Hello Friends!

My name is:

_____
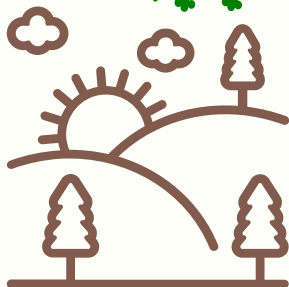
Talents, Hobbies, Strengths

believe →

My favorite animals are:

One of my favorite places in God's creation is . . . .

_____

Meet My Friends. . . .

I LOVE:

People I love and who love me:

Our FAVORITE things to do together:

When I am there I . . . .

Hear:

Smell:

See:

Touch:

Taste:

We LOVE to. . .

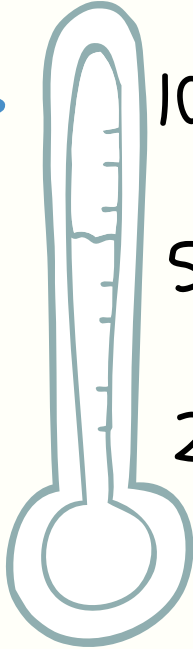© Beautiful Creation 2020

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A hard thing happened . . .

It was:

(Color with Crayon)

10–way too hard

5–somewhat hard

2–A little bit hard

Untangle your feelings:

- fear
- anger
- confusion
- shame
- helpless
- frustration
- hopeless

- powerless
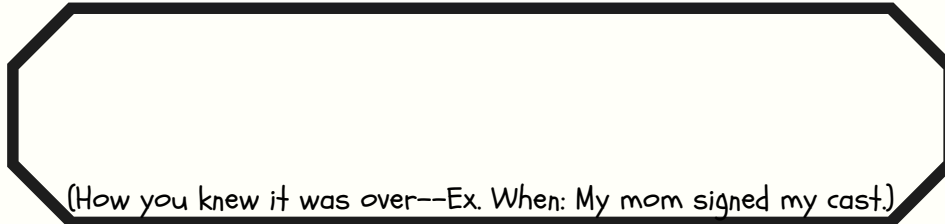- surprise
- disgust
- sadness
- peace
- trust
- hope

A hard thing happened . . .

I knew everything was going to be okay when*:

I also felt/feel:

- trust
- joy
- surprise
- peace
- contentment
- hope

(How you knew it was over--Ex. When: My mom signed my cast.)

If it is ongoing, consider changing knew to Know and when to because.
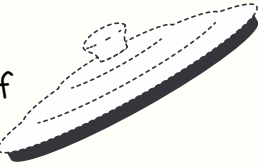
Put it Away:

What your box would be made of?

Asking someone we trust (like Jesus or our favorite grown up) to HOLD the scary or hard things for us can really help! It works well to imagine placing it in a container first. Then using your imagination give it to someone you TRUST--Watch them take it away and put it in a SAFE place until it is a good time to think about it again.
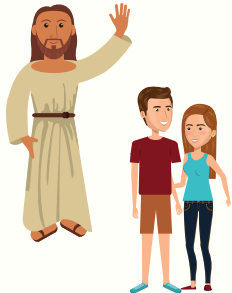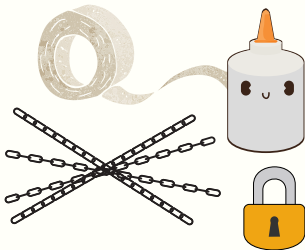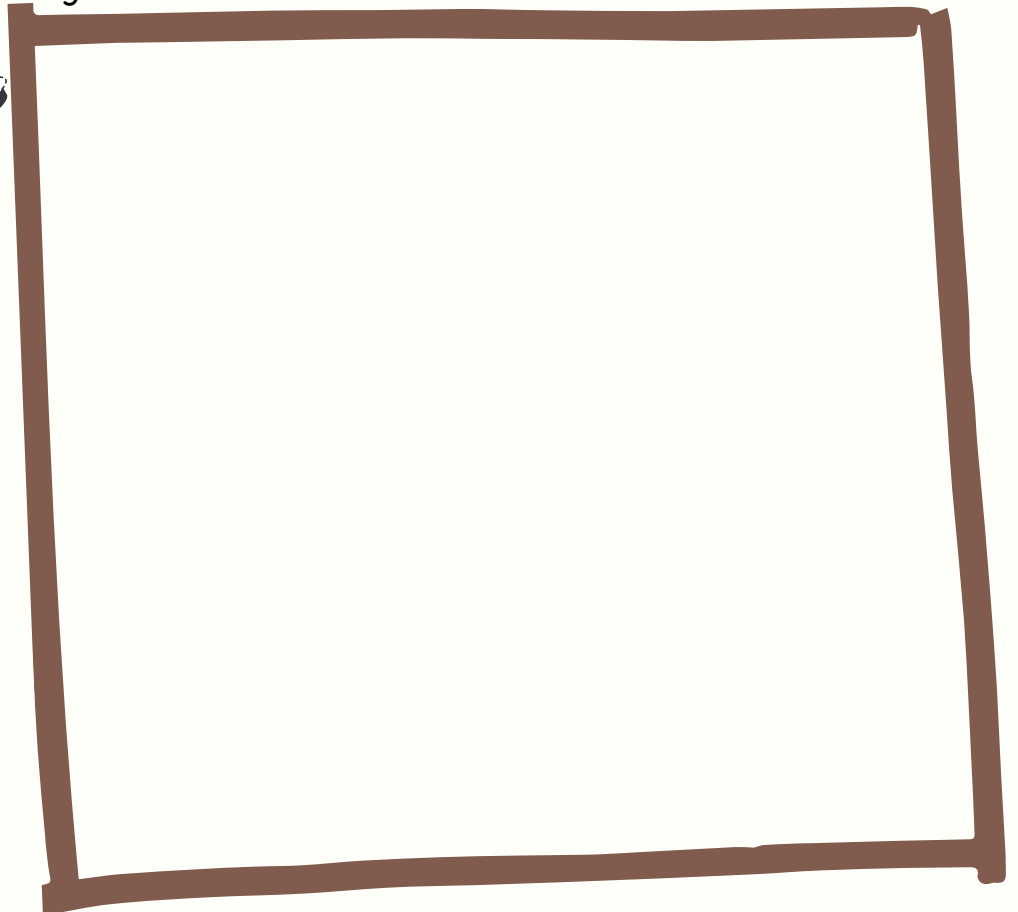
What kind of lid would it have?

How would you keep it closed?

Who would you ask to hold it for you?

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With a pencil draw a picture or write words that represent the scary thing. With dark colored markers color over the scary thing to close the box. Now You can Put it Away however you choose!

God gives us lots of Helpers along the way!

When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of "disaster," I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world. ~FRED ROGERS~

People

Places

Things

My Helpers:

God designed our brain and body to Help us!

5

We can use our five senses to help calm down and feel better when we are scared, sad, or angry. You can create your very own calm down kit just like Hope! Make a list of things you love using your five senses. Then create your kit by putting reminders from your list into a shoebox or bag.

Hear	See	Smell	Taste	Touch

Psalm 121, 139 and Isaiah 45:3

God gives us Hidden Treasures!

Treasures I have found: