

YOUNG CARIBBEAN MINDS

A GAME & ACTIVITY BOOK ON CLIMATE CHANGE, NATURAL
DISASTERS AND MENTAL HEALTH BY AND FOR CHILDREN AND
YOUTH FROM 23 COUNTRIES.

VOLUME 2

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

YOUNG CARIBBEAN MINDS

PUBLISHER

The Young Caribbean Minds: Game & Activity Book on Climate Change, Natural Disasters and Mental Health is published by UNICEF, in partnership with the Caribbean Community (CARICOM), The University of the West Indies (UWI), Let's Unpack It (LUI), Caribbean Youth Environment Network (CYEN), Caribbean Disaster Emergency Management Agency (CDEMA), The Organisation of Eastern Caribbean States (OECS) and The United Nations Multi-Country Office for Trinidad and Tobago, Aruba, Curacao and Sint Maarten.

CO-AUTHORS

Forty two (42) children and youth, Let's Unpack It and UNICEF Caribbean National Youth Mental Health Focal Points, Caribbean Youth Environment Network (CYEN) Members, CARICOM and UNICEF representatives from 23 countries and territories* collaborated with UNICEF to develop the activity book.

BACKGROUND

Having personally experienced the impact of climate change and natural disasters, the young co-authors developed this activity book to help children and youth aged 9 and up develop coping skills. In response to a UNICEF research study with Caribbean countries, young people identified the need for more creative resources that teach them resilience in response to climate change and natural disasters. In this book, the co-authors utilized creative techniques such as art, colouring, and other activities to teach skills that will help children and youth strengthen their mental health and build resilience in response to climate change, natural disasters, violence and other child and youth protection challenges.

WIN GIFTS

Children, young people, and organizations such as schools, will have the opportunity to win gifts when they complete the brief online monitoring and evaluation form. This form will help us to better serve you. Visit: bit.ly/climategift

RESOURCES




















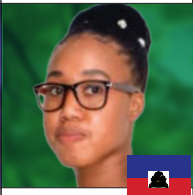



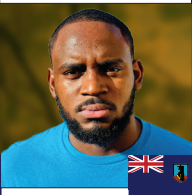

















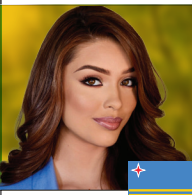
School & Group Activity Book Facilitator Toolkit: bit.ly/ycmtoolkit

Activity Book & Mental Health Resources: bit.ly/ycminds

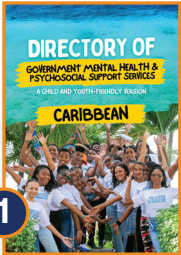
* Anguilla, Antigua & Barbuda, Aruba, Bahamas, Barbados, Belize, British Virgin Islands, Cayman Islands, Cuba, Dominica, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, Montserrat, St. Kitts & Nevis, St. Lucia, St. Vincent & The Grenadines, Sint Maarten, Suriname, Trinidad & Tobago and Turks & Caicos Islands.

© UNICEF Eastern Caribbean Area. All rights reserved. May 2025.

THE AUTHORS

 Isabel Curtis	 Ajanté Fraser	 Richardo Lockhart	 Jervon Sands	 Jovanna Ifill	 Kalan Alleyne
 Emely Sosa	 Caden Fahie	 Destiny Dalley	 Sofia Lamas Barja	 Kasinda Fritz	 Maria Malcolm
 Carmen Anabel Padua Castillo	 Celina Douglas	 Racheal Phillip	 Raheem Smith	 Andrew King	 Vanita Mahadeo
 Marie Rose Anaika Constant	 Beverley Daphney Pierre	 Natalia Burton	 Narissa Farrell Bramble	 Nianna St. Claire	 Sandrae Thomas
 Darin Connor	 Toniecia Wyatt	 Brodi Louis	 Jaime Young	 Jean-Luc Constantine	 Adia Daniel
 Rianka Chance	 Jetro Anches	 Chantel Jurgens	 Emily Anna Bachan	 Mikella Hosein	 Daniel Lutchman
 A'Janae Robinson	 Zaria Ingham	 David Johnson	 Chelsea Jordan	 Adio Williams	 Guizza Steenvoorde

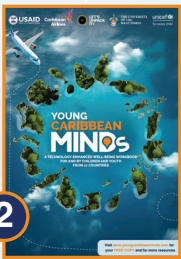
FOR MORE RESOURCES SCAN BELOW:



1

DIRECTORY OF MENTAL HEALTH SERVICES

bit.ly/reachoutcaribbean



2

YOUNG CARIBBEAN MINDS WORKBOOK

bit.ly/ycmworkbook



3

YOUNG CARIBBEAN MINDS WEBSITE

bit.ly/ycminds



4

MY SUPPORT COMPANION

bit.ly/mysupportcompanion



WOULD YOU LIKE A GIFT?

After you use this book, give us feedback at: bit.ly/climategift

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).



OUR YOUNG CARIBBEAN MINDS PROJECT JOURNEY

01



THE START

Hundreds of Caribbean children and youth attend our capacity-building webinar for the Climate Change, Natural Disasters, Mental Health and Advocacy Project to learn how to help their peers develop resilience.

02



DOMINICA

Diego in his creative social media video presentation educating his peers on how to build mental health resilience.

03



ANTIGUA & BARBUDA

Richardo at his advocacy meeting with the Director of Education, Mr. Clare Browne and Government officials to include the YCM books in schools.

07



ST KITTS & NEVIS

Toneicia at her advocacy meeting with the Minister of Education, The Honourable Dr. Geoffrey Hanley, Permanent Secretary Mrs. Lisa Pistana and other education officials.

08



ST LUCIA

Jean-Luc educating students at a Secondary School.

09



ST VINCENT & THE GRENADINES

Tishanna and Adia after educating viewers on the available YCM resources on an interview with SVG Broadcasting (Magic 1037).

REACHING OVER 100,000 PERSONS!

04



BARBADOS



Kalan and Jovanna educating students at a Secondary School.

05



GRENADA

Celina after educating students at a Secondary School.

06



MONTSERRAT



Sandrae and Narissa at their advocacy meeting with the Honourable John Osbourne, Minister of Agriculture, Lands, Housing, Environment, Youth and Sports and the Honourable Parliamentary Secretary Dwayne Hixon.

10



TRINIDAD & TOBAGO



Emily Anna educating viewers on a 7:00 pm prime time TV news feature on a Trinidad & Tobago Television (TTT) network feature interview.

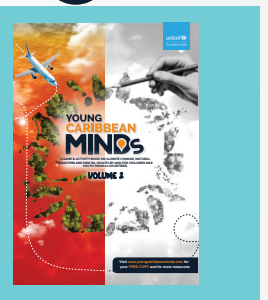
11



TURKS & CAICOS ISLANDS

Zaria after her advocacy meeting with the Honourable Rachel Taylor, Minister of Education, Youth, Sports, and Culture to include the YCM books in schools.

