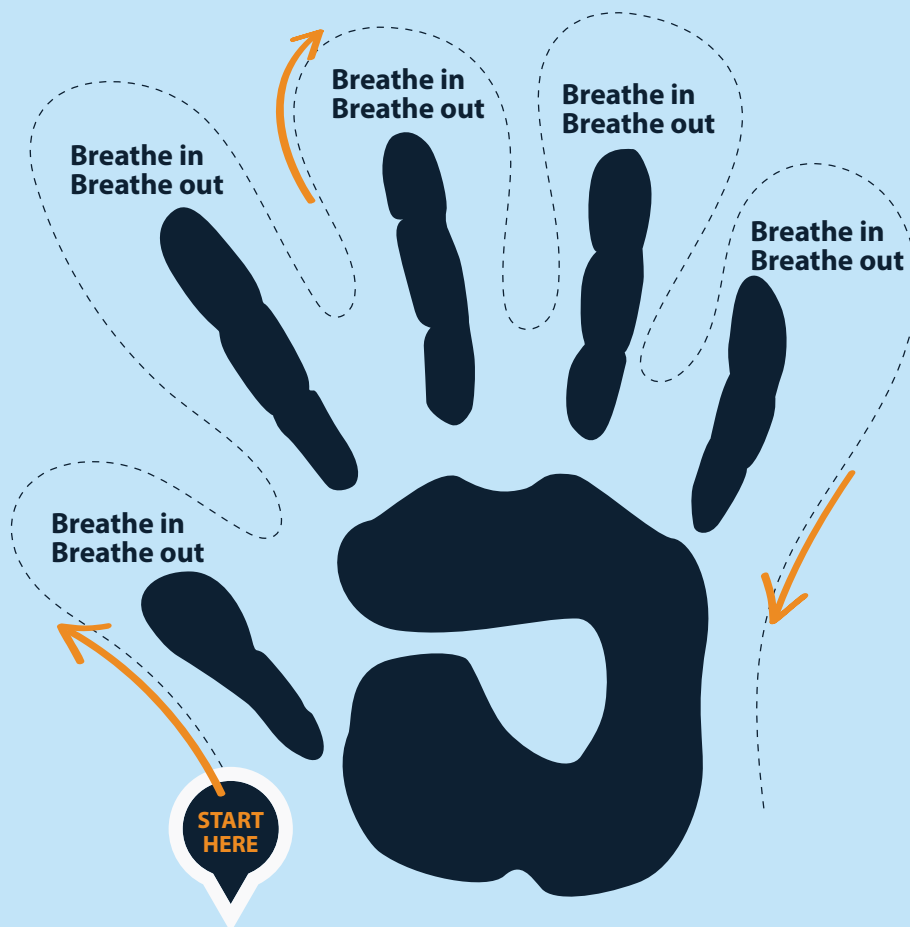
Let's face it. Some days are great and others are just pure stress! The to-do list is getting longer, the assignments are stacking up, and it is all just weighing you down. If today is that kind of day, don't worry! Why not visit your personal de-stress island? Try **mindfulness, which is the calming technique of focusing on what you are feeling, hearing, seeing, etc. in the present moment.**

Activity

TIP

Starting at the base of your right thumb, slowly trace around each finger of your right hand with the index finger of your left hand, until you reach your last finger. Take a deep breath in as you trace up a finger, and gently exhale when you trace down.

Repeat on the next hand and as often as needed.



ST. LUCIA AND GUYANA



Young Caribbean Minds



Jaime & Jean-Luc 😊



St. Lucia

“In our hectic lives, we need places to escape to - places where we are free to relax, refresh, reflect, and restore. **Pigeon Island National Landmark** is such a place. Whether hiking to the historic fort's summit or relaxing on the tranquil beach, it is a peaceful sanctuary for all those in need of stillness.”



