

MY CIRCLE

My Colors



A BOOK FOR COLORING AND HEALING







The Illinois Family Resource Center

Sometimes change happens an hour at a time

Funding for this program is provided in whole or in part through the Substance Use Prevention, Treatment, and Recovery Block Grant through the American Rescue Plan Act.

Created and curated by Jessica Porté, MA*

*The activities, reflections, and tools in this book are shaped by the wisdom, compassion, and groundbreaking work of those who have come before. With deep respect and gratitude, I honor the contributions of Jerry Moe, Dr. Claudia Black, contribution from National Alliance for Children's Grief and the many pioneers in the fields of grief support, addiction recovery, and child and family mental health.

This book belongs

to:



In memory of my

person:



A book for you!

SOMETIMES, KIDS GO THROUGH THINGS THAT ARE REALLY CONFUSING OR HARD—LIKE WHEN SOMEONE THEY CARE ABOUT IS USING DRUGS OR ALCOHOL AND DOESN'T FEEL LIKE THE SAME PERSON ANYMORE. THAT CAN BRING UP ALL KINDS OF FEELINGS: SAD, MAD, SCARED, OR EVEN NOTHING AT ALL.

YOU MIGHT ALSO BE MISSING SOMEONE WHO HAS DIED—OR SOMEONE WHO'S STILL ALIVE BUT FEELS FAR AWAY. THAT'S CALLED GRIEF, AND IT CAN SHOW UP IN YOUR BODY, YOUR HEART, AND YOUR THOUGHTS.

THIS BOOK IS HERE TO HELP. YOU CAN COLOR, DRAW, AND WRITE ABOUT YOUR FEELINGS, YOUR STORY, OR THE PERSON YOU MISS.

THERE'S NO RIGHT OR WRONG WAY TO USE IT. GO IN ORDER OR SKIP AROUND. USE IT WITH A GROWN-UP YOU TRUST, OR ON YOUR OWN.

THIS BOOK IS YOURS.

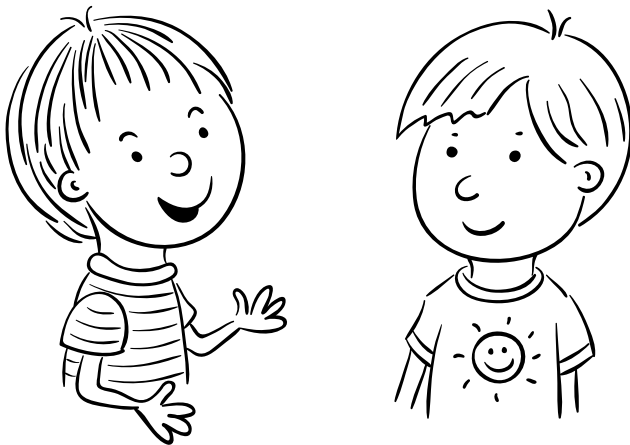
YOU MATTER. YOUR STORY MATTERS. AND YOU ARE NOT ALONE.

People who support me

SUPPORT COMES FROM PEOPLE WHO CARE ABOUT YOU AND HELP YOU.

SOMETIMES IT IS FAMILY, FRIENDS, COACHES, TEACHERS, NEIGHBORS, OR EVEN PETS.

SUPPORT CAN LOOK LIKE:



