

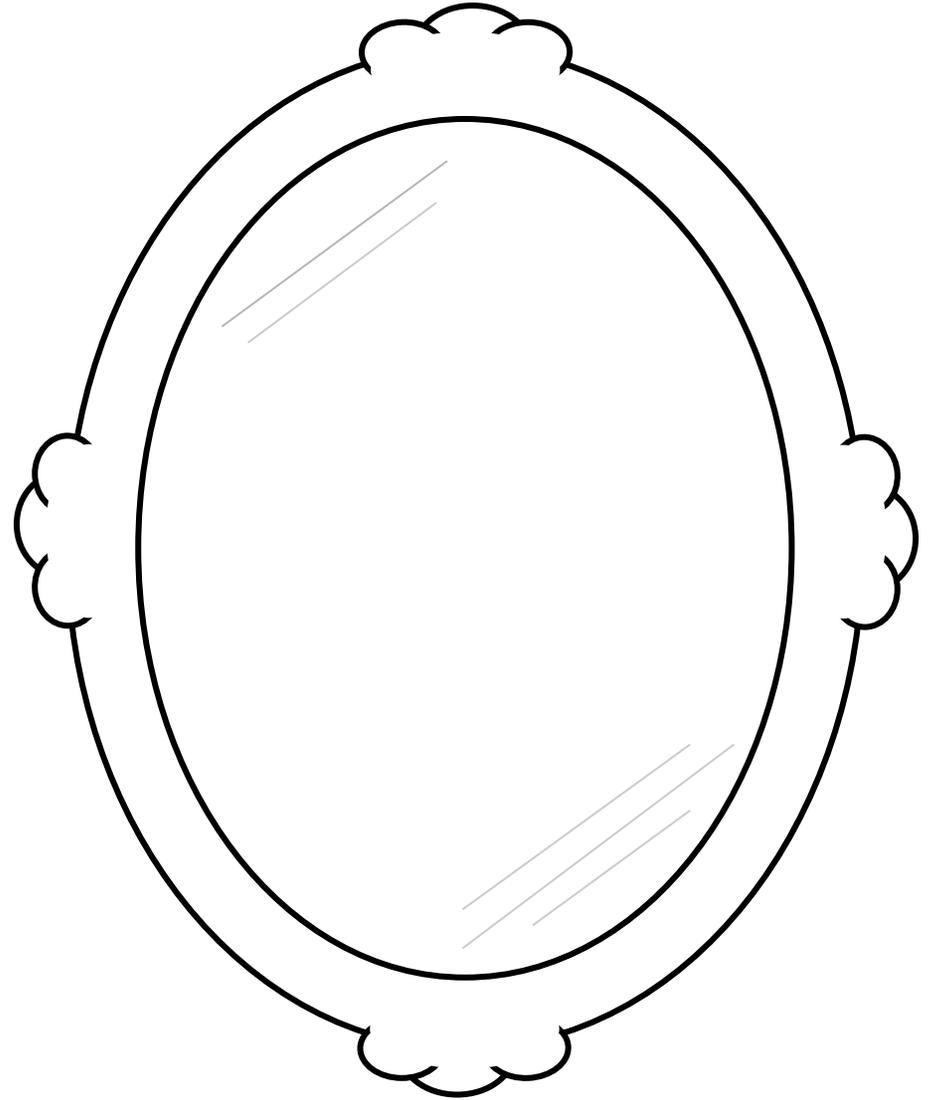
# THE MONSTER IN ME

Sometimes our big feelings can feel like monsters living inside of us, begging for attention. Think about one or more big feelings you would like to pay attention to. Maybe it's a feeling you don't normally get to let out or one you were told to keep under control. This is your window of time to let your monsters out and learn more about them. Follow the directions below to create the monster inside of you. Remember that all feelings are welcome and whatever comes up for you is OK – there's no right or wrong way.

1. Check the box(es) next to the feeling(s) you want to focus on. If you don't see one you like, use the blank space add one.

- |                                    |                                  |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> Happy     | <input type="checkbox"/> Scared  |
| <input type="checkbox"/> Sad       | <input type="checkbox"/> Angry   |
| <input type="checkbox"/> Jealous   | <input type="checkbox"/> Proud   |
| <input type="checkbox"/> Anxious   | <input type="checkbox"/> Ashamed |
| <input type="checkbox"/> Silly     | <input type="checkbox"/> Excited |
| <input type="checkbox"/> Disgusted | <input type="checkbox"/> _____   |

2. Think about how your feeling monster looks and sounds. Inside of the mirror to the right, draw your monster using words, images, shapes and colors to represent it. Think about drawing how you might look when you feel this way or how others might see you.
3. Take a moment to sit with your feeling monster(s) and listen. What kinds of things do you need when you're feeling this way? Does your silly monster need a friend to be laugh with? Does your angry monster need to be listened to? Does your scared monster need to feel safe? What do you notice when you listen closely to your feelings?
4. Fill in the section below the mirror and think about how you can use what you learned to guide you in the future when you feel this way again. If you feel comfortable enough to do so, share your what you've learned and your creation with a safe person.



