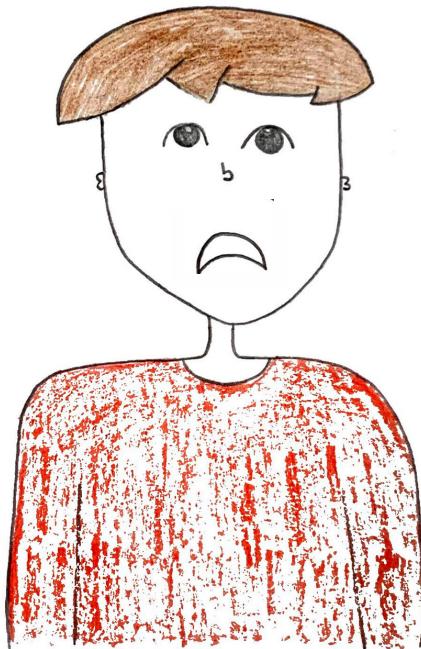


# ARCHIE'S FEELING DOWN

Mental Health Awareness for Children



By Norfolk Academy's  
Literacy and Global Health Fellows



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Mental Health Awareness for Children

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and Global Health Fellows

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# Our Missions

## The Literacy Fellows:

Understanding that skills in reading and writing are crucial for empowered and responsible citizens, the Literacy Fellows program serves to advance literacy as a way to break cycles of poverty in Hampton Roads and beyond. Fellows work to develop their own writing ability, while collaborating with outside organizations and communities to gain knowledge of the far-reaching implications of literacy.

## Global Health Fellows:

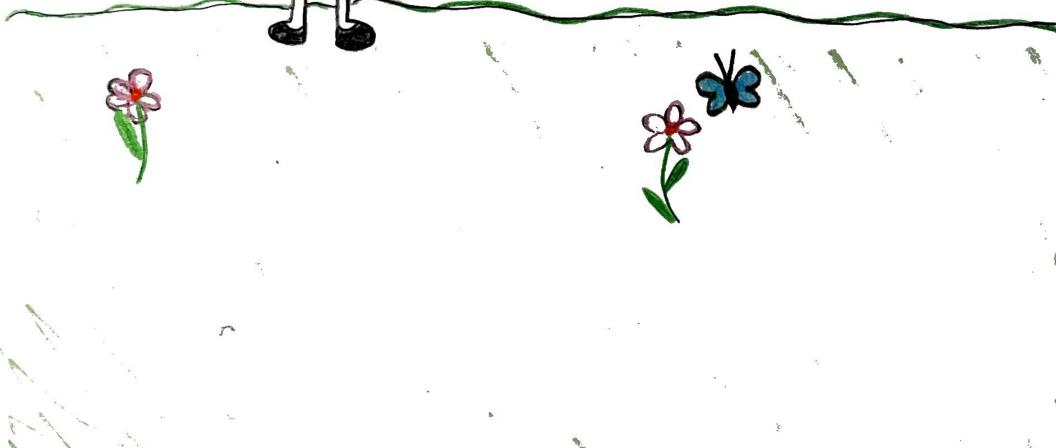
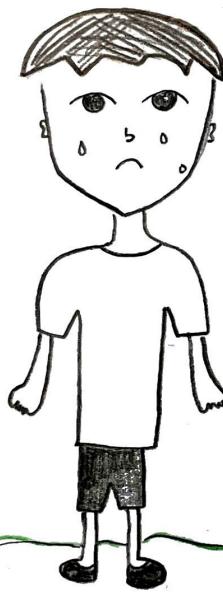
The Global Health Fellows program serves to educate and inspire high-achieving Norfolk Academy students who desire to understand and improve global health. Fellows will work alongside Norfolk Academy faculty mentors, explore relevant topics in their liberal arts curriculum, and collaborate with outside agencies to gain understanding of the most acute health issues facing the human community.



**Lately, Archie's been  
feeling a little sad . . .**



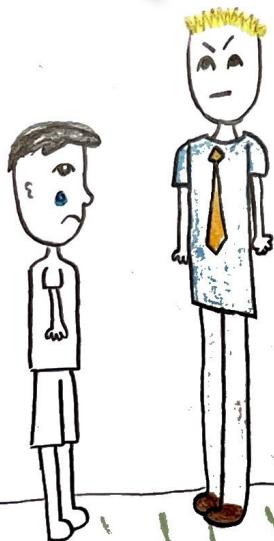
"I don't have the energy to do anything or be with anyone. I used to enjoy school but now it feels like a chore that I don't wanna do. What happened?"