**SOMEONE WHO
LISTENS TO YOU**

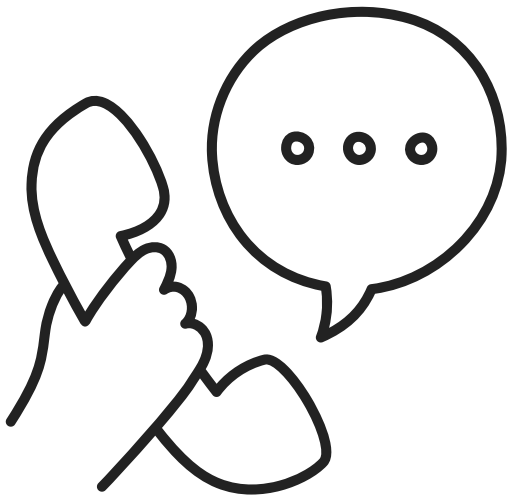


**SOMEONE WHO
IS KIND TO YOU**

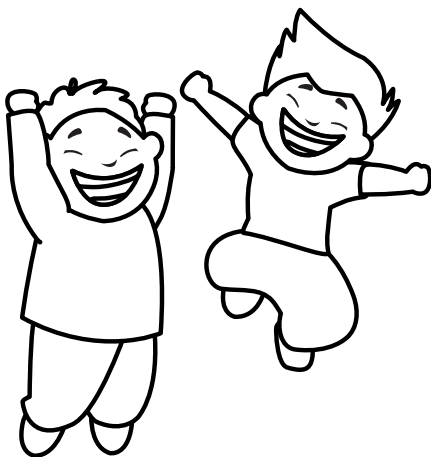
IT CAN BE...