My monster's name is \_\_\_\_\_

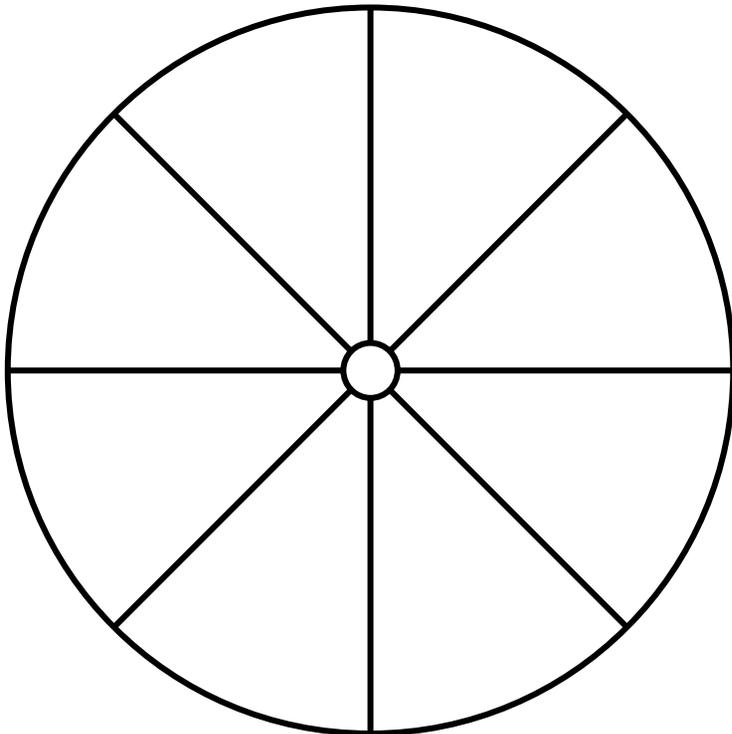
It comes out when I feel \_\_\_\_\_

My monster needs \_\_\_\_\_

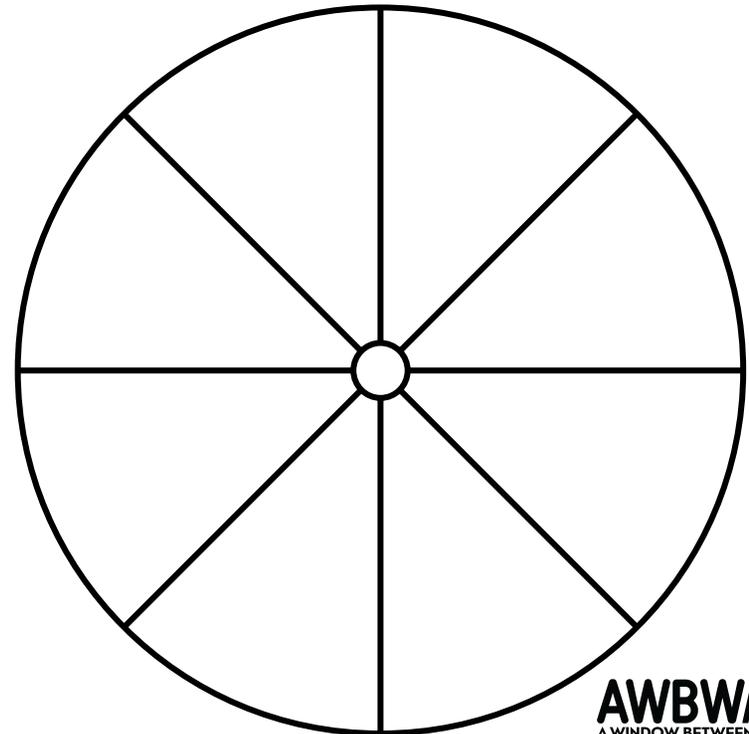
# TAKE A BREAK, SELF-REGULATE!

With all the things we do throughout the day, it can be hard to pause and take a break. Taking breaks can be good for your body and your mind. They can help restore your motivation and increase productivity and creativity. These spinners can be helpful reminders for you to take a break. **What you'll need:** scissors, hole puncher, 2 brass fasteners, and 2 large paper clips. **Directions:** 1) Think about eight different ways you like to take breaks and use words, shapes, symbols and colors to write them into the different sections in Spinner A. 2) On Spinner B, add eight different lengths of time you will take your break. You might want to add a shorter and longer times so you can choose based on how much time you have. You'll always be able to continue spinning into a length of time works for you. 3) Cut each spinner out and punch a hole through the center circles. Place a large paper clip over the hole and insert a brass fastener through the paper clip to make a spinner. Fasten the brass fasteners and flick the spinners to make sure they spin easily. 4) When you're ready for a break, just give your spinners a flick and enjoy! If you land on a break and/or a time that doesn't work for you, keep spinning until it works for you, there is no right or wrong way.

**SPINNER A:** How would you like to take a break?



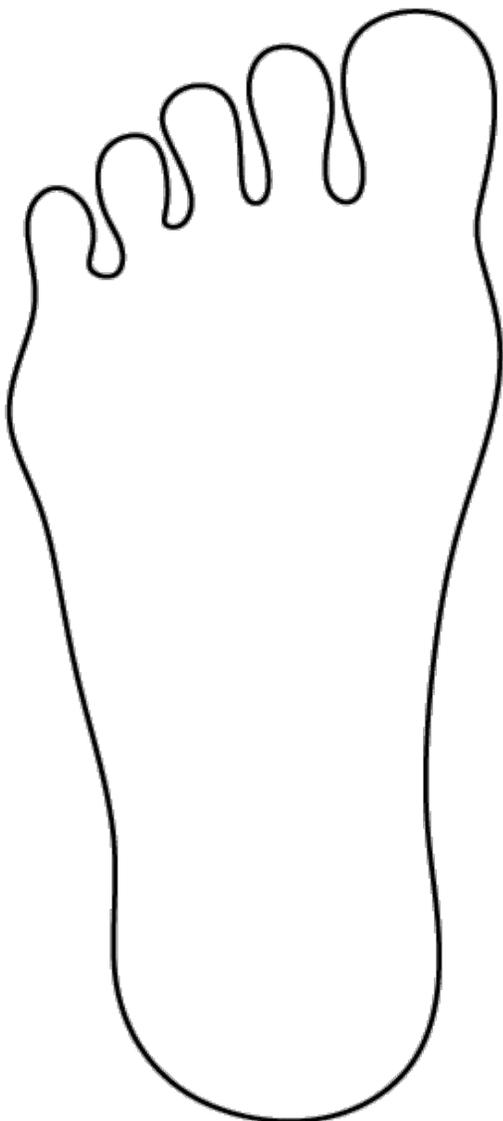
**SPINNER B:** How long would you like to take a break?