He's been getting in more fights with other students and more trouble with teachers. His grades are dropping, and he feels like none of his friends actually like him.

Archie's starting to feel very unmotivated, and does not want to do any of the things he used to love.

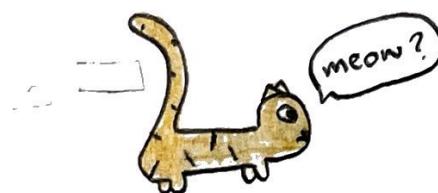
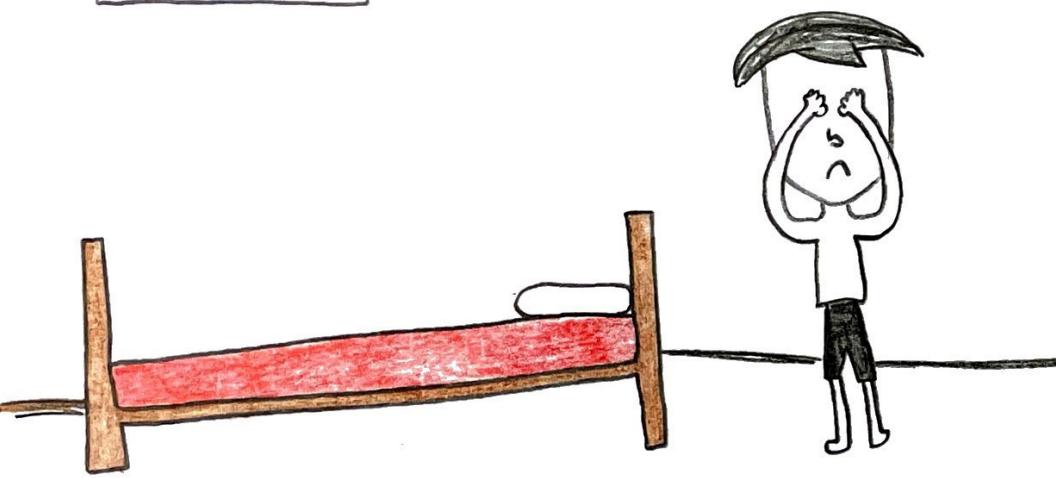
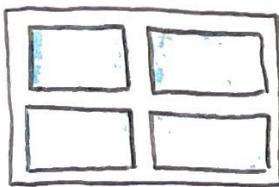
"Archie, you  
can't punch  
friends."



His 11th birthday was coming up, and his mom was planning a party for him. Archie should have been excited for this, but all he could think about was how draining it would be. He didn't want to go.



Archie didn't feel like celebrating ...



He hid in his room as his mom brought in guests, dreading the people that he would have to face, not really knowing why.

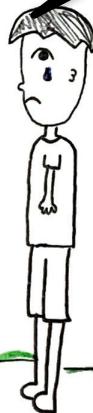
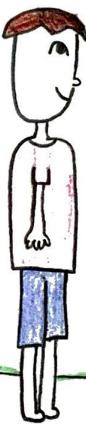