**SOMEONE WHO MAKES
YOU LAUGH**



**SOMEONE WHO CAN
GET YOU HELP**



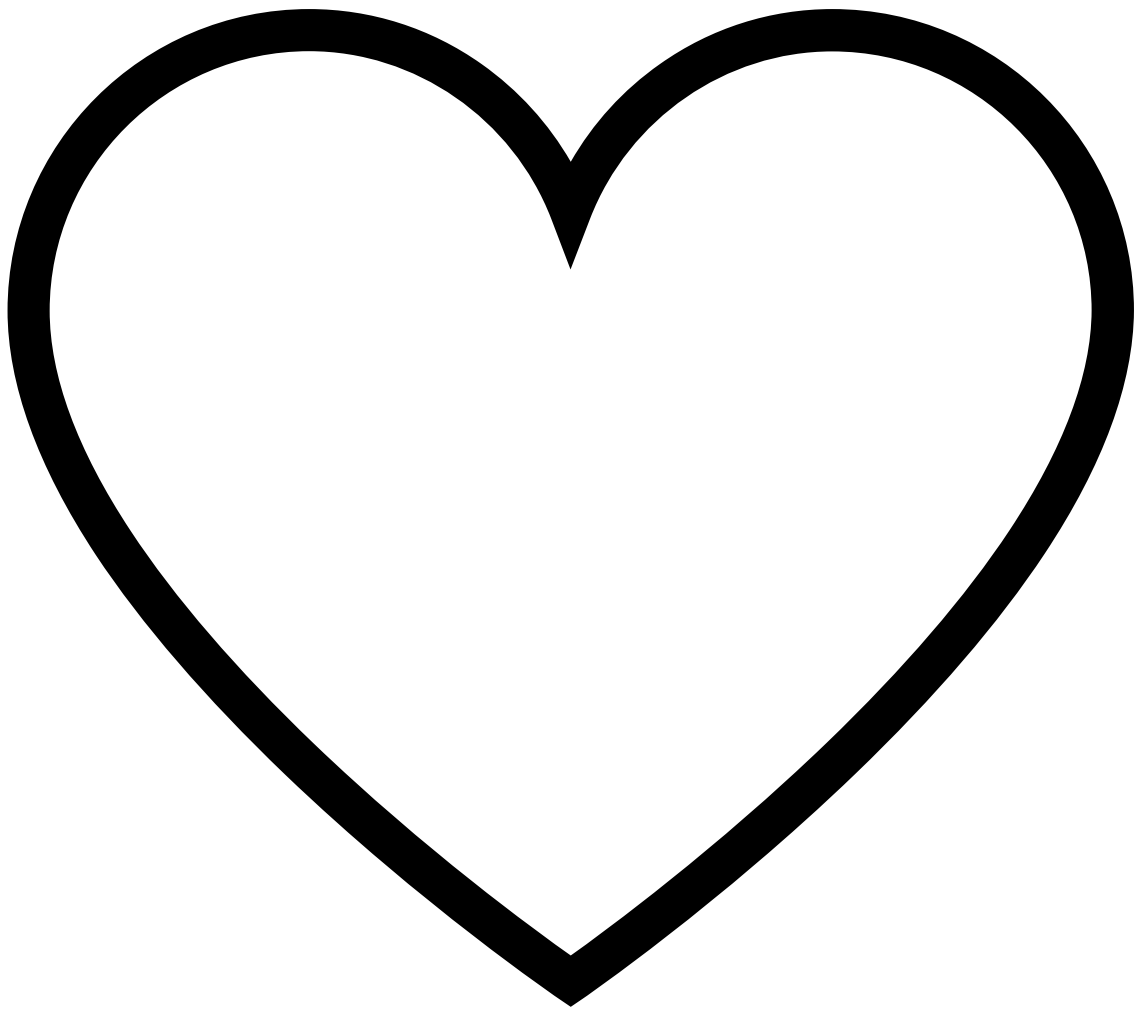
**SOMEONE WHO
CHEERS YOU ON**