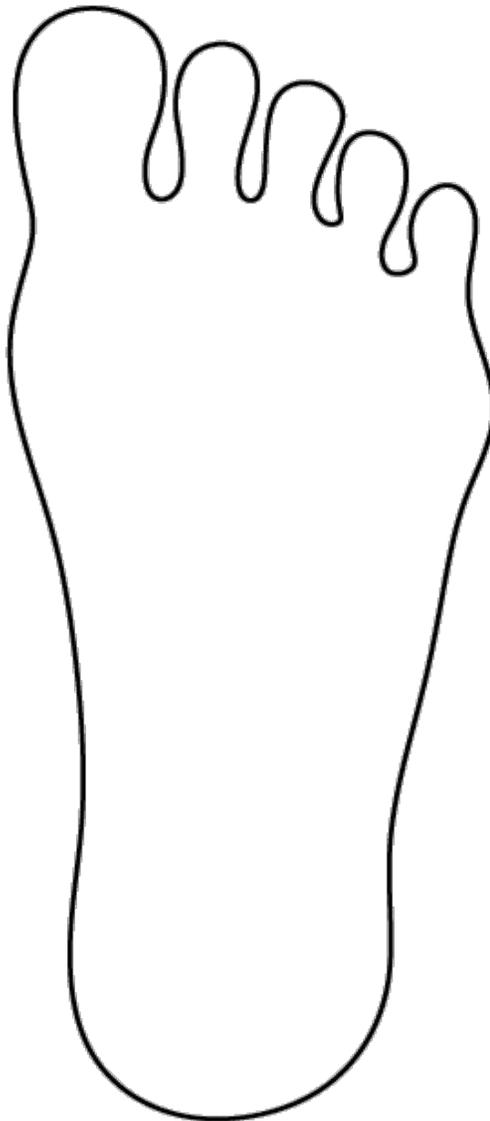
# JOURNEY FOOTPRINTS

Our feet have taken us so many places throughout our lives and the places they will go is unknown. Take a moment to think about your journey – where you have been and where you are going? In the feet below, use words, images, shapes and colors to represent your past and your future. What experiences have shaped who you are today? Where would you like your path to go in the future? What steps are needed for you to get there? What stories do your feet tell? We all have unique experiences and our Journey Footprints are uniquely our own. Whatever comes up for you is OK – there is no right or wrong way.