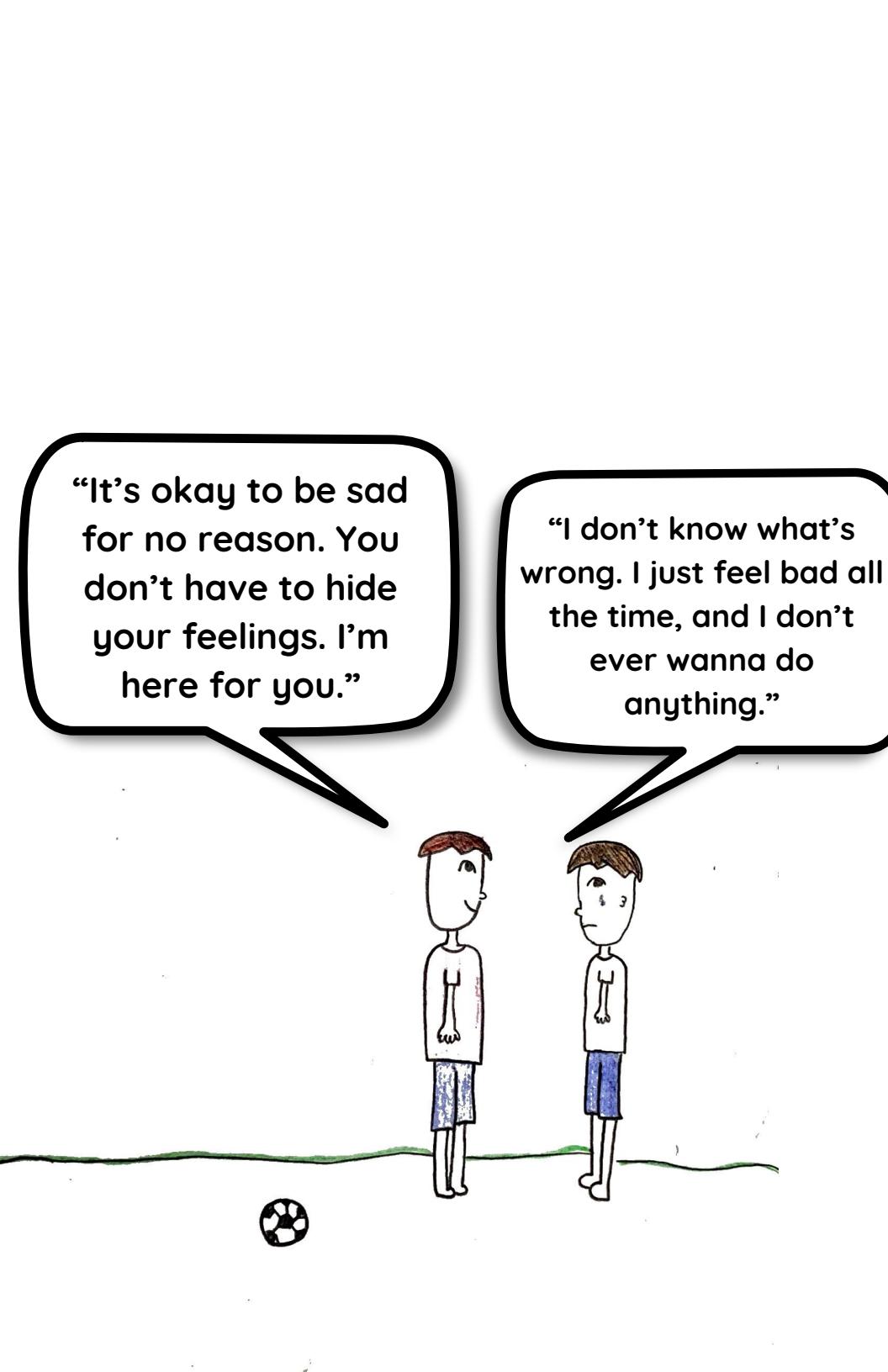
“I’m turning 11 and my mom is throwing a party for me. Birthdays are supposed to be fun, but I feel anxious and not excited for some reason... Will my friends have fun? Will I look like a loser?”

The next day, one of Archie's friends got worried and went to check on Archie.

**“Hey Arch! Is  
everything okay? I  
feel like you’ve been  
acting strange  
lately.”**

**“Go away! I’m  
fine. I don’t  
wanna talk.”**





A simple line drawing of two boys standing on a green horizontal line representing grass. A black and white soccer ball is on the ground to the left of the boy on the left. Both boys have brown hair and are wearing white shirts and blue shorts. The boy on the left is smiling slightly, while the boy on the right has a neutral or slightly sad expression.

“It’s okay to be sad for no reason. You don’t have to hide your feelings. I’m here for you.”

“I don’t know what’s wrong. I just feel bad all the time, and I don’t ever wanna do anything.”



“That’s okay. You  
don’t have to go out  
and do things right  
now. I’ll sit with you  
right here.”



The next day, Archie was alone again on the playground. He was scared to ask people to play with him, because he didn't want to scare them off, but his friend from the party came over.