12

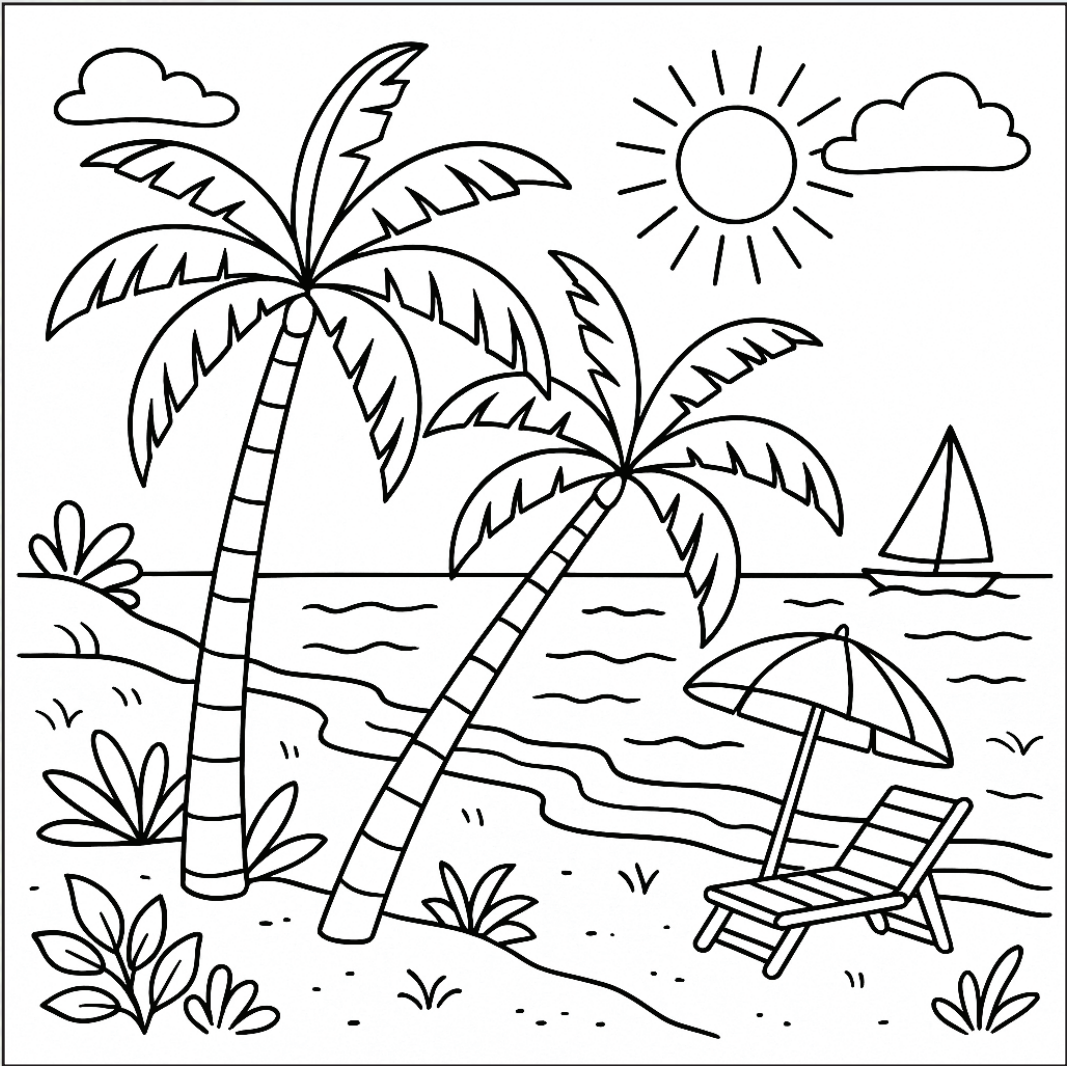


THE RESULT!

After months of meetings, presentations, focus groups and research, the young people co-authored the Young Caribbean Minds: Game & Activity Book for use in schools, homes, & community settings.

I love to swim in the beautiful beaches of Anguilla. The white sand between my toes helps me to feel calm. Sadly, climate change can cause coastal erosion and wipe out our beaches. Let's work together to protect our beaches. Colour the picture of the beach below.

ANGUILLA



bit.ly/YCMinds

DID YOU KNOW?

240 million children (1 in 10 children globally) are exposed to coastal flooding. This is likely to worsen as sea levels continue to rise (UNICEF, 2021).

Historical forts protected Antigua and Barbuda from attacks long ago. In the same way, we should protect our mental health during disasters caused by climate change. Drawing is one way of expressing your feelings when you are afraid. Draw a picture of an image below that makes you feel calm.

ANTIGUA & BARBUDA

Draw your image here



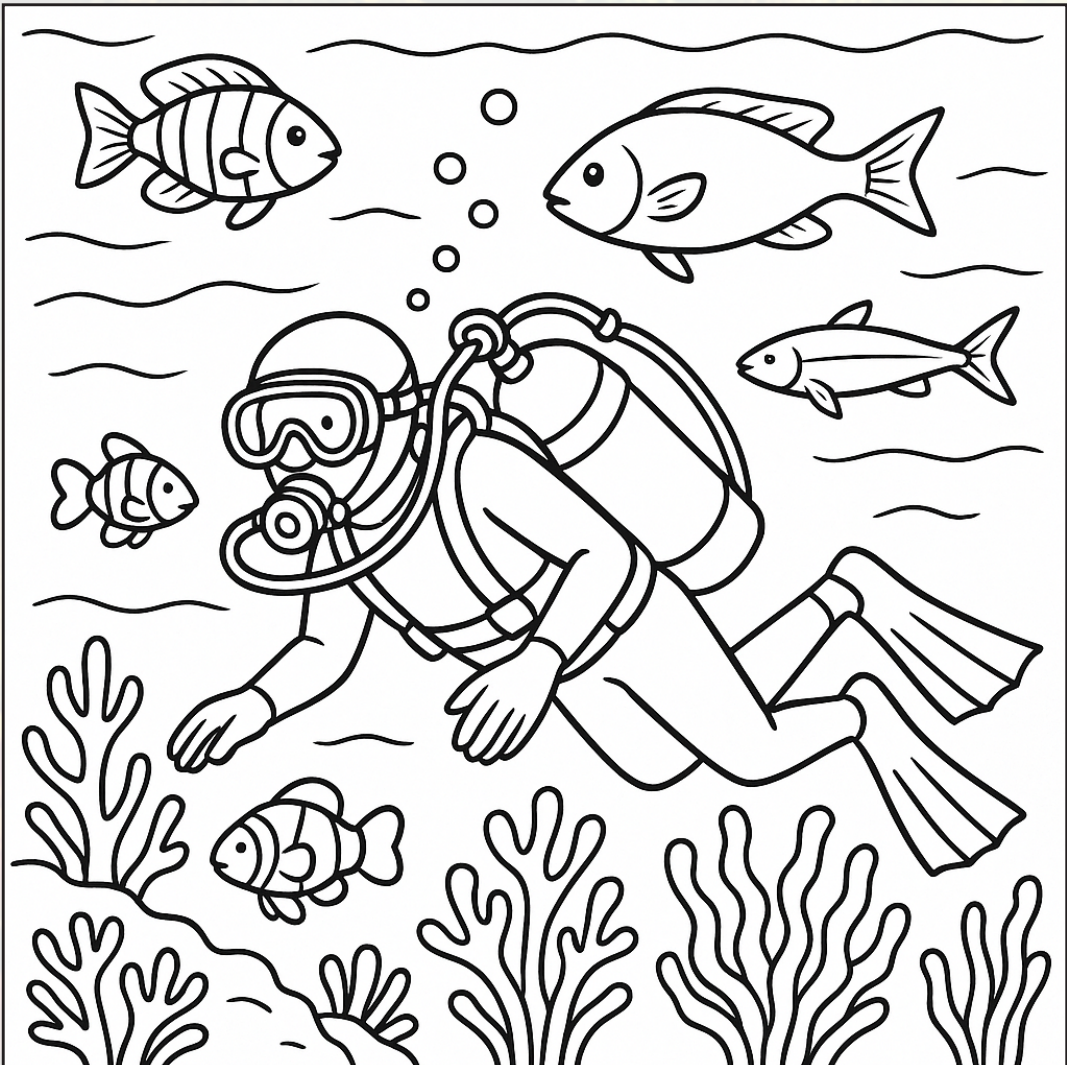
bit.ly/YCMinds

DID YOU KNOW?

You can improve your mental health by practicing gratitude, connecting with others, eating healthy foods and by exercising regularly.

I love exploring the beautiful, colourful coral reefs in Aruba. Watching the bright fish swim through the coral makes me feel happy. Sadly, climate change is warming our oceans and harming the corals. Local groups and dive shops help by growing corals and planting young and newly grown corals back in the ocean. Colour the scuba diver helping the coral reefs below:

ARUBA



DID YOU KNOW?

You deserve to be protected. Did you know that some people pretend to be children and young people online? Do not share personal information, such as your home address, school name, phone number, live location, or passwords, with strangers online. If a stranger asks for private information, tell a trusted adult right away.



bit.ly/YCMinds

THE BAHAMAS - JERVON SANDS

Sending your friends positive messages and volunteering in climate change and natural disaster response volunteer groups helps you to feel better because you are doing something about the problem. In the Bahamas, people often volunteer after a natural disaster. By doing this, you can become a climate change advocate. Colour the photo below.

BAHAMAS



bit.ly/YCMinds

DID YOU KNOW?

An advocate is someone who gathers the correct information then speaks up or takes action to support, help, or defend something or someone.

The forests in Belize help to keep the air clean so that children can breathe fresh air. Taking deep breaths when you feel afraid helps you to remain calm. Colour the picture below.

BELIZE



bit.ly/YCMinds

DID YOU KNOW?

According to the United Nations Convention on the Rights of the Child (UNCRC), every child has the right to live in a safe and clean environment. Read more about the UNCRC online to learn more about child rights.

The Cayman Islands is a beautiful country made up of three vibrant islands. One special flower that grows here is our national flower: the Wild Banana Orchid. Climate change can affect the growth and survival of our orchid and other flowers. However, like the people of our islands, it is strong and full of life. It has learned to grow in tough places, like limestone rock and coastal areas. Colour these Wild Banana Orchids and imagine the future you want to see bloom!

CAYMAN ISLANDS

WILD BANANA ORCHIDS



bit.ly/YCMinds

DID YOU KNOW?

Living in the Caribbean means that we are among the countries most at risk of the negative effects of climate change (UNICEF, 2020). To learn how you can become an eco-optimist, go to page 23 of the Young Caribbean Minds Mental Health and Well-being Workbook at bit.ly/ycmworkbook

GAME RULES

1. Select 5-7 players! Then find 5-7 small recyclable items/ nature items to use as your game pieces, eg, bottle covers, pebbles, leaves, etc.
2. Now, make your game cards! Cut 5 pieces of paper. On each piece of paper write one of the following: "Move 1 space ahead", "Move 2 spaces ahead", "Move 3 spaces backwards", "miss a turn", and "give a player of your choice an extra chance".

**NAME 5 HEALTHY
FOODS IN 5
SECONDS**

**SAY SOMETHING
KIND TO ONE OF
THE OTHER
PLAYERS.**

**SHARE 2 THINGS
YOU ARE
GRATEFUL FOR
TODAY**

**IF YOU
CHANGE A
TO HELP
TO HELP
FEEL B
WHAT W
B**

**SHARE THE NAMES
OF 2 TRUSTED
PEOPLE THAT YOU
CAN TALK TO IN
DIFFICULT TIMES.**

YOUNG ECO-M

**WHAT IS 1 THING
YOU ARE GOING
TO DO FOR YOUR
MENTAL HEALTH
TODAY?**

**WHAT ARE 3 WAYS
THAT NATURAL
DISASTERS AFFECT
PEOPLE?**

**IF YOU CAN
CHANGE 1 THING
TO MAKE THE
WORLD A BETTER
PLACE WHAT
WOULD IT BE**

**SAY 'HE
DIFFE
LANGU**

START

**SPELL YOUR
NAME
AND SAY 1 GOOD
THING ABOUT
YOURSELF.**

**WHEN YOU HEAR
THE WORDS
MENTAL HEALTH
WHAT DO YOU
THINK ABOUT?**

**LIST 3
YOU
RECYCLE
THE P**

3. If you cannot do the task you will have to move one space backward.
4. Take turns playing. The first person to reach to the "Finish" box is the Champion.
5. Help protect your environment by reusing/recycling your game pieces.
6. Download the game here: bit.ly/ecomindsgame and complete the activity book here: bit.ly/ycmclimate

**YOU CAN
DO ANYTHING
TO HELP OTHERS
FEEL BETTER
HOW WOULD IT
FEEL FOR YOU?**

**SHARE 3 THINGS
THAT MAKE YOU
FEEL SAFE AND
CALM**

**NAME 2
EMERGENCY
HOTLINES/RESOURCES
FOR PERSONS
WHO NEED HELP**

FINISH

INDS: THE BOARD GAME

**WALK IN 3
DIFFERENT
COUNTRIES.**

**SHARE 2 THINGS
THAT HELP YOU
RELAX**

**WHEN YOU HEAR
THE WORDS
CLIMATE CHANGE
WHAT DO YOU
THINK ABOUT?**

**DO SOMETHING TO
MAKE THE NEXT
PLAYER LAUGH**

**SHARE 2 POSITIVE
THINGS THAT
HAPPENED TO
YOU THIS WEEK**

**THINGS
WE CAN
DO TO HELP
OUR PLANET**

**BONUS : JUMP
FORWARD
2 SPACES!**

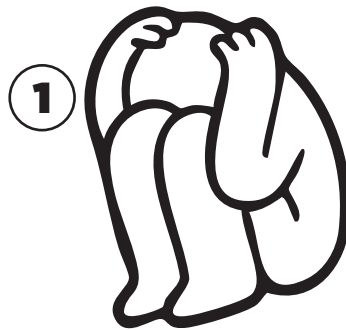
**TAKE 2 DEEP
BREATHS AND
SHARE 1 FUN
THING YOU DID
THIS WEEK.**

**SHARE 2 WAYS
WE CAN HELP
PROTECT OUR
ENVIRONMENT**

Cuba has beautiful and flourishing mountains. However, when there is a lot of rain, landslides from these mountains may occur. Landslides cause a lot of damage, so being aware of any strange sounds and staying close to your parents for safety is a must for you in these situations.

CUBA

If you ever get caught in a landslide, try to stay calm. Curl up like a ball and protect your head and neck. Remember and practice the “Big Squeeze” technique:



Focus your mind on your toes. Squeeze them. Count to five, then release. Pay attention to how your body feels.



Repeat with your calves, try to tighten your muscle, count to five and relax your body.



Continue upwards with the muscles on your body. Squeeze, count to five and relax.