Andrew & Vanita 😊



Guyana

“**The Kingston Sea Walls** in Guyana provide a serene retreat with a beautiful sunset, soothing ambience, and calming waters. It's a perfect spot for a mental break and stress relief.”



+





Express Yourself

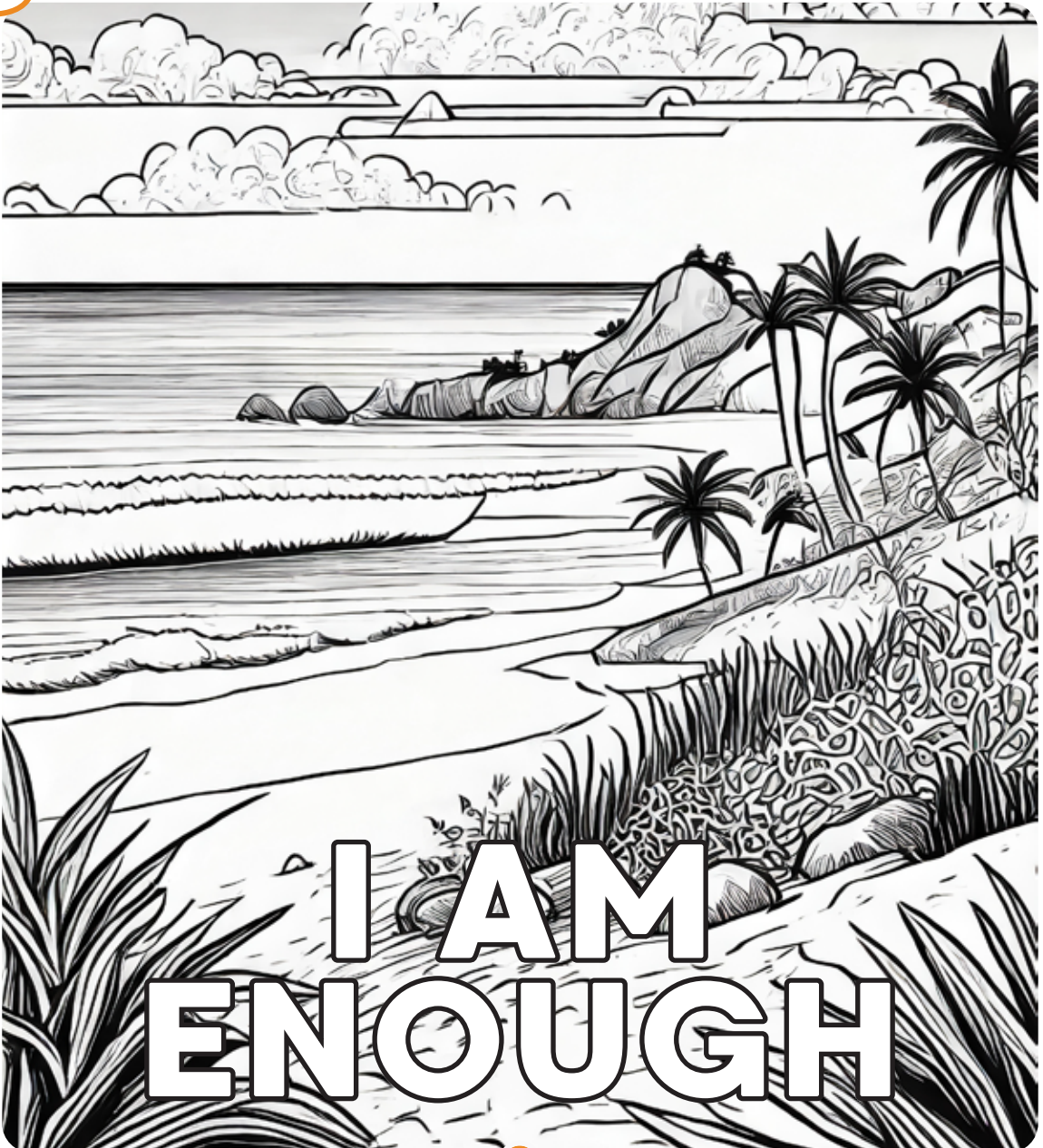
Sometimes it's really hard to write our thoughts on paper or to tell others exactly how we are feeling. In these moments, we may lean into more creative forms of self-expression, such as art, **music**, and dance.