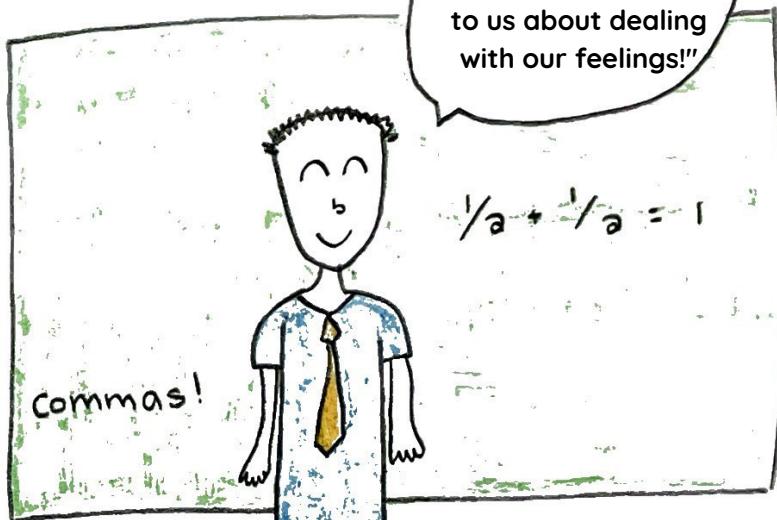
“Hey  
Archie! How are  
you doing  
today?”

“I don’t know. I  
want to play with  
you all, but I’m  
worried you guys  
wont like me.”

“They will,  
don’t worry.  
Come play with  
us!”



After playing and making new friends during recess, Archie returned to class with the rest of his new friends, feeling brighter. The teacher announced that they will have a speaker after lunch to talk to them about mindfulness and going through yoga exercises.



$$\frac{1}{a} + \frac{1}{a} = 1$$

The speaker, Ms. Dwyer, led the whole class in breathing exercises and yoga. Archie enjoyed the yoga and felt very refreshed and much more energetic. He wanted to have fun and he wanted to play with his friends, two things that had stopped making him happy for a while.



I can get  
through  
anything!

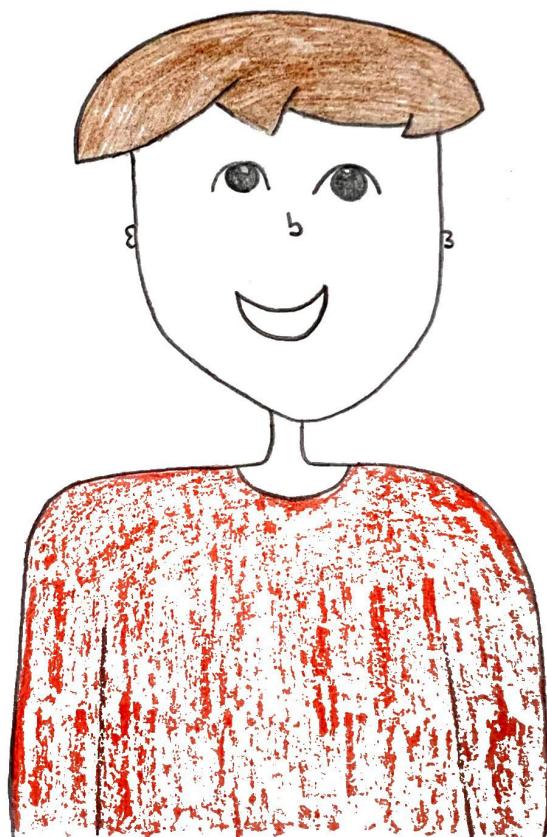


Ms. Dwyer gave the class lots of tips to help them be happy, and ways they can improve their mental health. She explained that when you don't feel well and you don't know why, sometimes you have to seek help and tell people you trust that you're not happy.

Archie realized that he was lashing out and feeling unmotivated and tired because he was sad, but didn't want to acknowledge that because he thought he had to have a reason.

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

- Mr. Fred Rogers



Sometimes, we are sad for no reason. That's normal, and that's okay. Someone reached out to Archie because they noticed he seemed to be struggling, and that helped him feel better. Reach out to your classmates, even to people you don't like, because you never know when they may be going through something.

# ARCHIE'S TIPS FOR MINDFULNESS

**S**

Stop what you are doing,  
put things down for a  
minute.

**T**

Take a breath

**O**

Observe your thoughts,  
feelings, and emotions.

**P**

Proceed with something  
that will support you in the  
moment.

# Resources



It's okay to not be okay,  
but it's not okay to stay  
that way.



Reach out to:

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Ms. Aladj  
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