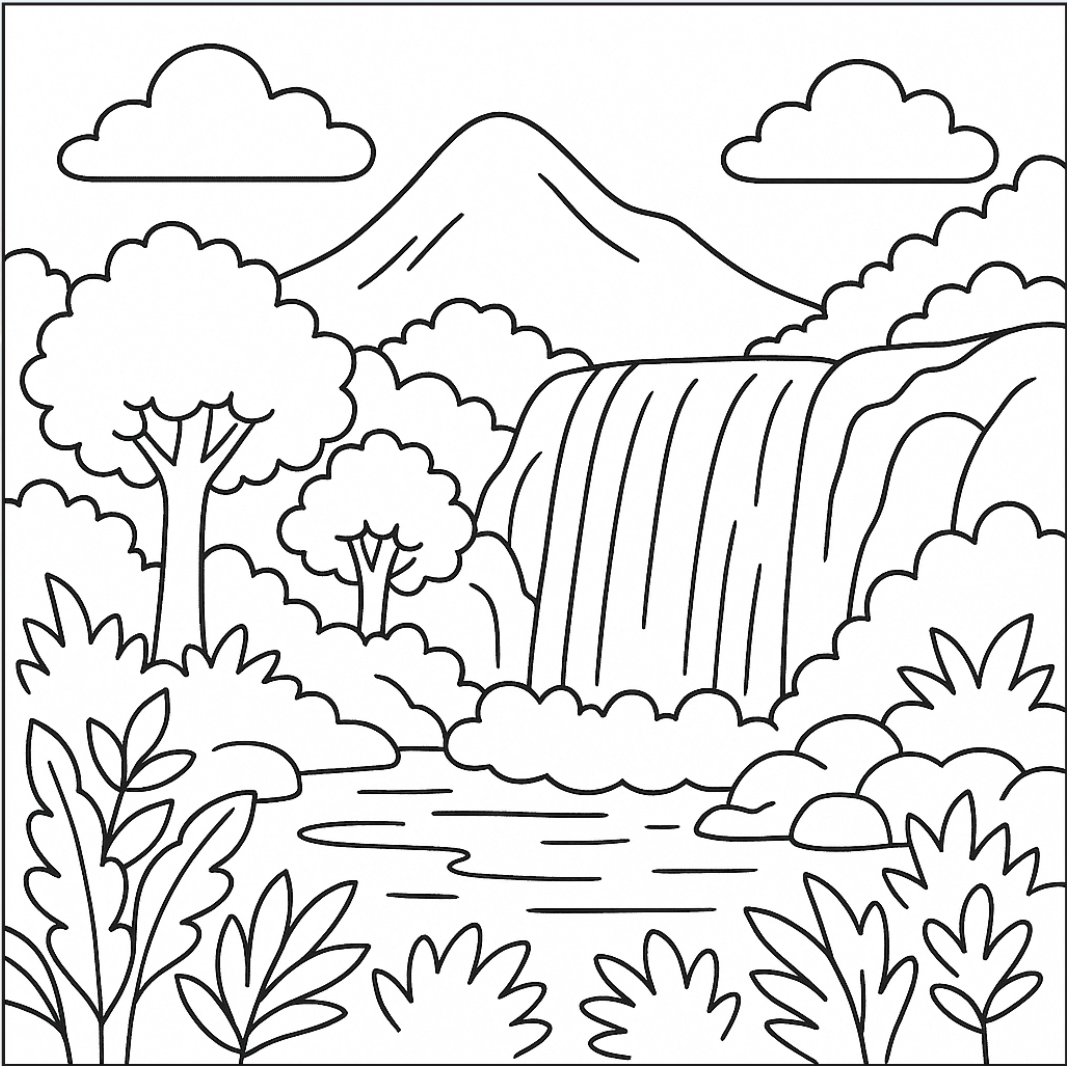
bit.ly/YCMinds

DID YOU KNOW?

Children and young people in the Caribbean are more likely to feel stressed, anxious, sad, overwhelmed or worried due to climate-related events such as natural disasters like hurricanes, tropical storms or earthquakes that occur every year (WHO, 2022). If you feel any of the above emotions, practice the “Big Squeeze” exercise above.

We love relaxing all day at the waterfalls in Dominica. We can have a picnic and read our favourite book. Sadly, climate change can cause the rivers and waterfalls to dry up due to increased heat and less rainfall. Colour the waterfall below.

DOMINICA



bit.ly/YCMinds

DID YOU KNOW?

Mindfulness is a technique that focuses on what you are feeling, hearing, and seeing in the present moment. It can help you control your emotions, which can help you feel calm. Take a moment to relax and focus on what you are feeling, hearing and seeing right now.

In the Dominican Republic, droughts can lead to long periods of very limited access to water, which affects plants, animals and people like you, your family and friends! We must practice water conservation methods during the dry season. Can you imagine what a world without water would be like? Draw two pictures below. On the left draw a picture of what you think a world without water would be like. On the right, draw a picture of what you think a world with water looks like.

DOMINICAN REPUBLIC

A WORLD WITHOUT WATER

A WORLD WITH WATER

Next, talk to your parents, school counsellor or any trusted adult about how these thoughts make you feel.



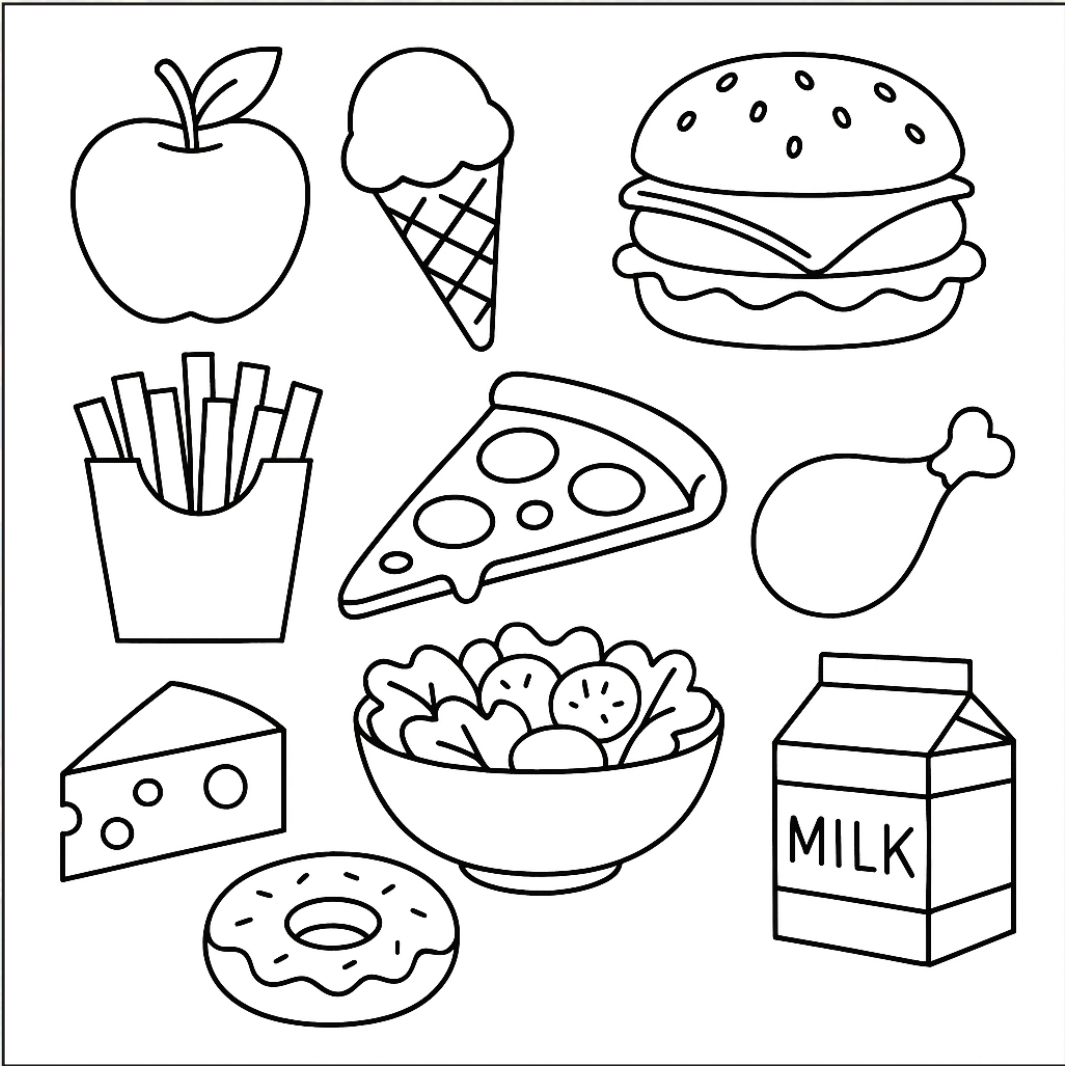
bit.ly/YCMinds

DID YOU KNOW?