Visiting a museum with art can also help us to identify our emotions. Tap into your creative side by trying this activity.

Activity

TIP

Colour or shade the drawing below as a reminder that you are enough – just as you are.



ST. VINCENT & THE GRENADINES AND ST. KITTS & NEVIS



Young Caribbean Minds



Rianka & Adia 😊

St. Vincent & The Grenadines



“Located on the north eastern coast of the island and home to the Garifunas, Owia Salt Pond's soothing waters and relaxing atmosphere helps to reduce stress and rejuvenates the mind, body, and soul.”



Darin 😎

St. Kitts & Nevis



“The Malcolm Guishard Recreational Park is the ultimate space for mental rest. The symphonies of crashing waves and whistling trees can quiet the most turbulent soul. And it's hard to feel unease in the cool sea breeze.”





bit.ly/YCMgame

We Appreciate You

If you are reading this and you feel unappreciated by others, we want you to know we have felt the same way too. If no one else has told you today, we are happy that you are here because you matter to us! During moments like these, **we repeat positive affirmations (thoughts) in our minds to help develop positive feelings and actions.** From the activity below, create one that you can use when you feel unappreciated by others.



Activity

Unscramble the words highlighted and then find them within the box. See the answers below!

- I am capable of **positive** change. (tiivseop)
- I am _____ from my mistakes. They will make me stronger. (gninelar)
- I will focus on my _____ instead of negative thoughts. (wohtgr)
- Comparison steals my _____ so I will celebrate being different. (ensspaphi)
- I _____ in myself and what I am _____ of achieving. (eveebil, eblaapc)
- My _____ and _____ are important and I should express them respectfully. (snoitoem, eelfgins)
- I can make a difference and I have the power to _____ the things that I can. (egncha)
- I do not have to try to be someone else to fit in and _____. (gonleb)
- I am _____ and I have the _____ to succeed. (denimreted, ytiliab)
- I can and will reach my _____. (sgalo)

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

6. Emotions, Feelings 7. Change 8. Belongs 9. Determined, Ability, 10. Goals
 1. Positive 2. Learning 3. Growth 4. Happiness 5. Believe, Capable

ANTIGUA & BARBUDA AND TURKS & CAICOS ISLANDS



Young Caribbean Minds



Richardo & Ajanté 😊

Antigua & Barbuda



“The sound of crashing waves, the fresh breeze, and breathtaking sunsets converge to create the peaceful scene that is **Devil's Bridge**. It is the perfect place to take a pause from one's hectic life and take in all the elements of nature.”



A'Janae 😊

Turks & Caicos



“Three stunning miles of white sands, turquoise waters, high cliffs, and limestone caves lead to a beautiful cay (small island). **The Mudjin Harbour** caves on the cay remind me of a peaceful sanctuary.”





bit.ly/reachoutcaribbean

#ReachOut

Sometimes it's hard to reach out to adults for help, and we may feel as though we cannot trust them. As young people, **we have met trustworthy adults who have helped us**. Please don't give up on finding a trustworthy adult when you need help. Scan the QR code above for a directory of mental health services to help you find a trusted adult. If you have challenges expressing your feelings with adults, try the activity below.