PAST

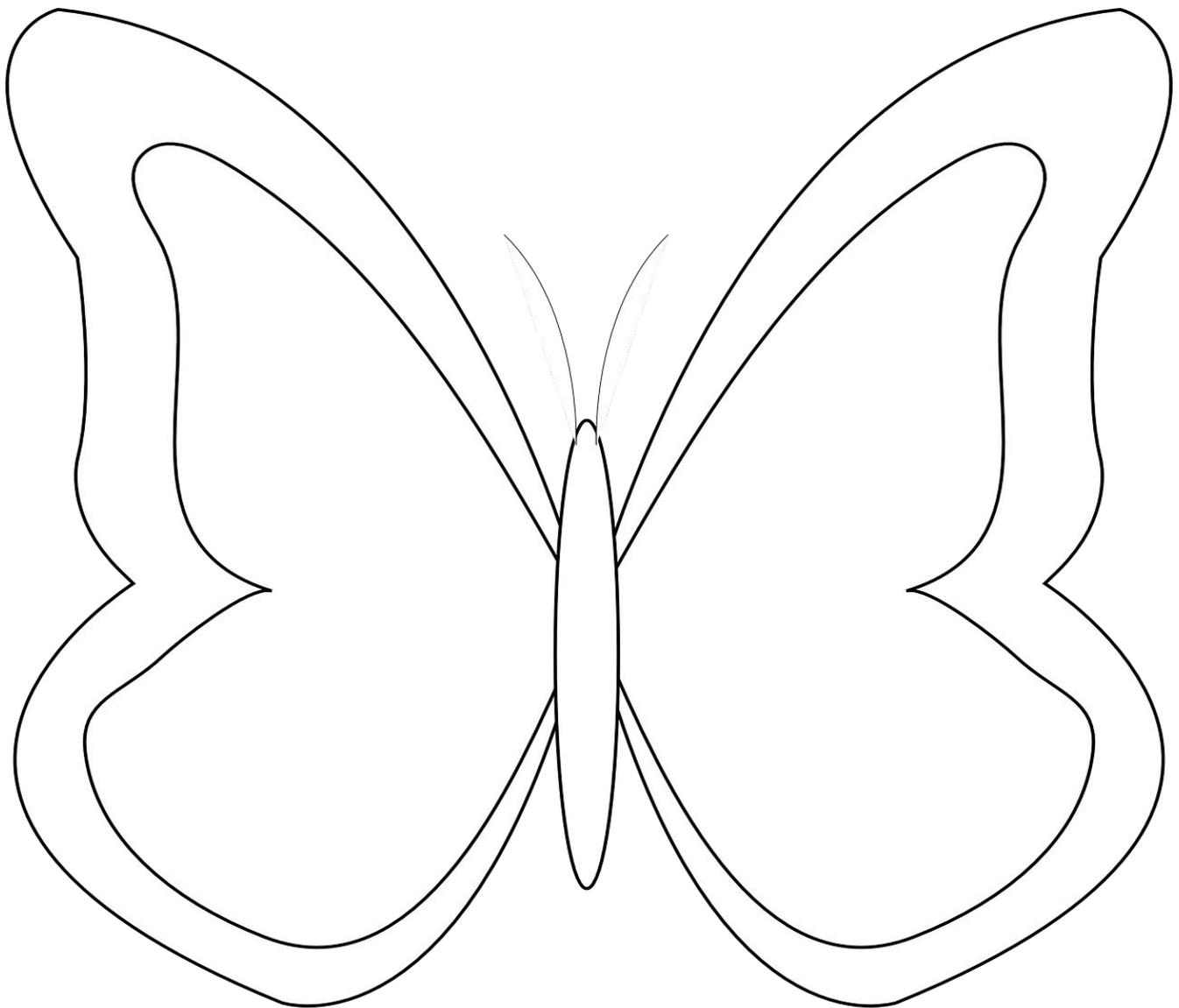


FUTURE



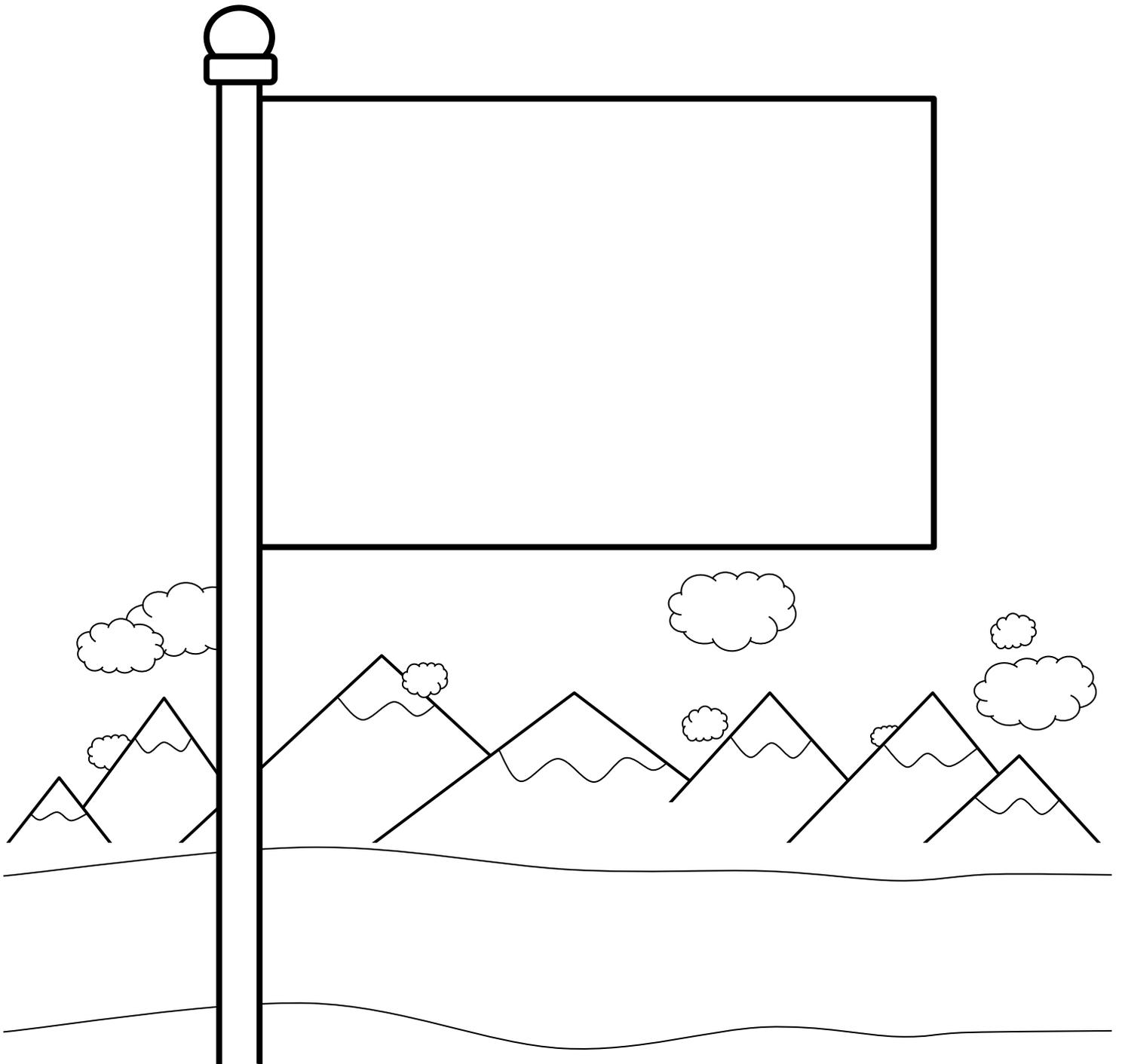
# JOURNEY BUTTERFLIES

Butterflies are very special and beautiful creatures, even though they don't start out that way. Like each one of us, they grow and change. In fact, butterflies go through four stages during their lifetime. Their whole life is about transformation. Butterflies are sometimes used in art as a symbol for this. Traditionally, they represent new life, hopes, dreams and freedom. You are invited to decorate the butterfly below to represent a journey you've through in the past or present. You can use words, images, shapes and colors to show your unique transformation. Every butterfly is as unique as you are, so whatever comes up for you is OK – there is no right or wrong way.