Around one-third (1/3) of children worldwide are exposed to lead, some through infected water in pipes that are filled with lead. Lead can affect brain development in children. It is also possible that 600 million children will be living in areas that lack water by 2040 (UNICEF, 2020). Be a CHANGE AGENT by using water wisely. Your actions today will help our future!

Climate change and natural disasters can increase the risk of sickness. Sickness may result from (or be caused by) extreme weather conditions, infectious diseases and reduced access to food and clean water. Regularly eating a healthy meal makes you stronger and gives you the energy to feel your best every day. Children in Grenada are creating healthy eating habits for a happy life. Colour the healthy food items from the options below.

GRENADA



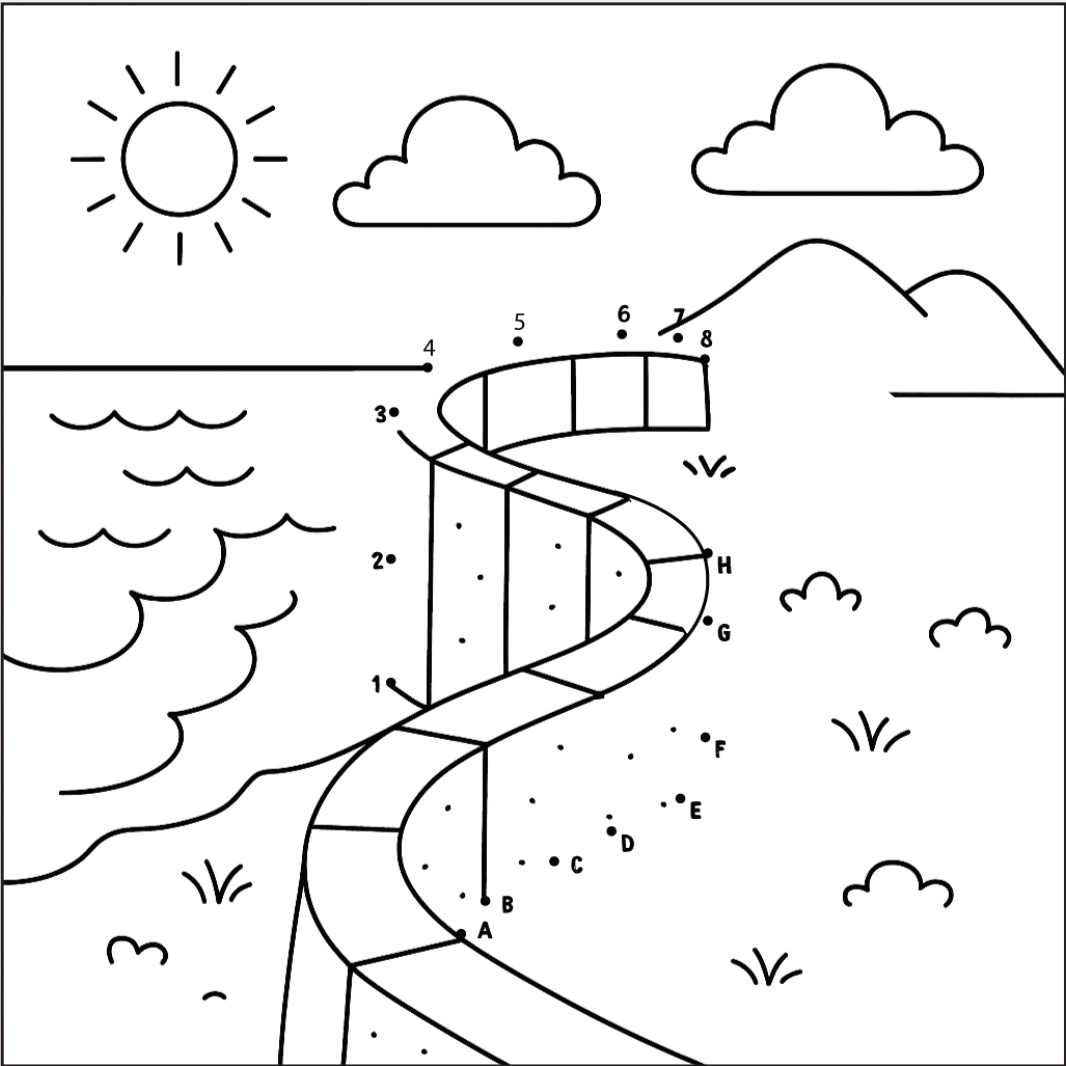
bit.ly/YCMinds

DID YOU KNOW?

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.

Just as the sea wall in Guyana prevents the rising sea levels from entering the city, practising good thoughts and acts of kindness protects you from fear and feeling anxious. Build the wall below by connecting the dots and then colour it.

GUYANA

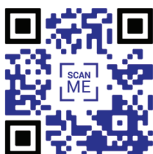
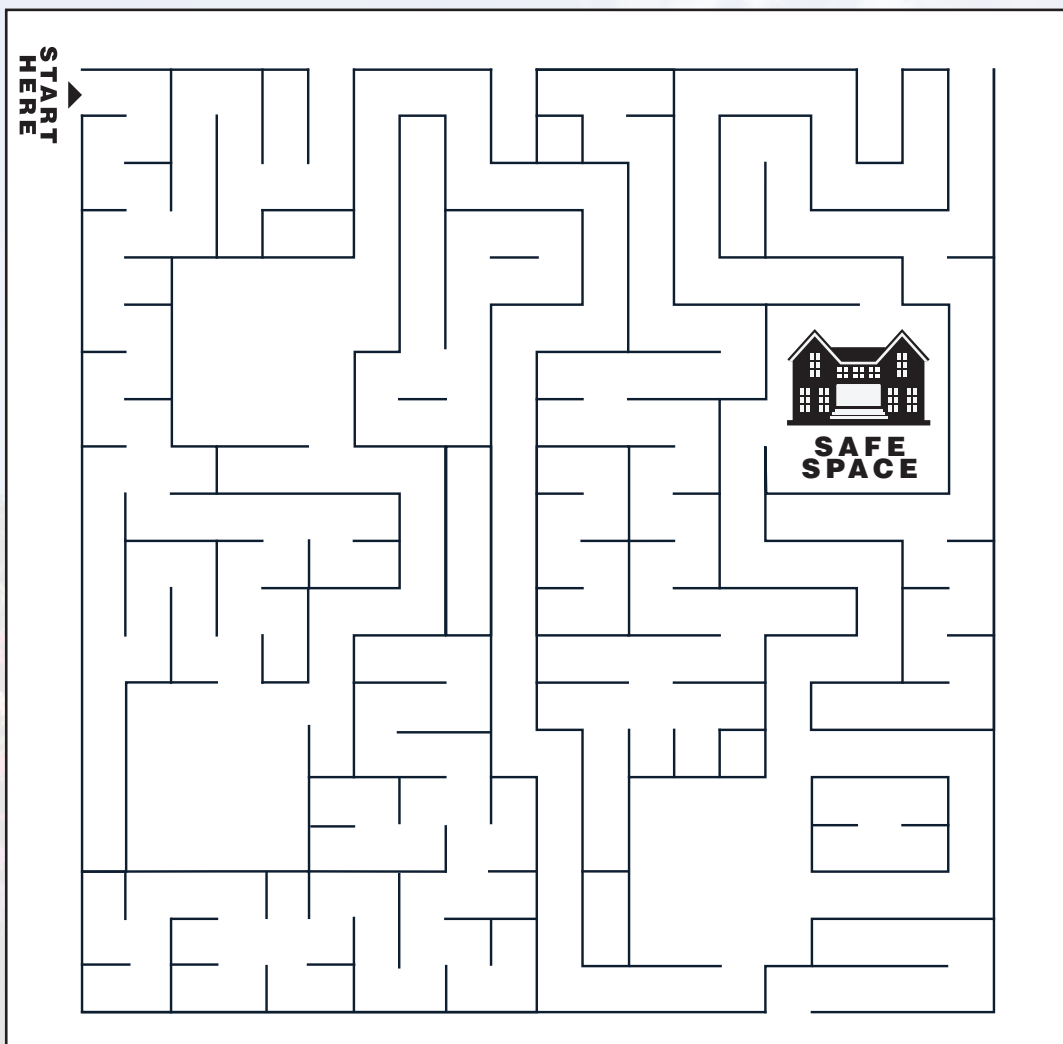