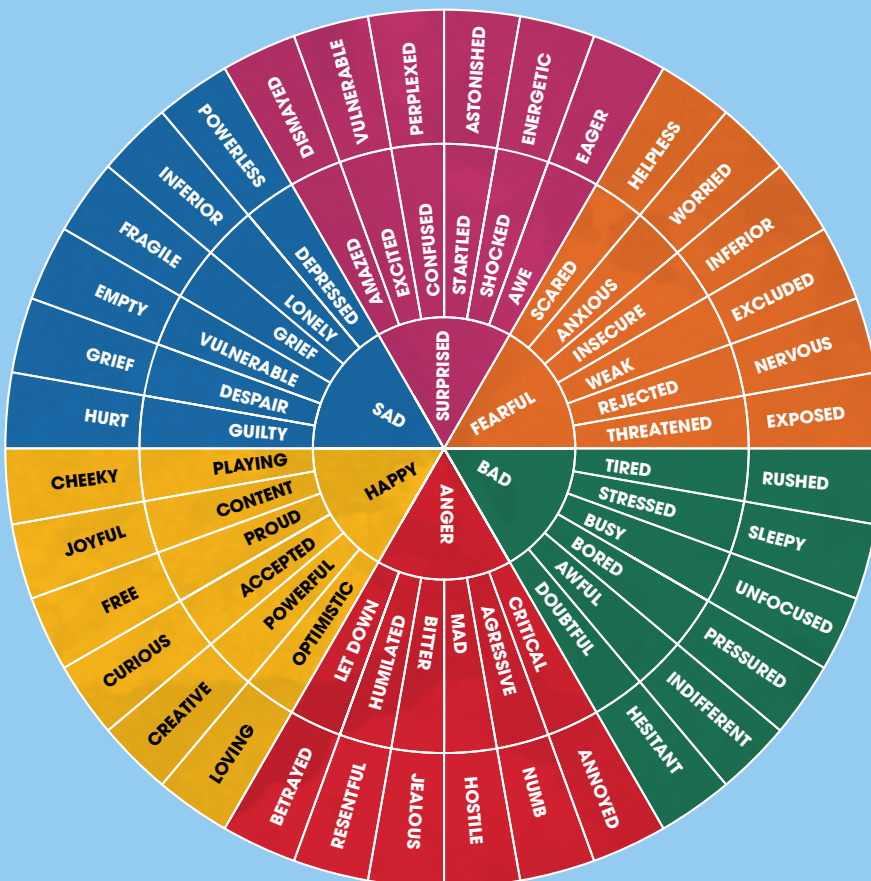


Step 1.

Identify your current emotions on the color wheel. Identifying your emotions will help you to express yourself better.

Step 2:

Make a list of at least three (3) trusted adults that you can talk to when you need help coping with your feelings and challenges. The adults could be parents, relatives, teachers, school counsellors, etc.



THE BAHAMAS AND TRINIDAD & TOBAGO



Young Caribbean Minds



Jalecia 😊



“The Ardastra Gardens, Zoo and Conservation Centre are the epitome of serenity. The natural environment and the way the flamingoes stand on one leg remind me to find balance even when I’m stressed.”



Trinidad & Tobago

Emily & Daniel 😊



“The breathtaking views of this hidden gemstone are like no other! The sound of the waves crashing is like nature's symphony. **Paragrant Bay** is the perfect spot to soak up the sunshine, dip into the water, and unwind your mind.”