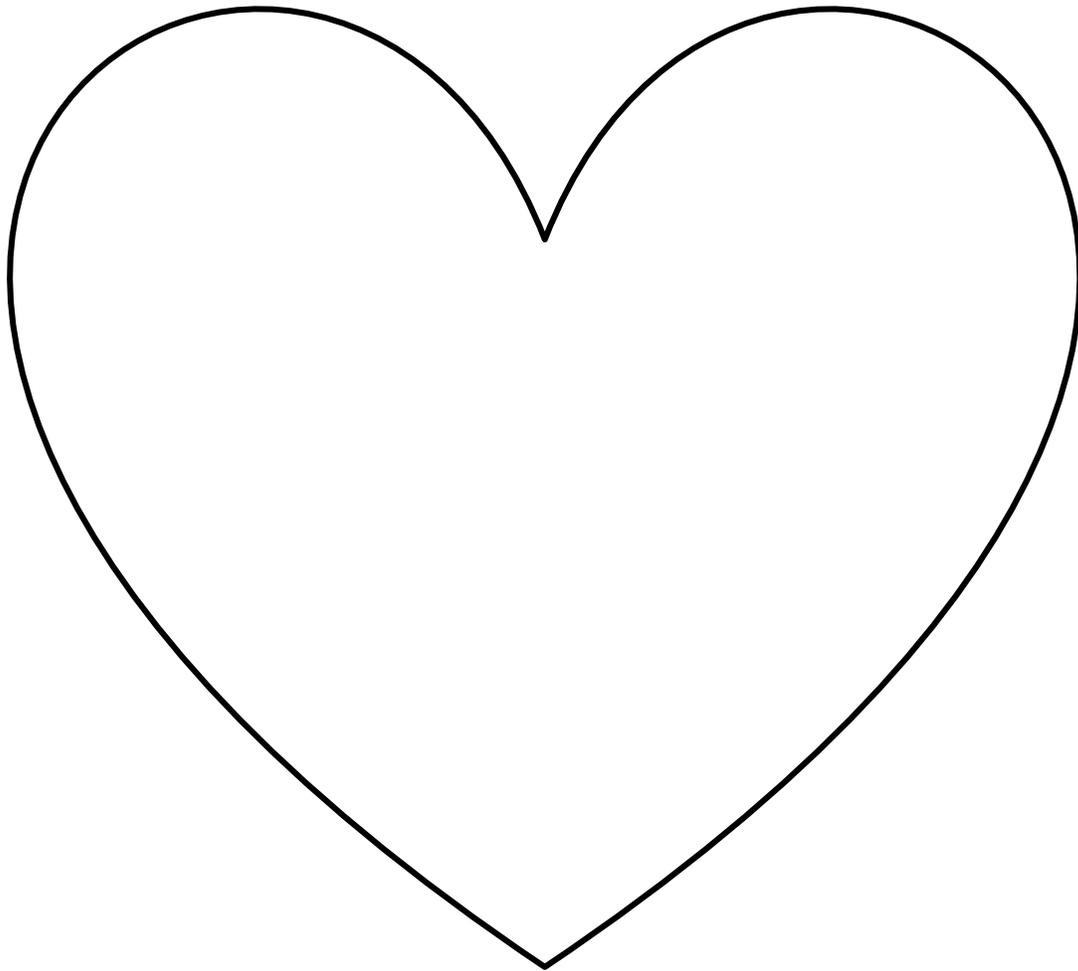
# FLYING TALL

What does strength mean to you? Is it about how many pounds you can lift? Or does it mean something more than that? For example, one kind of strength is being reliable. Another kind of strength is making good decisions. Another kind of strength is showing kindness. I'd like to encourage you to think of a time when you felt strong. A time when you used your strengths to get through something. Using words, images, shapes and colors, fill in your flag to represent your strength. Whatever comes up for you is OK – there is no right or wrong way. When you're done, take a look at it and be proud because you are flying tall!



# HEART STORIES

Have you ever thought about what your heart would say if it could talk? You are invited to think about all the different ways that your heart feels and bring them out onto the paper to tell a story. What would yours say? What are the things that make your heart happy, sad, or scared? What is your heart proud of? If your heart were a color today, what color would it be? By listening to your heart, you can begin to understand it more and talk about what it needs. You can also talk to other people about what it needs, too. Using words, images, shapes and colors, fill in the heart below to tell your heart story. You can also use the lines below to write your story down. Whatever comes up for you is OK – there's no right or wrong way.



My heart story: \_\_\_\_\_

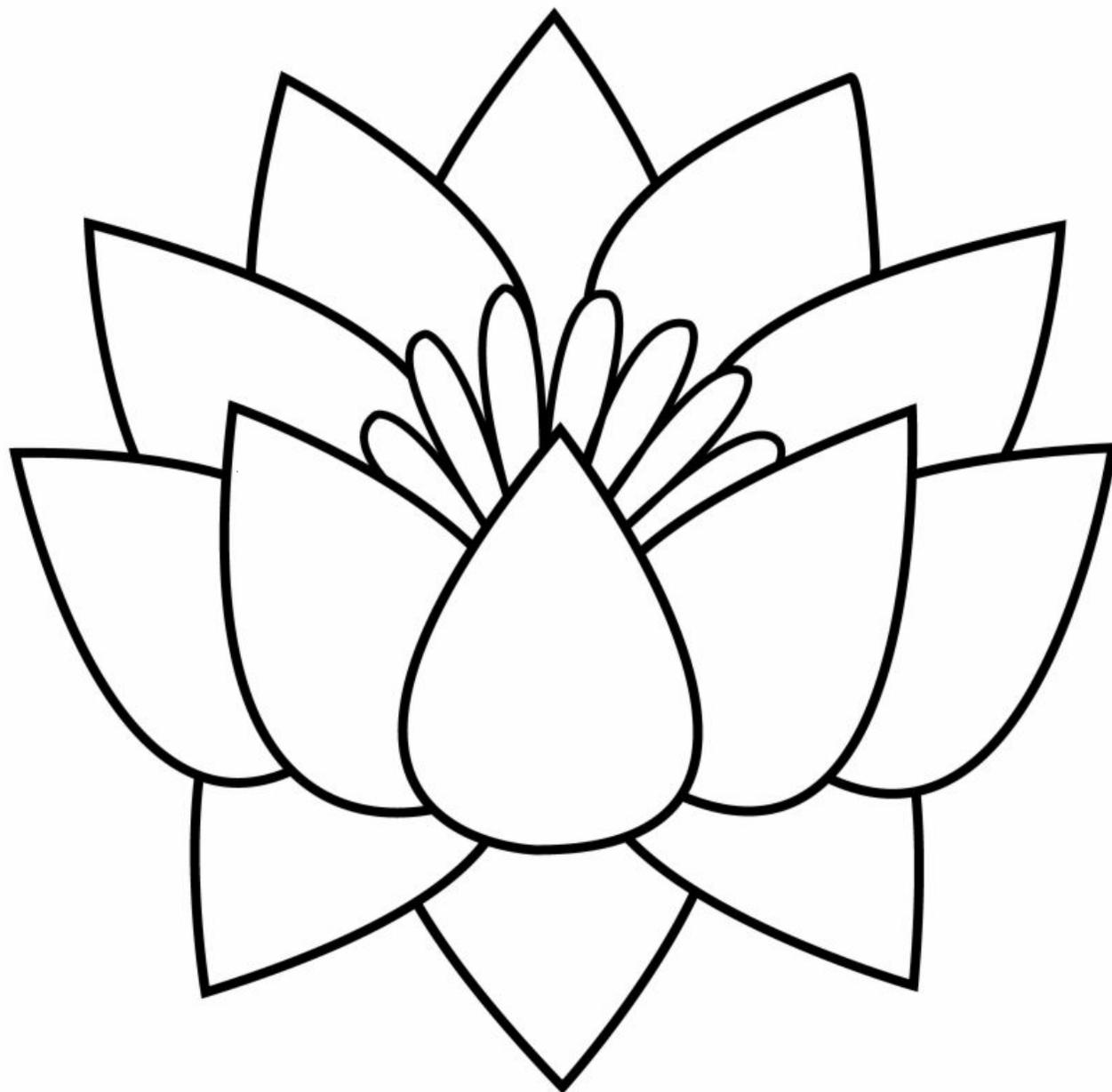
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# THE LOTUS FLOWER

Rooted firmly in the mud, the Lotus Flower grows in murky water. It can represent growth during difficult times. Using words, images, shapes and colors, fill in the Lotus Flower to represent one or more challenges you've been through and how you overcame them and blossomed! Use your finished flower to remind you of your resilience. Whatever comes up for you is OK – there's no right or wrong way.