bit.ly/YCMinds

DID YOU KNOW?

Worldwide, at least 242 million students in 85 countries had their schooling disrupted by extreme climate events such as heatwaves, storms, floods, and droughts in 2024 (UNICEF, 2024).

Earthquakes can be scary. In Haiti, children have learnt to protect themselves during this natural disaster. If you are indoors, bend down, cover yourself (for example under a table), protect your head, and hold on tightly. If you're outside, stay away from walls and trees. After the earthquake, go with your family to a safe space. Help Kizzy and her family move to a safer building after an earthquake.



bit.ly/YCMinds

DID YOU KNOW?

Keep safe online before, during, and after emergencies and disasters. Online platforms and messaging apps are sometimes used to bully, recruit, groom (prepare) and take advantage of children and youth to harm them. If you feel unsafe, talk to a trusted adult or find a child protection contact number here: bit.ly/reachoutcaribbean

Hiking the Blue Mountains in Jamaica helps to clear your mind as you take in the fresh air. Colour the mountains below and find as many birds as you can.

JAMAICA



bit.ly/YCMinds

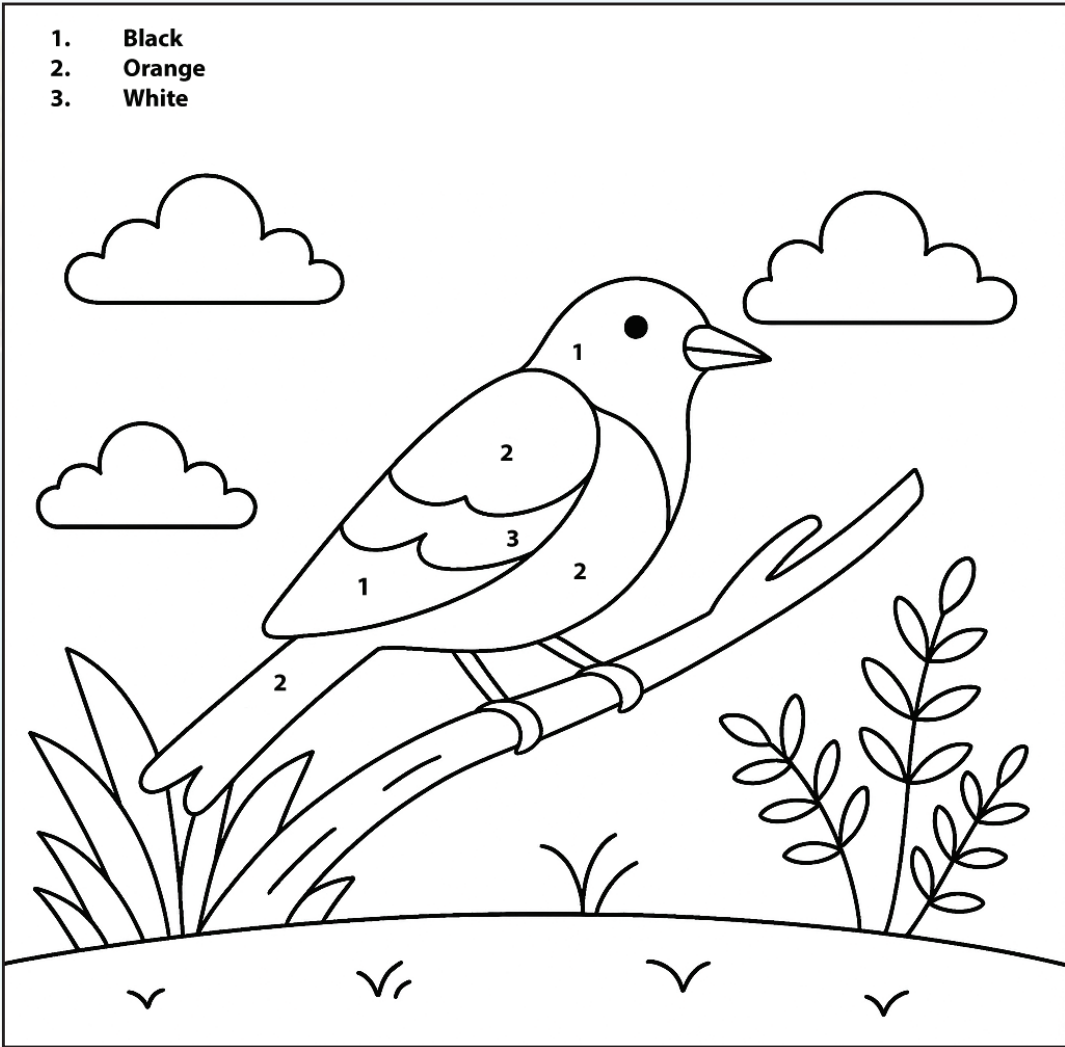
DID YOU KNOW?

Well-being is the positive state (happy and healthy) when we feel well and our rights are present in all areas of our lives.

Volcanic eruptions in Montserrat caused the loss of buildings such as homes and schools. People felt lost and helpless. But there is a bird, the Monsteratt Oriole, that represents hope and the ability to never give up. Be like the Oriole, stay strong and rise above every challenge! Use the colour guide to colour the image below.

MONTSERRAT

1. Black
2. Orange
3. White



DID YOU KNOW?

Climate Change is when the Earth's weather changes over a long time, like getting warmer or seeing different amounts of rain. This can happen because of things humans do, like using cars that use gas or diesel that cause smoke or cutting down trees.



bit.ly/YCMinds

In Sint Maarten, palm trees bend with the wind, but they don't break. You can be like that too. When life feels stressful or confusing, think about the things that help you feel calm and safe. These are your anchors for when life gets stormy.

SINT MAARTEN

On the hand below, connect the dots and turn it into a "Palm of Peace." Inside each finger, write and imagine something that brings you comfort. E.g., your favourite beach, a person, or a memory.