People who support me

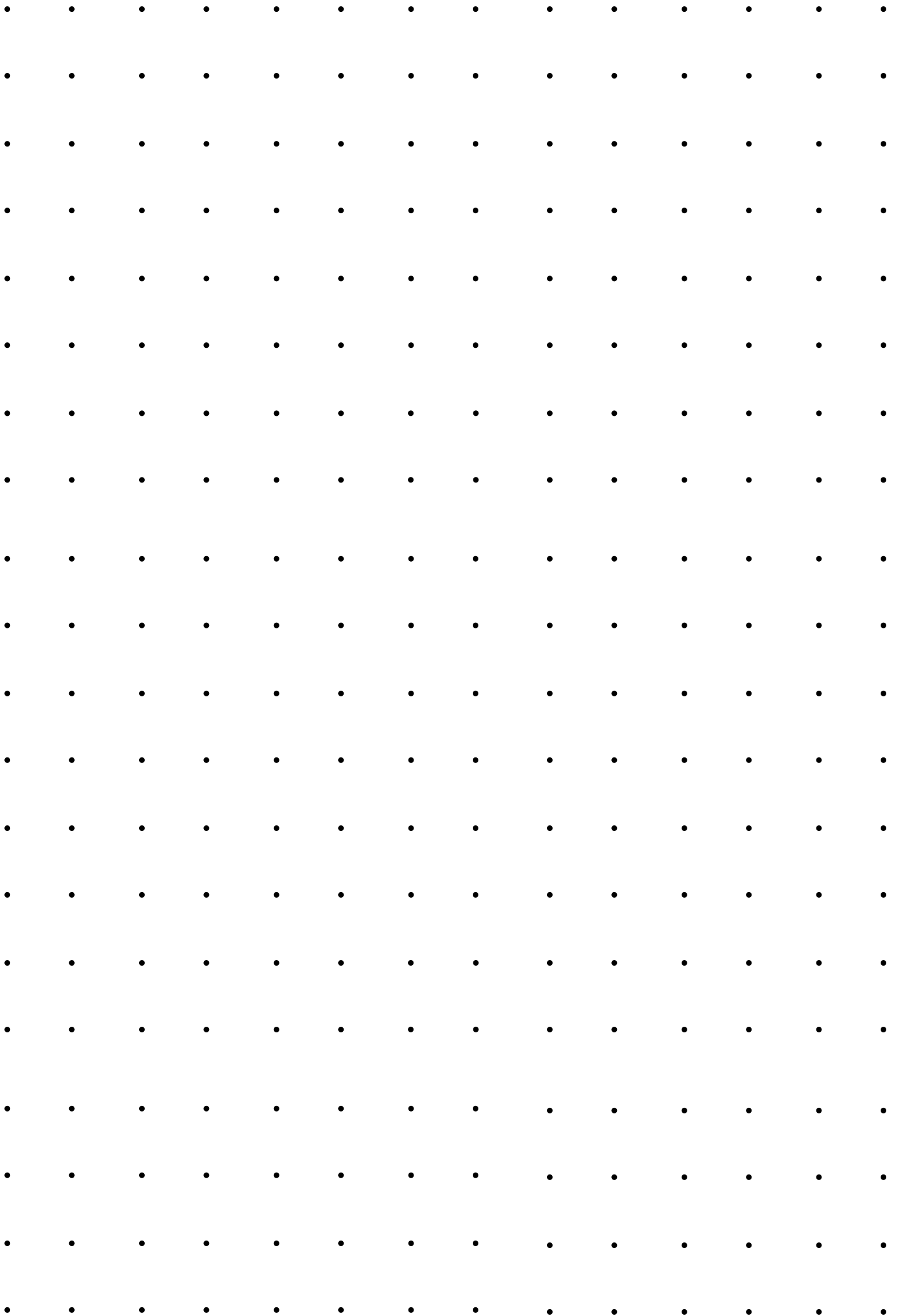
**DRAW OR WRITE THE PEOPLE WHO SUPPORT YOU
BELOW!**

