

coachable

Coping with Feelings Coloring Book



Trauma in the Body Coloring Page

Trauma can affect our bodies in many ways.

Our bodies hold our stress and pain.



Like the changing seasons, our feelings can come and go.

Where do you feel your stress?



A mama bear and her cub.



...and find calm in nature.

We can help ourselves feel better...

Take a deep breath.



What brings you comfort?



Ways to Be Happy Coloring Page

Get outside



Be kind to others



Notice nature



Exercise or play



Exercise or play



Hug someone you love!



When You're Feeling Sad Coloring Page



It's okay to feel sad sometimes.



What can you do when you feel sad?

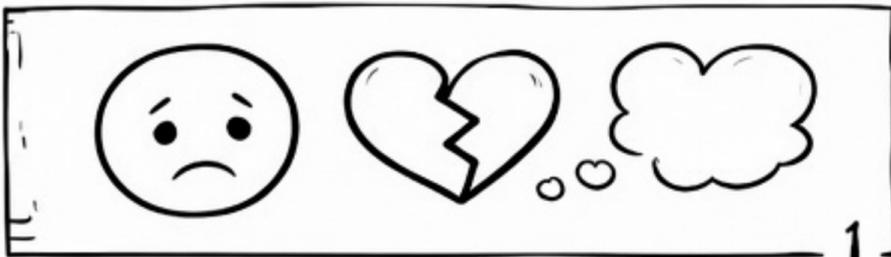
Talk about it.



Cry if you need to.



What makes you feel sad?



When You're Feeling Anxious Coloring Page

Feeling worried is okay.



Deep breaths can help.

INHALE...

EXHALE...



Our bodies react when we are anxious.



My heart is racing...



Move your body.

What helps when you feel worried?



Talk about it.



Think calming thoughts.

  **When do you feel anxious?** 1 1

Feeling Excited Coloring Page

It's fun to feel excited!



My heart is racing...



I feel happy!

I can't wait!



Let's celebrate!



What makes you feel excited?

