

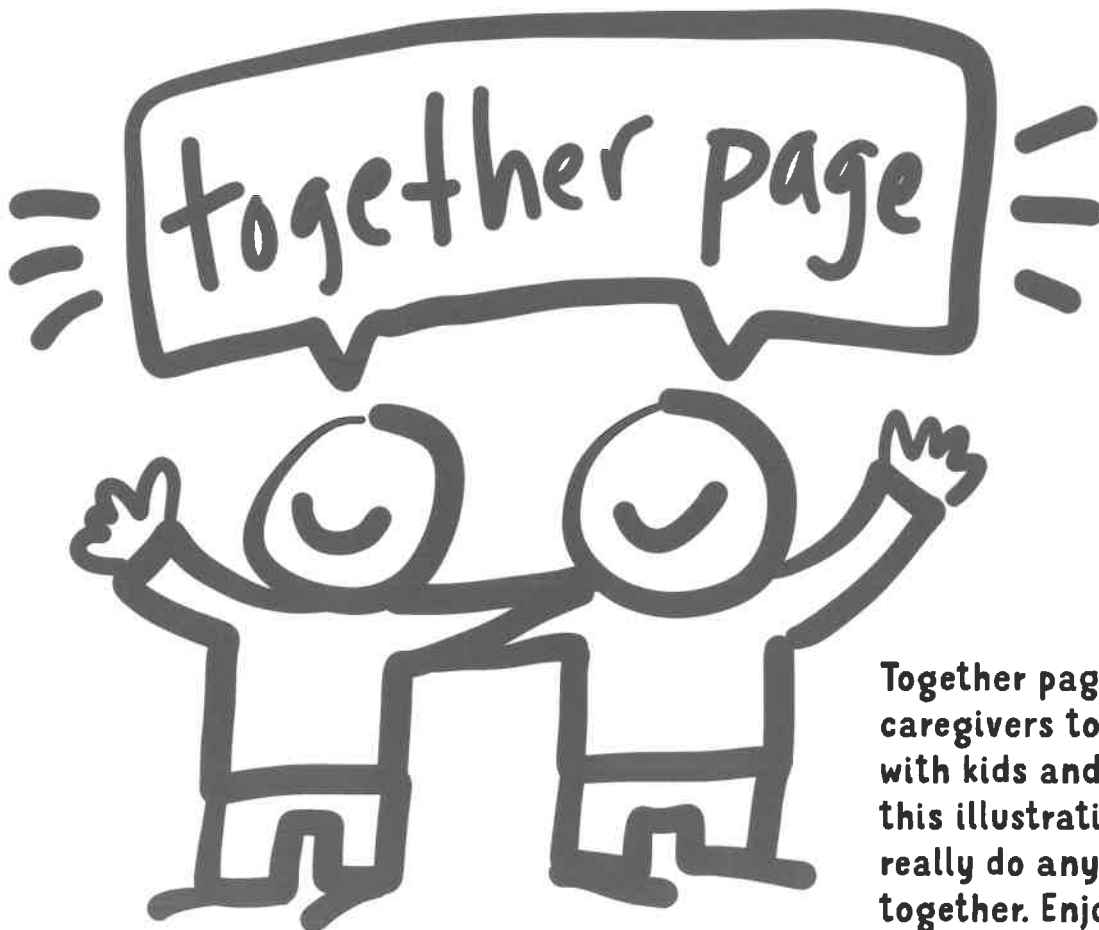
# Hey, kids!

Grab some crayons or markers and go to it. If there's something you don't understand, or if you need help reading, ask for help from a grown up or kid you trust. Some of the pages are meant to make you think – that's OK! Take your time. And if there's a page you don't like, you can always skip it. HAVE FUN!!

# Hey, grown ups!

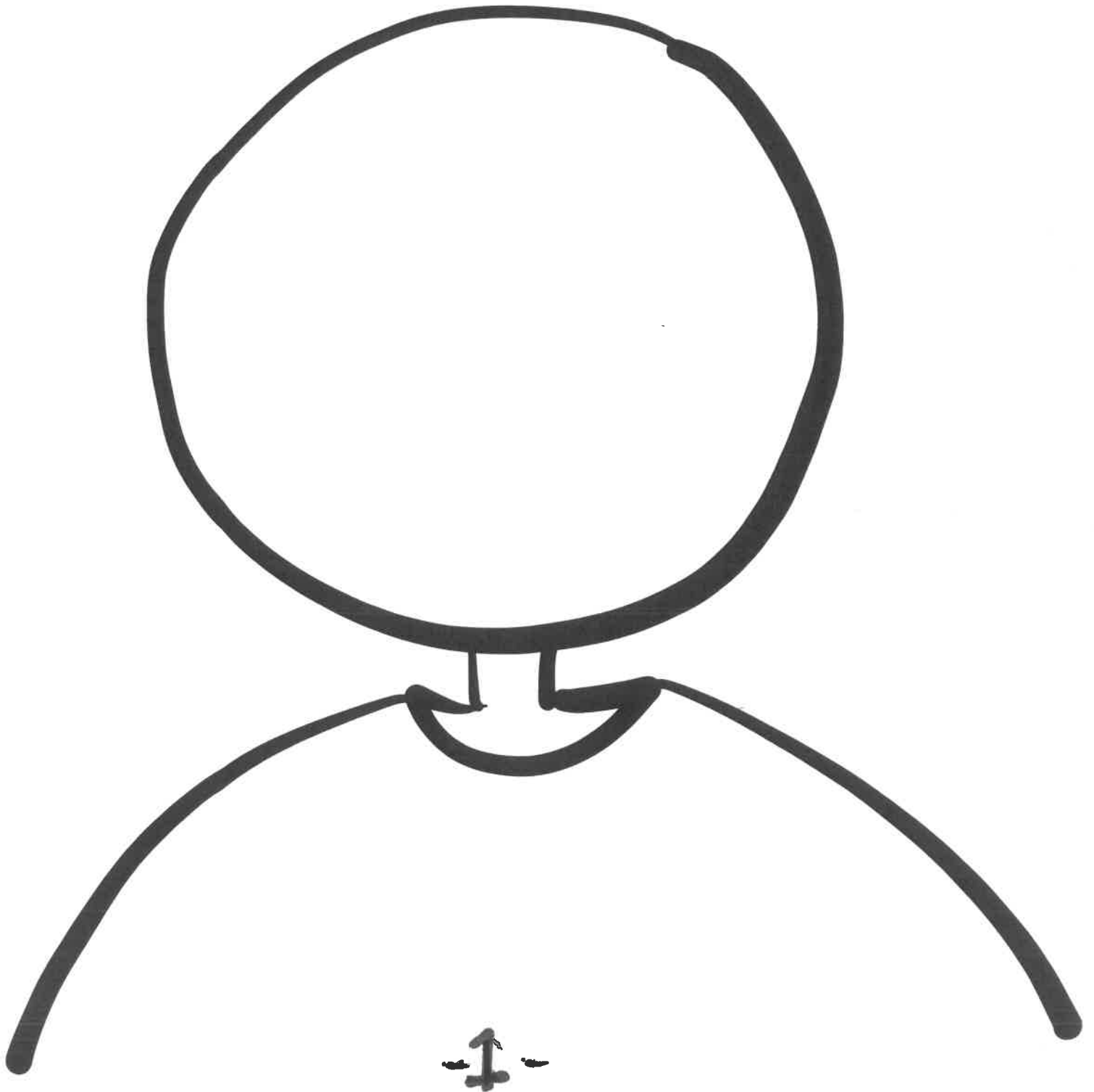
We all play a part in keeping kids happy, healthy, and safe. This book is designed to help children understand their own feelings and encourage deeper awareness about personal boundaries and safety.

Please explore our many resources online at [childrenssafetypartnership.org](http://childrenssafetypartnership.org)



Together pages are for caregivers to do together with kids and are marked with this illustration, but you can really do any of these pages together. Enjoy!

**Draw how you are  
feeling right now.**



**Draw  
yourself  
feeling happy  
& safe.**



**This is something I want  
grown-ups to know:**

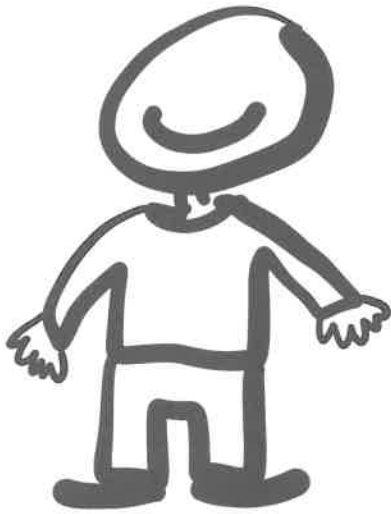
**“**

**”**

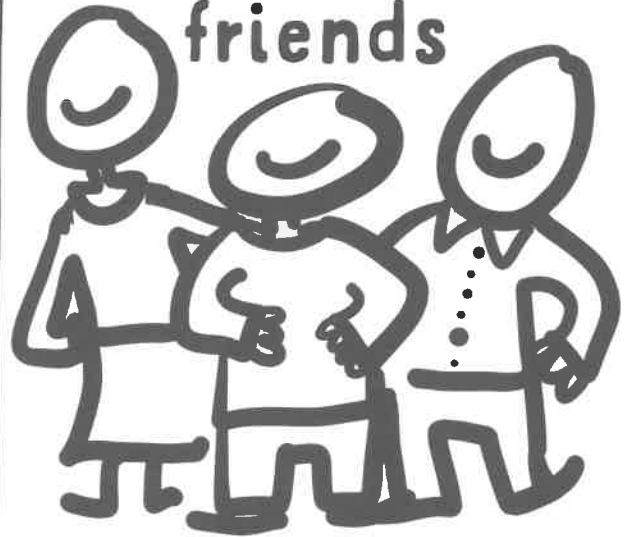
# personal space

I am happiest when...

I am alone



I am with friends



I am in a crowd



Something else

# A friend I trust

is... \_\_\_\_\_



**This makes me feel**

**happy**

**This makes me feel**

**sad**

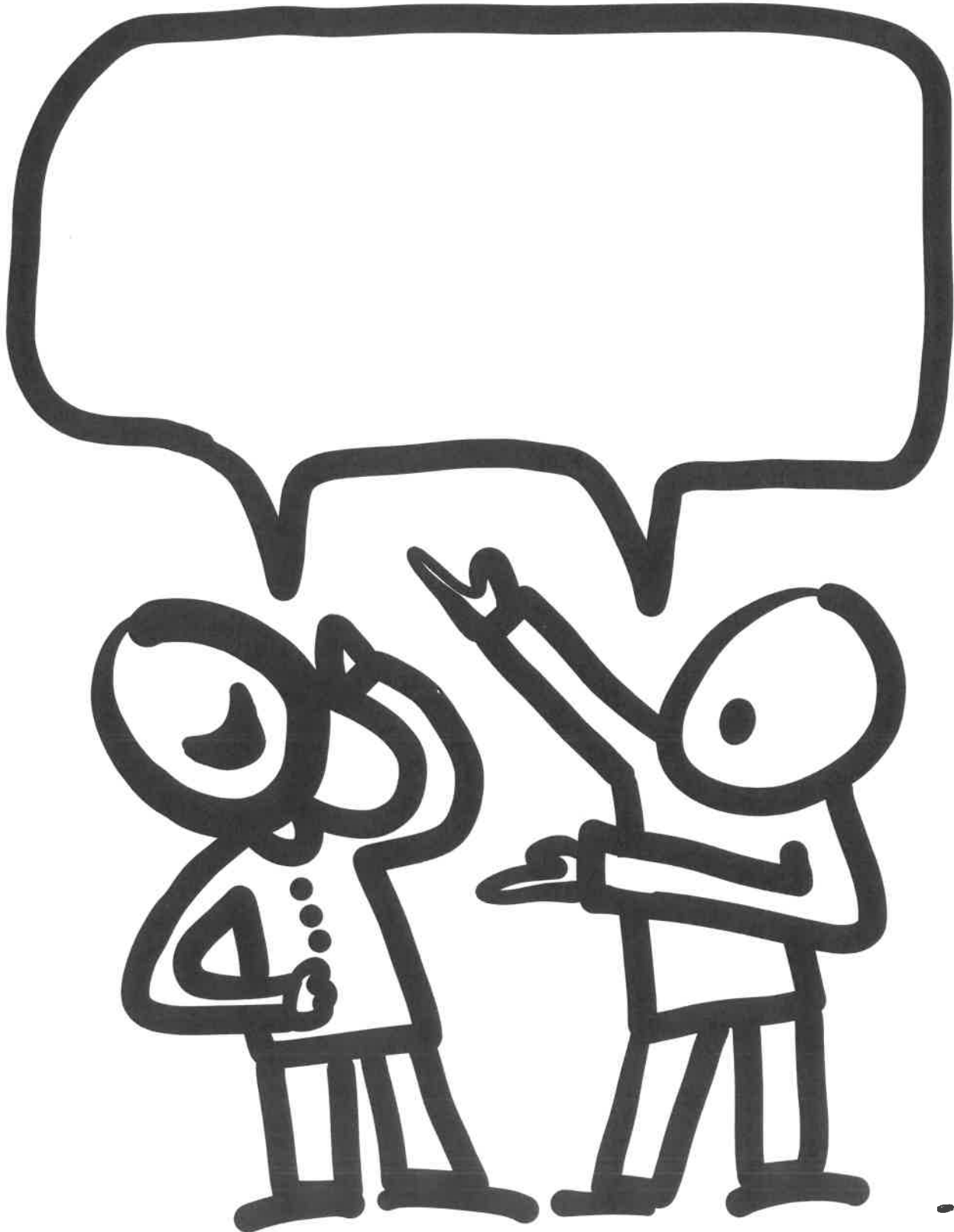
**This makes me feel**

**scared**

**This makes me feel**

**grateful**

I like to talk to my  
friends about...





# "FIND YOUR FEELINGS"

## word search

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

I'm  
feeling  
like  
this:

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ANGRY CONFUSED JOYFUL SCARED TIRED  
ANXIOUS EXCITED RESTFUL SHOCKED  
HAPPY SAD SILLY CALM



# smiles

What does it mean when someone smiles at you? Has a smile ever made you feel uncomfortable?

When my friend says

**stop**, I...



-10- (HINT: Draw a picture of yourself stopping)



# pretending

**It can be fun to pretend you are someone else. Try role playing the following situations together:**

**1. Pretend you disagree with someone.  
What would you each say?**

**2. Pretend something hurt your feelings.  
What would you say?**

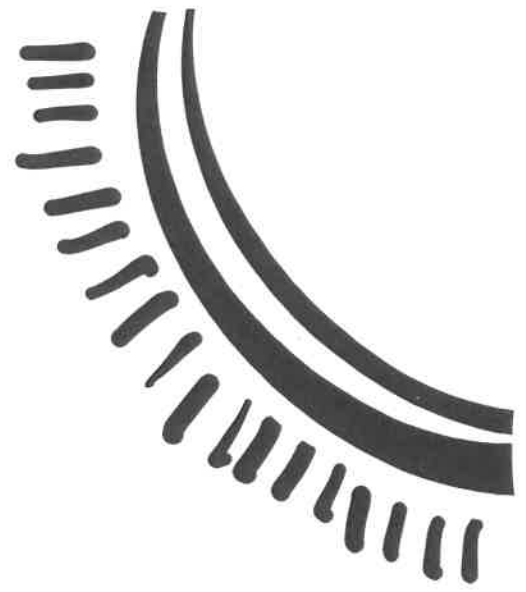
**3. Pretend there is a new kid at school.  
What would you say to them?**

**4. Pretend you want to give someone a hug.  
How would you ask?**

One adult I can always  
go to for help is:



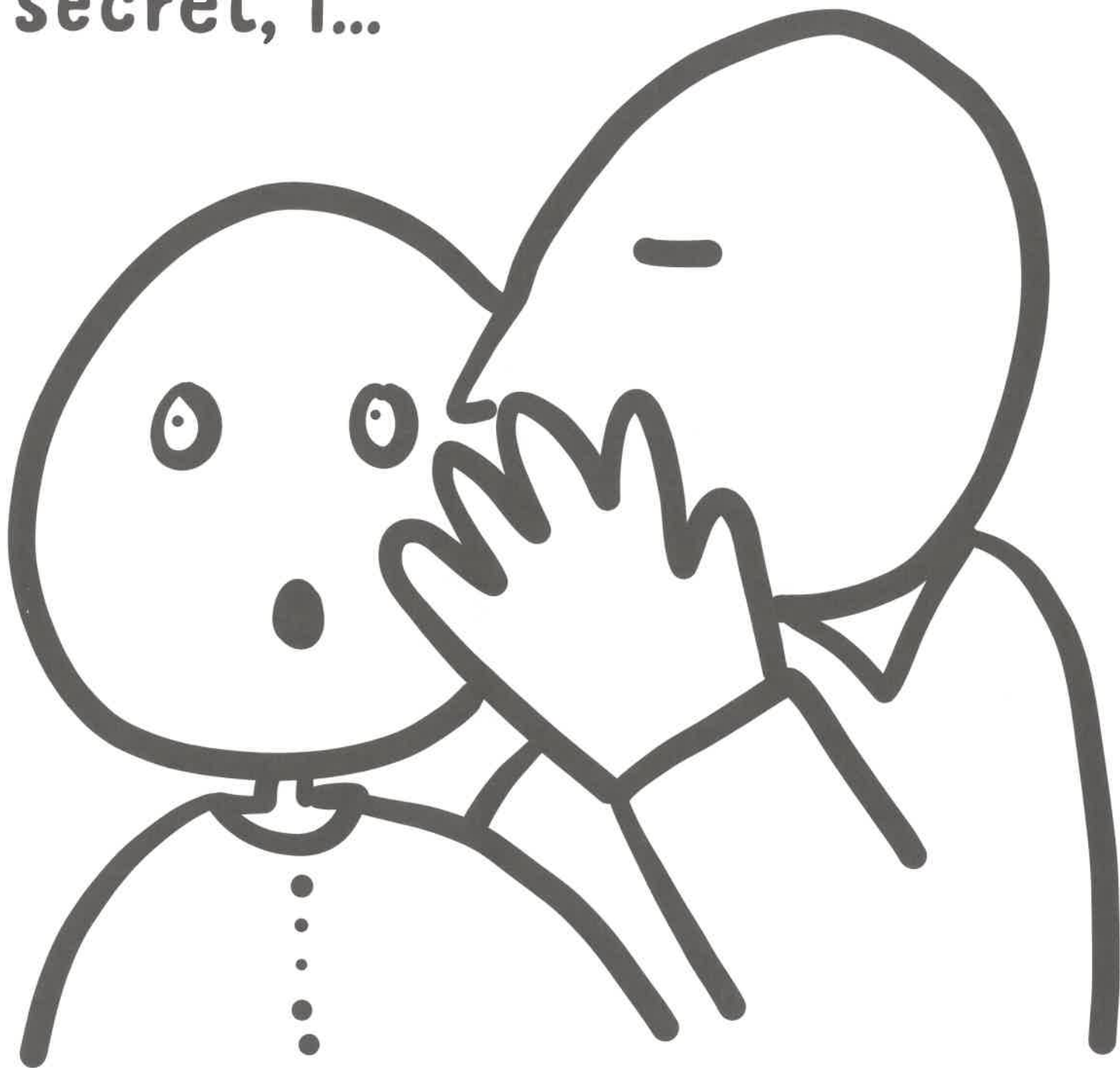
What is the BEST question you can think of ever asking?



Who would you ask?



When someone tells me a  
secret, I...



When my  
friend  
seems  
upset, I ...