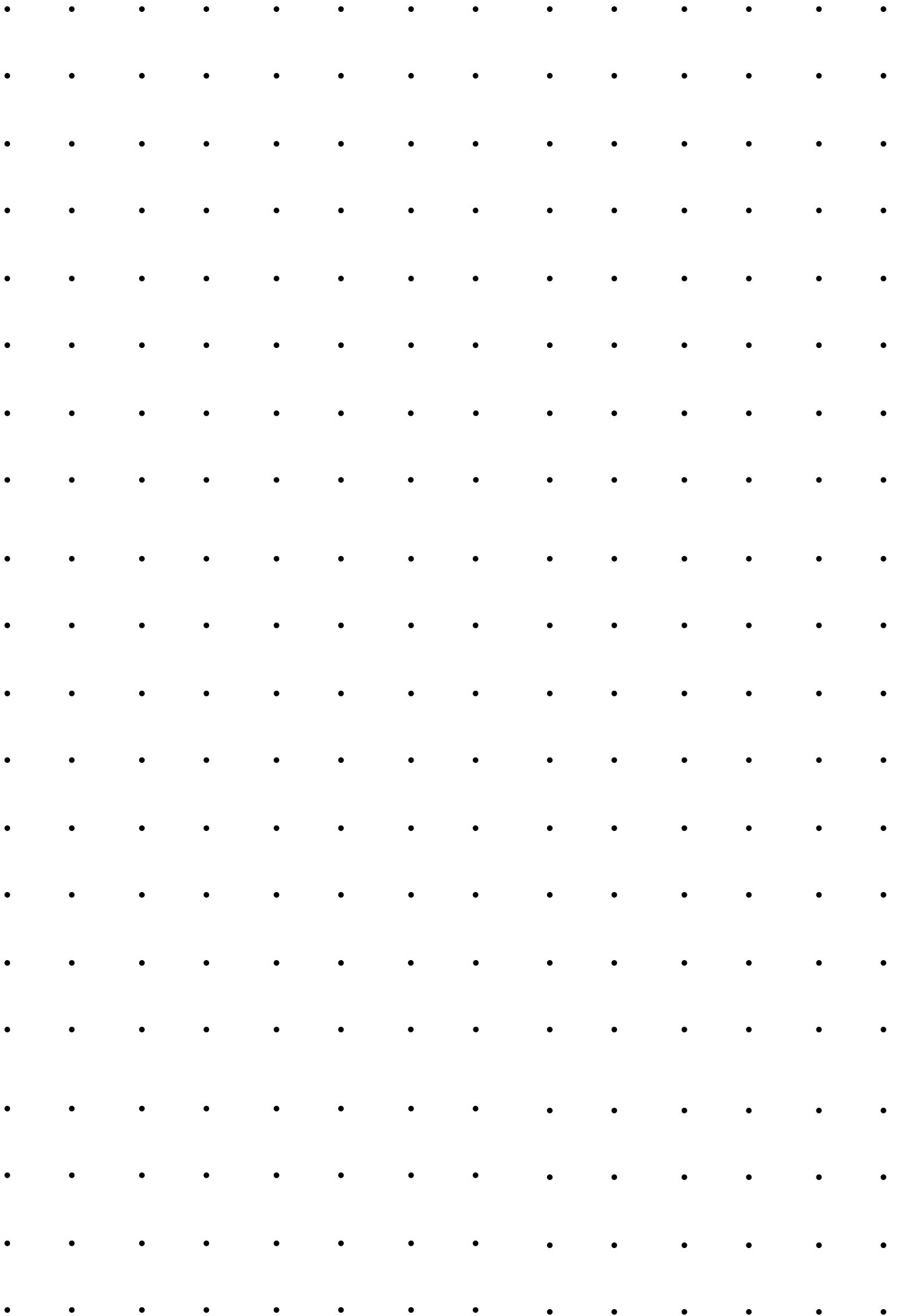
**IF AT ANYTIME YOU NEED HELP USING THIS BOOK. TRY ASKING
THE PEOPLE YOU SHARED ABOUT!**