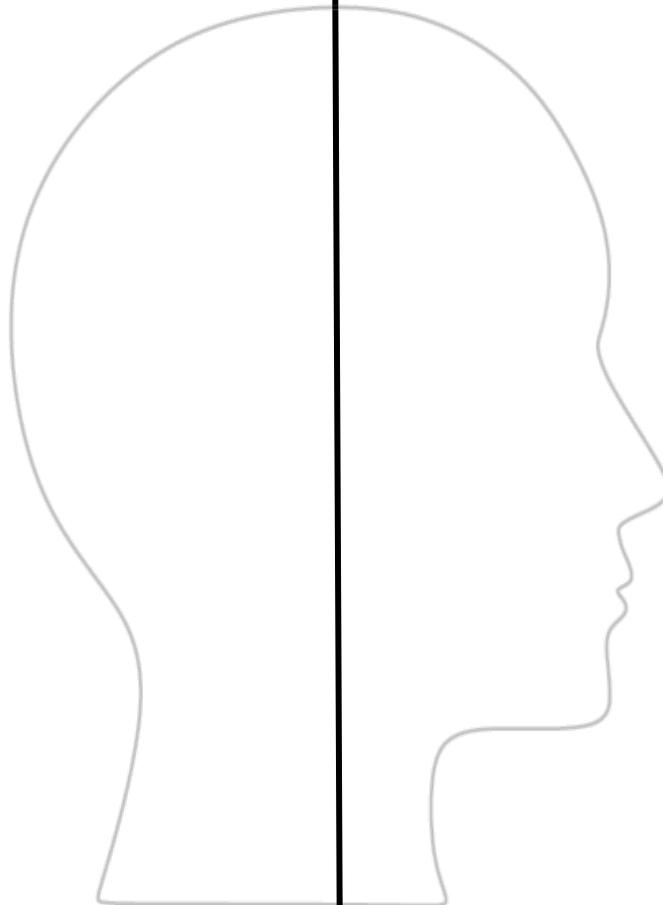


# INSIDE / OUTSIDE

You are invited to explore the “you” that you know on the inside and the “you” that people see on the outside. Sometimes the person we know on the inside is different than the person we let others see, sometimes it isn't. In the space below, use words, images, shapes and colors to express the inside and outside you. Do you look confident on the outside but feel nervous inside? Is your outward personality different from what you feel? As you explore these different sides of yourself you might learn something new. Whatever comes out for you is OK – there's no right or wrong way.