bit.ly/YCMsocial

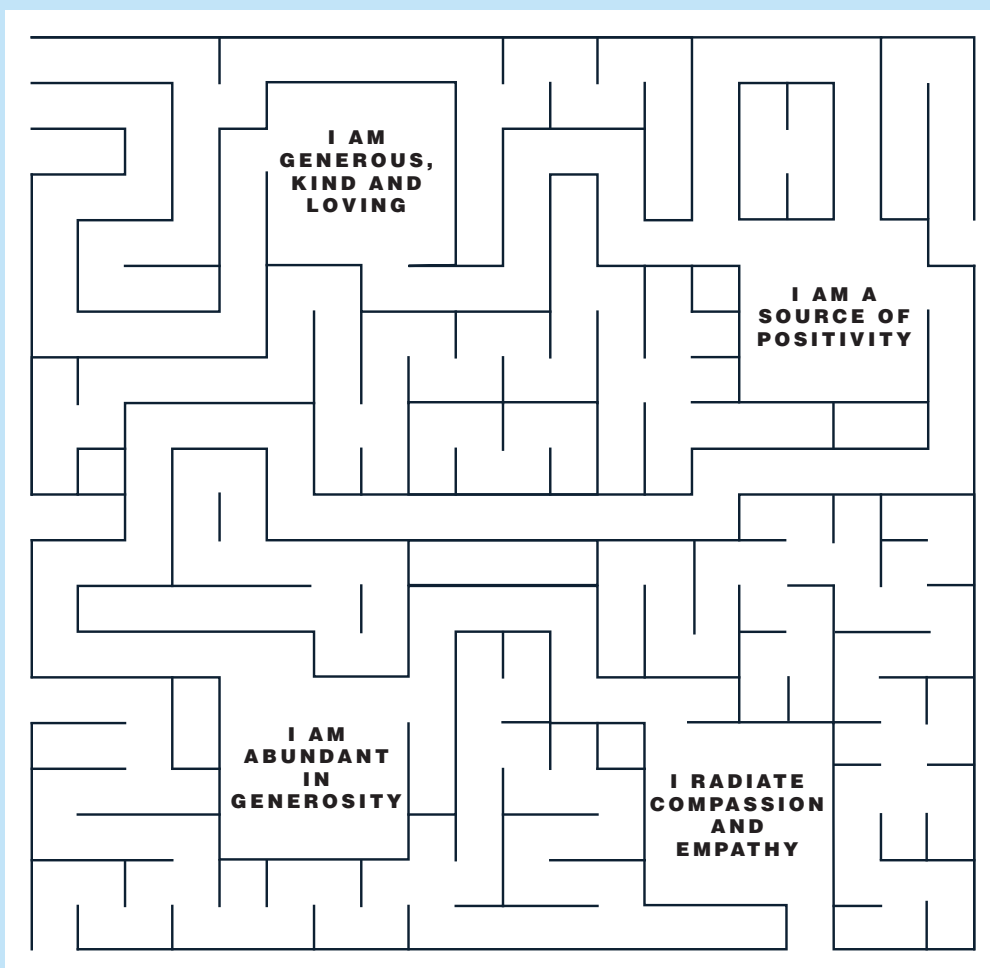
Create your Crew

Creating a crew of supportive friends must be a priority. **Reaching out to friends during a mental health challenge does not mean that you are a weak person.** Friends who care about you will support you. Don't forget to build more traits in yourself to become a good friend, too!



Activity

Complete the maze to find some traits that will make you a good friend to others, then write the names of friends and peers you can go to for support on the blank lines below.



- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

JAMAICA AND BELIZE



Young Caribbean Minds



Natalia & Sage 😎



Turtle Bay Beach, with its distinctive rocks, enchanting island, and hidden gems, creates a state of peace as the waves whisper to the mind and unite you with nature.”



Aoife & Emelly 😊



“The Mountain Pine Ridge Forest Reserve is a luxury to explore! Its natural beauty makes it easy to disconnect from the hectic world around us. A must visit!”





bit.ly/YCMstories

Be an Eco-Optimist

Living in the Caribbean means that we are among the world's most at risk to the negative effects of climate change. Rising ocean levels, stronger storms, and warmer temperatures make us worried about our future. However, being an eco-optimist and **volunteering in environmental groups help young people to feel less fearful about climate change and natural disasters.**

Activity

TIP

Here are some ways that we, Let's Unpack It and UNICEF Caribbean National Youth Mental Health Focal Points, manage our concerns about climate change and natural disasters.



Caden, British Virgin Islands: Volunteering with the national disaster response team after the hurricane helped me learn what to do for my mental health during a natural disaster and how to help others.