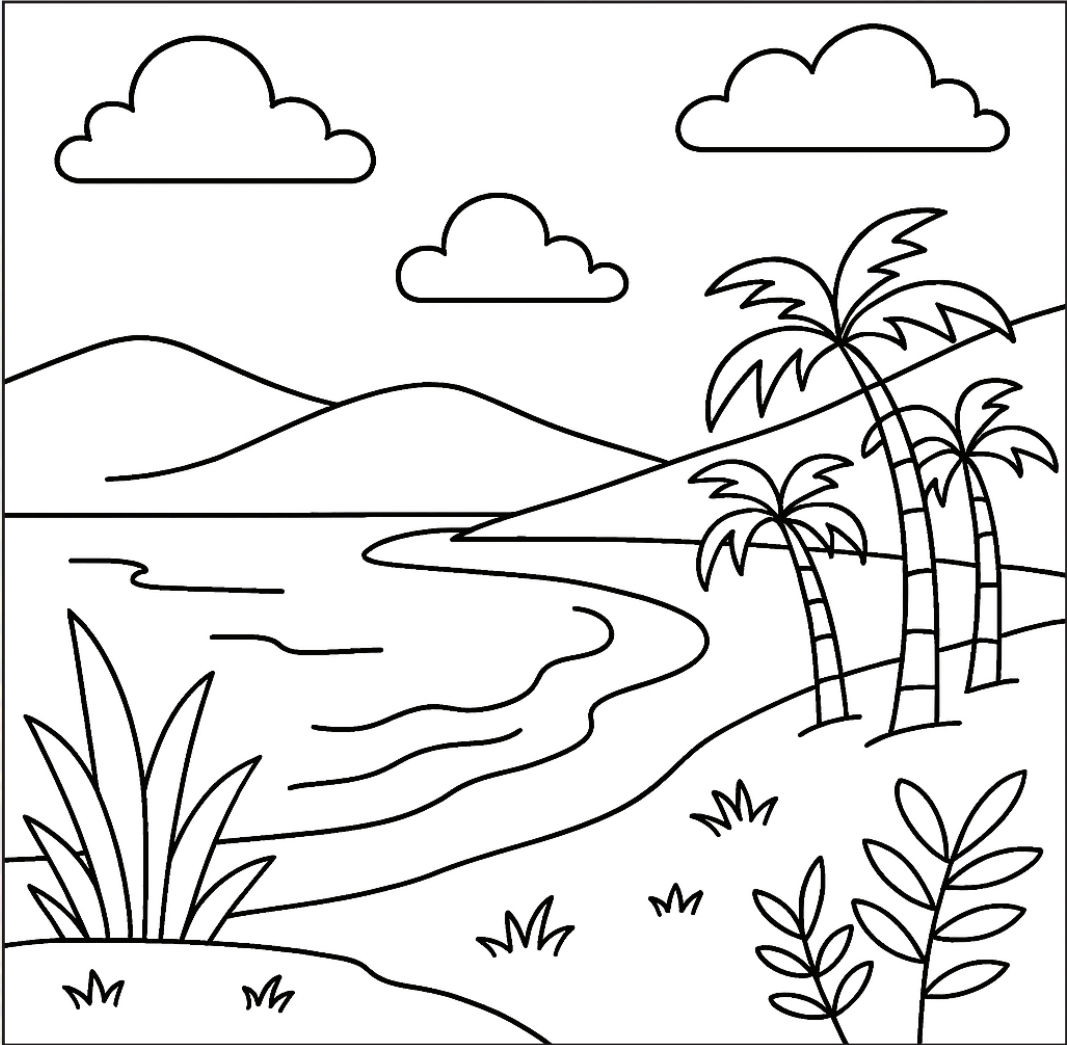
bit.ly/YCMinds

DID YOU KNOW?

Do you know your natural disaster plan? Families and schools should create simple, natural disaster plans that you understand. Practice what you should do and where you should go. Use stories and games to remember your plan.

We like taking walks along the coast in St. Kitts and Nevis. Looking at the beautiful waters and doing breathing exercises help us feel better when we are sad. Colour the picture below then take a slow breath in as you visualize being on the coastline. Exhale gently and imagine the waves washing your worries away.

ST. KITTS & NEVIS



bit.ly/YCMinds

DID YOU KNOW?

In a CARICOM and UNICEF research study, 68% of young people did not visit a counsellor when needing support to cope or deal with issues (CARICOM & UNICEF, 2025). Do you need someone to talk to? Go to page 4 of this Activity Book to find the link to your local Directory of Government Mental Health Services.

We enjoy eating different local fruits in St. Lucia. Climate change can affect the seasons, and hurricanes can destroy the trees. We should take care of the earth so we can keep enjoying these fruits for a long time. Use the colour guide to colour the fruits below and write the name that you use for each fruit in your country.

ST. LUCIA

1. Yellow
 2. Brown
 3. Orange
 4. Green
 5. Purple



DID YOU KNOW?

Good mental health helps you feel better emotionally and physically, improves your relationships, and makes life more enjoyable. It can strengthen you in tough times, help you handle stress, feel more confident, and get more done. Take care of your mental health!!

Climate change affects agriculture and makes it harder for farmers in St. Vincent and the Grenadines. Some children plant backyard gardens with their families. By growing their own food it helps them to stay healthier, and also makes them feel better being out in nature with their loved ones. Circle tools that you find in the garden below. How many can you find?

ST. VINCENT & THE GRENADINES



bit.ly/YCMinds

DID YOU KNOW?

Climate change and natural disasters can make your friends worry. You can help them grow stronger, feel safe, calm, connected, and hopeful.. Visit the link to “My Support Companion” on page 4 of this activity book and look for the “3 L’s” to find out how you can help your friends feel better.

Increased heat caused by climate change puts Suriname at risk of wildfires, especially during the dry season. The large amount of smoke from the fire can cause difficulty breathing. If there is a wildfire, children should stay indoors, limit their physical activity and drink a lot of water. Staying hydrated is very important whenever it is hot. Colour the water below.