INSIDE

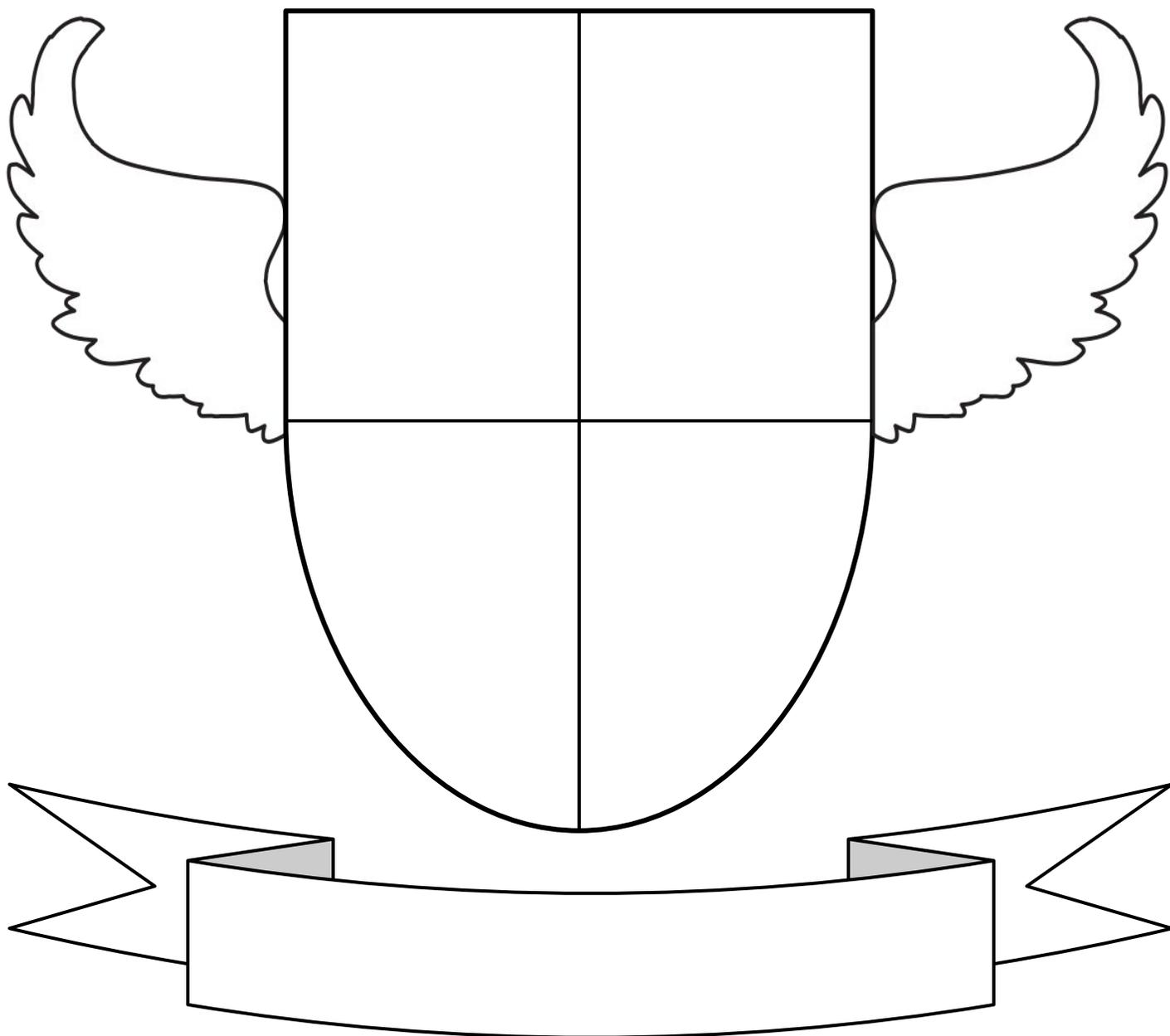
OUTSIDE



# COAT OF ARMS

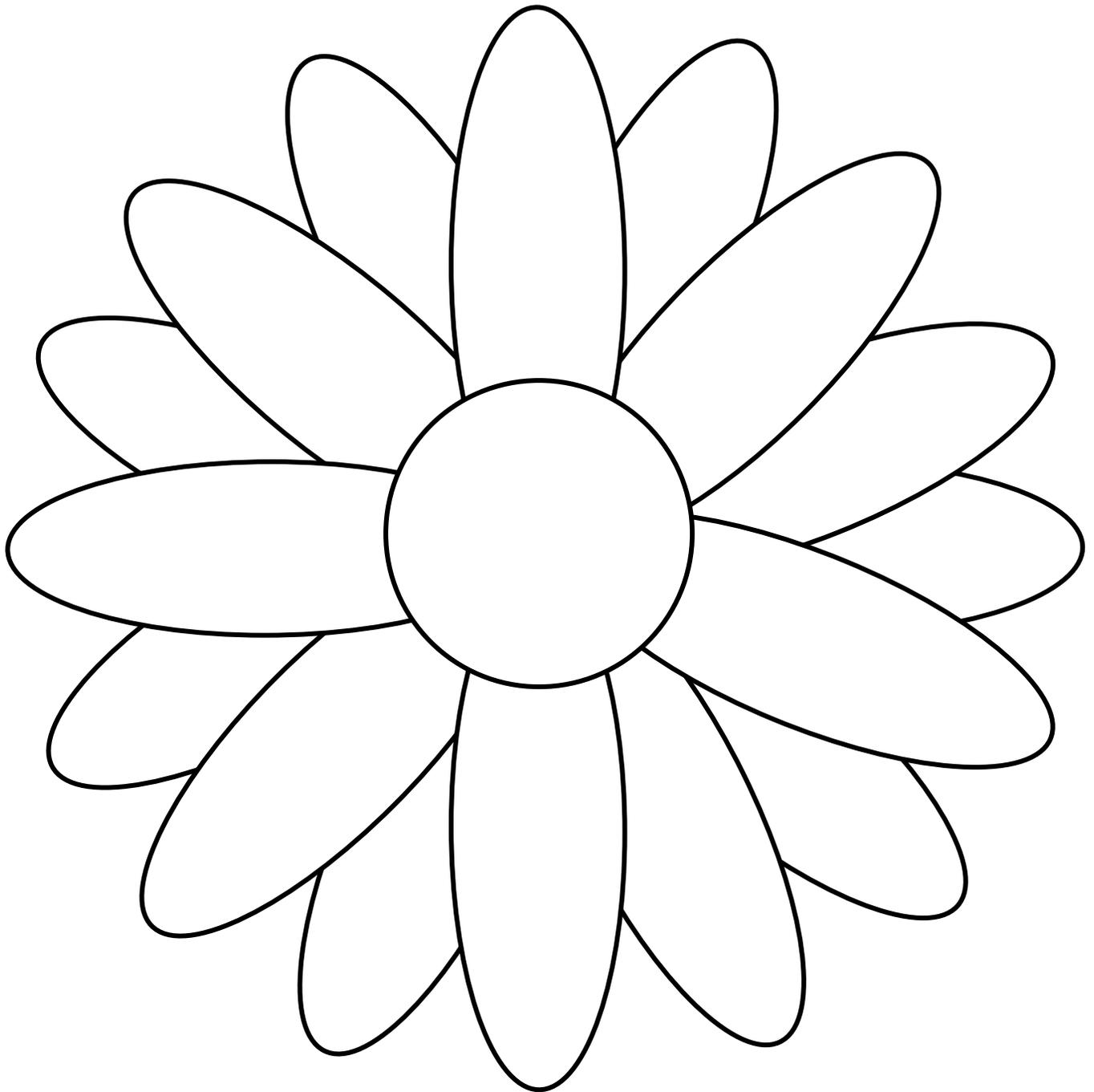
A coat of arms is a symbol of your pride and strengths. You are invited to create your own using the directions below. You can also follow prompts of your own – there's no right or wrong way.

- Upper left corner: Words, images, shapes and colors that represent your family.
- Upper right corner: Your favorite thing to do.
- Lower left corner: All of the people you consider family.
- Lower right corner: Words, images, shapes and colors that make you feel safe.
- On the bottom ribbon: Add your first and/or your last name.



# PERSONAL NEEDS FLOWER

Sometimes we can be really good at taking care of other people that we can forget someone who is very important— ourselves! Now's your chance to stop and smell the flower...your Personal Needs Flower! Think of all the different needs that you might have. They can be physical, emotional, and spiritual needs that can go overlooked throughout your day. Using words, images, shapes and colors, fill in the flower below to as you remind yourself of your core needs and maybe even discover new ones. Whatever comes up for you is OK — there is no right or wrong way.



# CREATING A SAFE PLACE

When you think of safety, what comes to mind? You are invited to think about a place, real or imaginary, where you can go to feel safe. Maybe it's a place you've been to before or a place that only exists in your mind. You can use words, images, shapes and colors to show your safe place. If you have trouble thinking of something, think of a place that can be safe for you. Whatever comes up for you is OK – there is no right or wrong way. On the lines below, you can describe your safe place. Keep your creation as a reminder of the things and places you can go to when you need to.

About my safe place: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# POSITIVE PIGGIES

Positive self-talk is something you can do to build your self-esteem and support you when you are feeling down or to battle the negative thoughts. Capturing words, statements, images and colors that lift you up can be a good place to start. Your piggy bank can keep your messages safe until you need them. Follow the directions below to create your very own Positive Piggy. Whatever comes up for you is OK – there is no right or wrong way.

1. Think about times in your life when you can use positive self-talk. Maybe it's before going to work or school in the morning or when you hear negative comments from others or even yourself. Or maybe it's before when you need a boost of confidence to get through a challenging time.
2. Fill in each coin with positive words, statements, images and colors.
3. Decorate your piggy with colors that represent your positivity. You can also add additional words, statements and images.
4. Think about how you can use your Positive Piggy the next time you are faced with a challenge. If you feel comfortable enough, share what you learned and your creation with a safe person.