Chelsea, Barbados: To cope with climate change anxiety, I volunteer in community actions, aiding the vulnerable through clean-up efforts and relocation assistance.



Ajanté, Antigua & Barbuda: I focus on reducing my carbon footprint, advocating for sustainability, and preparing for emergencies.



Daniel, Trinidad & Tobago: After the flooding, I spent a lot of time reading and talking to my loved ones about the situation.



Maria, Dominica: After the hurricane, I got involved in helping the environment because it helped me to feel like I was contributing to a change instead of just feeling hopeless.



Rianka, St. Vincent & the Grenadines: The volcanic eruption heightened my appreciation for nature, motivating me to contribute to environmental protection efforts..



A'Janae, Turks & Caicos Islands: During the hurricane season I, along with others, would share information about preparedness and assist the various shelters.



Darin, St. Kitts & Nevis: To manage climate anxiety, I engage in environmentally sustaining practices while aiding others in enjoying, learning and protecting the places we call home.

What will you do to help manage any fears that you may have about climate change?

SURINAME



Young Caribbean Minds



Chantel & Jetro 😊



“For relaxation, you must head to the interior of Suriname. There, surrounded by nature, you can find **Tapa Watra** ("On the Water") - the perfect place to clear your mind.”



+





My Well-being Plan

All good journeys must come to an end. Thank you for joining us on this flight. Before you go, let's develop a plan of action from each page to ensure that you "arrive" at your goals.

Hint: You can stick this page up in your room as a reminder.

1. **Healthy Diet.** The healthy food that I will include in my diet 3x per week:

2. **Exercise Plan.** The exercise that I will do for 60 minutes per day:

3. **Stress Management.** The stress management method that I will use:

4. **Art and Creative Expression.** The art and creative technique that I will use for self-care:

5. **Positive Affirmations.** The positive affirmation that I will say daily:

6. **Adult Support.** Three trusted adults/places that I will reach out to for support:

7. **Friend Support.** Three friends that I will reach out to for support:

8. **Climate Change Anxiety.** I will manage climate change and natural disaster fears by:



bit.ly/ycmgift

The Arrival Form

How was your experience with us?

For a chance to win a gift choose one of the following:

A. Scan the QR code or B. Visit bit.ly/ycmgift

- 1** If you are unable to complete the form online, please complete the form below (please note that this does not include a gift). Enjoy!
- 2** Share www.youngcaribbeanminds.com with your friends!

Please circle the best answer for each of the following questions. Enjoy!

- 1. Eating a balanced diet and regular exercise can help you to develop a good mood. How often should children and adolescents exercise a day to help develop a good mood?**
 - A. 30 minutes
 - B. 60 minutes
 - C. 150 minutes
- 2. Practicing gratitude (being thankful) daily may help your brain to release which “happy hormone”?**
 - A. Adrenaline
 - B. Dopamine
 - C. Insulin
- 3. The calming technique of focusing on what you are feeling, hearing, seeing, etc. in the present moment is:**
 - A. Relaxation
 - B. Mindfulness
 - C. Visualization
- 4. Which of the following may help you to manage stress?**
 - A. Music
 - B. Visiting Museums
 - C. Both
- 5. Positive thoughts will not help you to develop positive feelings and actions.**
 - A. True
 - B. False
- 6. People should not be trusted, so I should not try to find a trusted adult for help.**
 - A. True
 - B. False
- 7. Talking about your mental health challenges with a friend means that you are a weak person.**
 - A. True
 - B. False
- 8. Volunteering in environmental conservation group activities will make you more fearful about climate change and natural disasters.**
 - A. True
 - B. False

Acknowledgements and Gratitude



We, the Caribbean Youth National Mental Health Focal Points, wish to thank the following for their invaluable contributions to this project

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YOUNG CARIBBEAN MINDS

To download the workbook and other resources, visit the website below.
www.youngcaribbeanminds.com