SURINAME



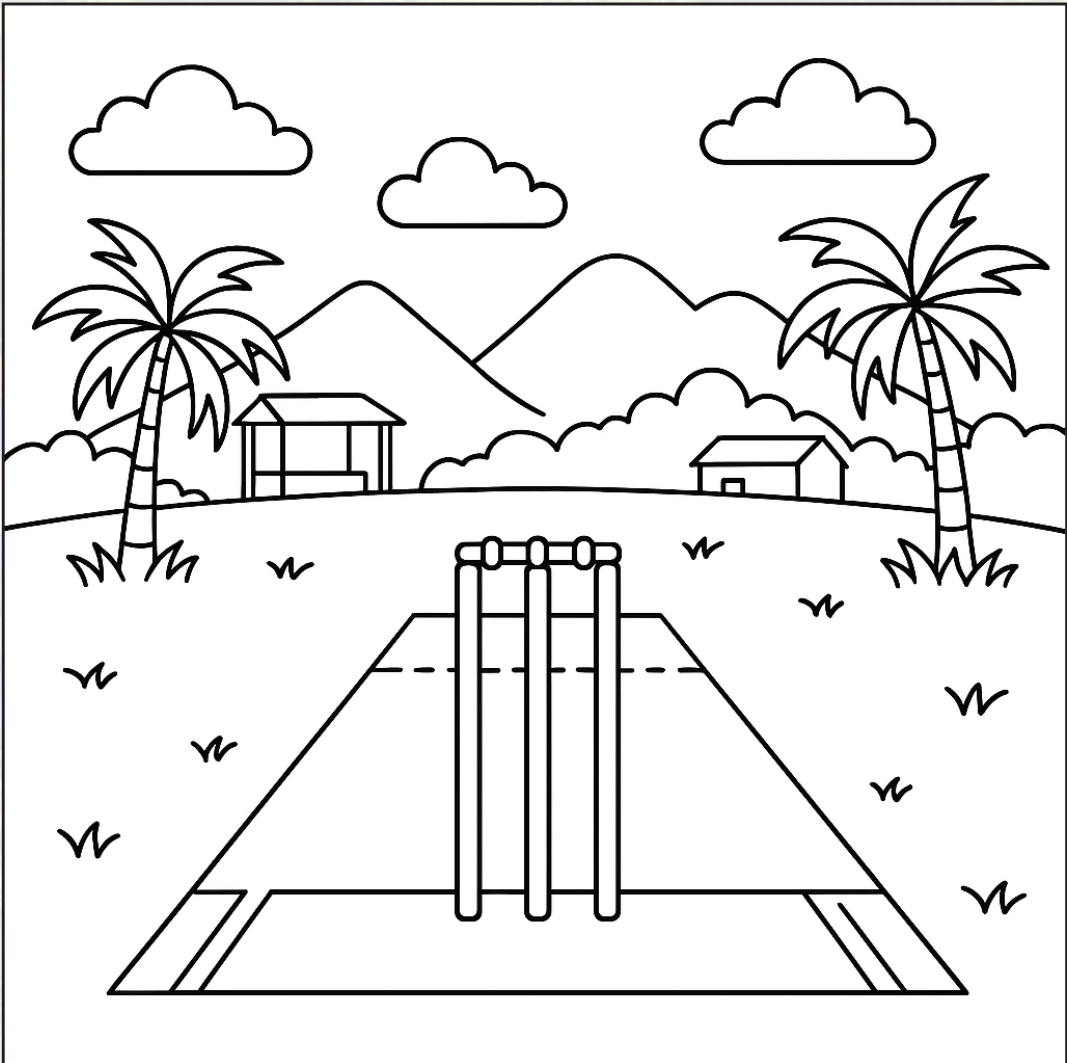
bit.ly/YCMinds

DID YOU KNOW?

To prepare for natural disasters, you can learn emergency drills, emergency numbers, prepare emergency kits, and stay informed of the situations on your island. You can also research what to expect in times of disaster.

Climate change increases the risk of intense floods in Trinidad and Tobago. You should stay away from playing in floodwaters so you won't get sick from water-borne illnesses. When the government has given the all-clear, some people enjoy playing cricket on the community field to help them feel normal again. Colour the cricket field below.

TRINIDAD & TOBAGO



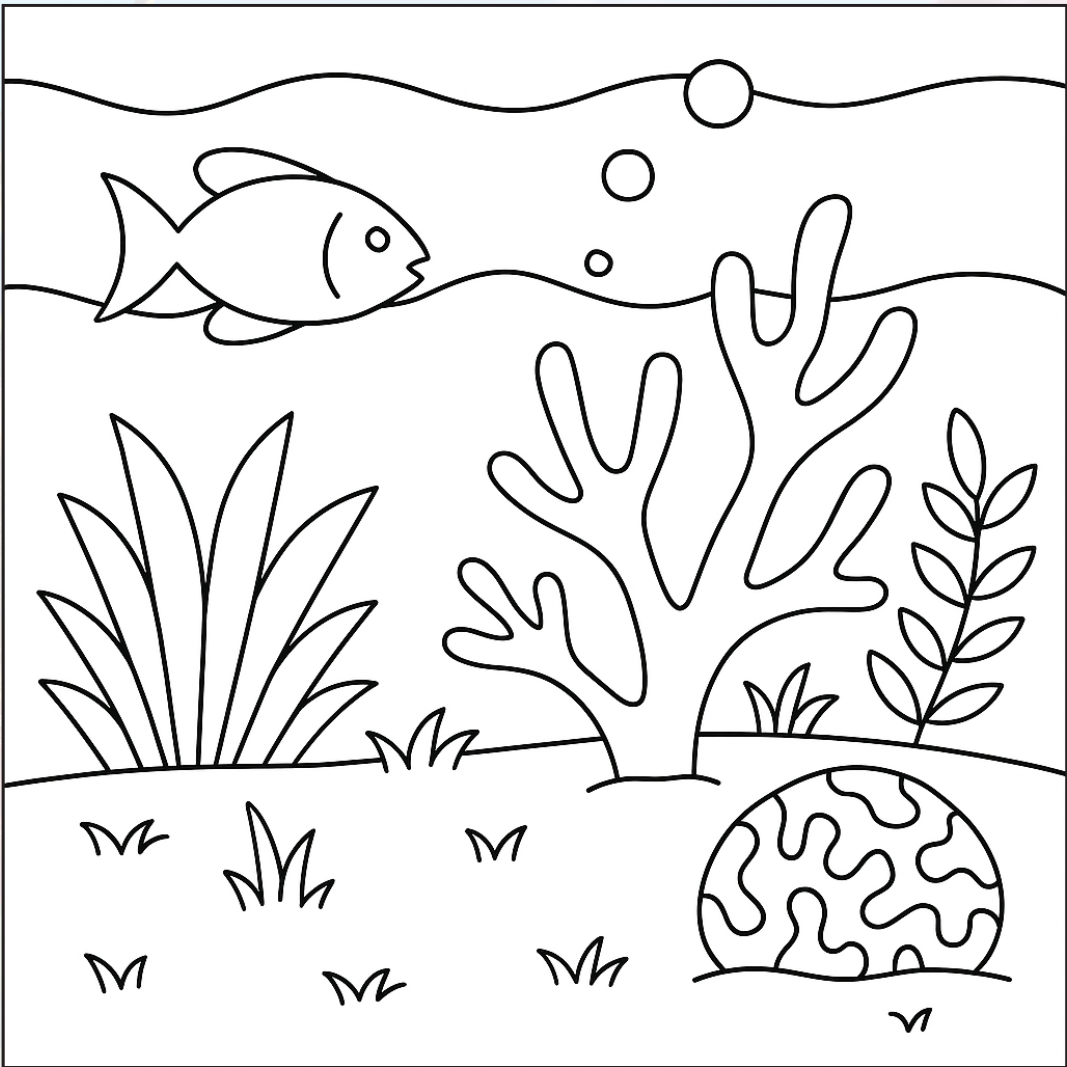
bit.ly/YCMinds

DID YOU KNOW?

We all can help with climate change; no one is too young. You can help by walking or biking when possible, reducing, reusing, recycling, saving water, and planting trees or gardens.

We love snorkeling in the Turks and Caicos Islands and seeing the colourful coral reefs! However, when the ocean gets too warm, the corals can lose their colour and get sick. Colour the coral reef below and help keep it bright and beautiful!

TURKS & CAICOS



bit.ly/YCMinds

DID YOU KNOW?

The ocean covers 70% of earth's surface. The ocean is a home and food source for countless fish, mammals, plants, birds, and more. Please do your part and protect our oceans.



Acknowledgements and Gratitude



We, the co-authors, wish to thank the project lead, Bertrand Moses, Child Protection Officer, UNICEF and the following persons for their invaluable contributions to this project:

Illianna Samaroo
Dr. Shaun Liverpool
Roanna Lalmansingh
Reginald Burke
Jameel Lee
Maryanna Nascimento
Priyanka Lalla
Dr. Talia Esnard
Michele Small Bartley
Antria Spyridou

Dr. Dylan Kerrigan
Mandela Christian
Germain Anthony
Bertrand Moses
Shaquille Bernard
Dr. René Young
Romero
Alicia Knowles
Dr. Regina Duperval

Special thanks to the team at Route Creations.

route[™]
CREATIONS

YOUNG CARIBBEAN MINDS

To download this Game and Activity book and other resources, visit the website below
www.youngcaribbeanminds.com