What makes someone
safe?



**WRITE OR DRAW ALL THE WAYS PEOPLE WHO SUPPORT YOU. MAKE
YOU FEEL SAFE.**





The 7 C's

**WHEN SOMEONE IS TRAPPED BY ADDICTION. IT IS
IMPORTANT FOR YOU TO REMEMBER THESE VERY
IMPORTANT 7 C'S!**



I DIDN'T CAUSE IT

I CAN'T CURE IT

I CAN'T CONTROL IT

BUT!!!!

I CAN TAKE CARE OF MYSELF

I CAN COMMUNICATE MY FEELINGS

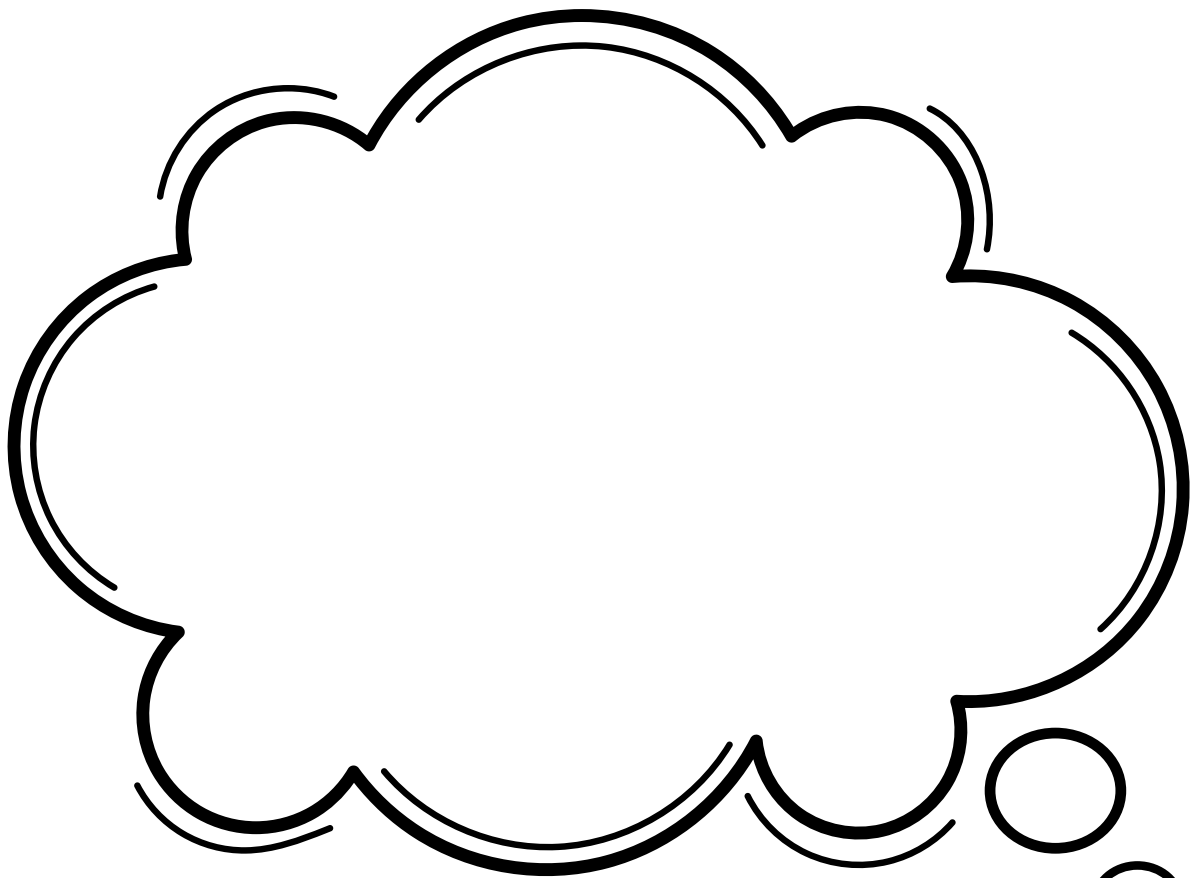
I CAN MAKE HEALTHY CHOICES

I CAN CELEBRATE ME

I didn't

CAUSE it!

ADDICTION CAN NEVER BE A KIDS FAULT!



**What would you say to a kid if they
thought it was their fault?**

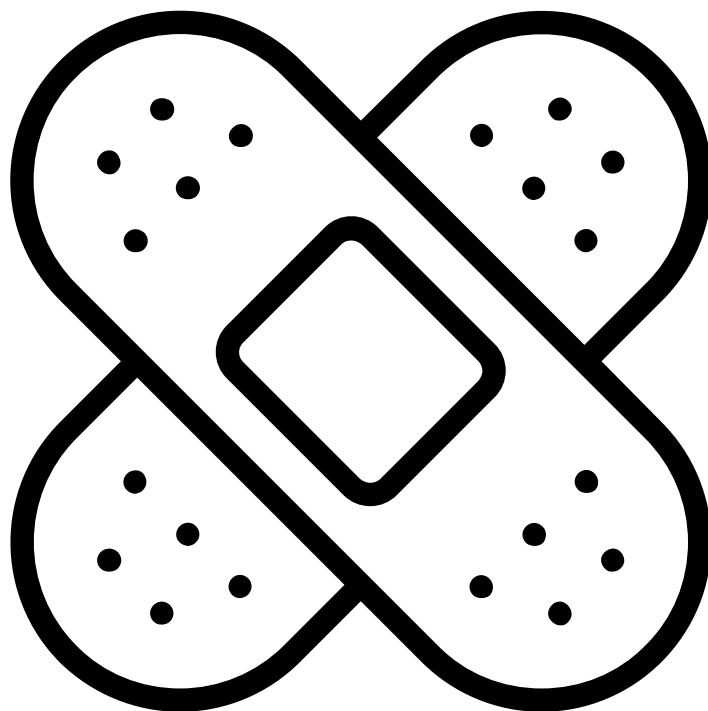
I can't

CURE it!

WHAT DOES ADDICTION MEAN?

It is a sickness in the brain, that makes someone want more and more drugs or alcohol and they can't stop. That sickness changes the way someone acts.

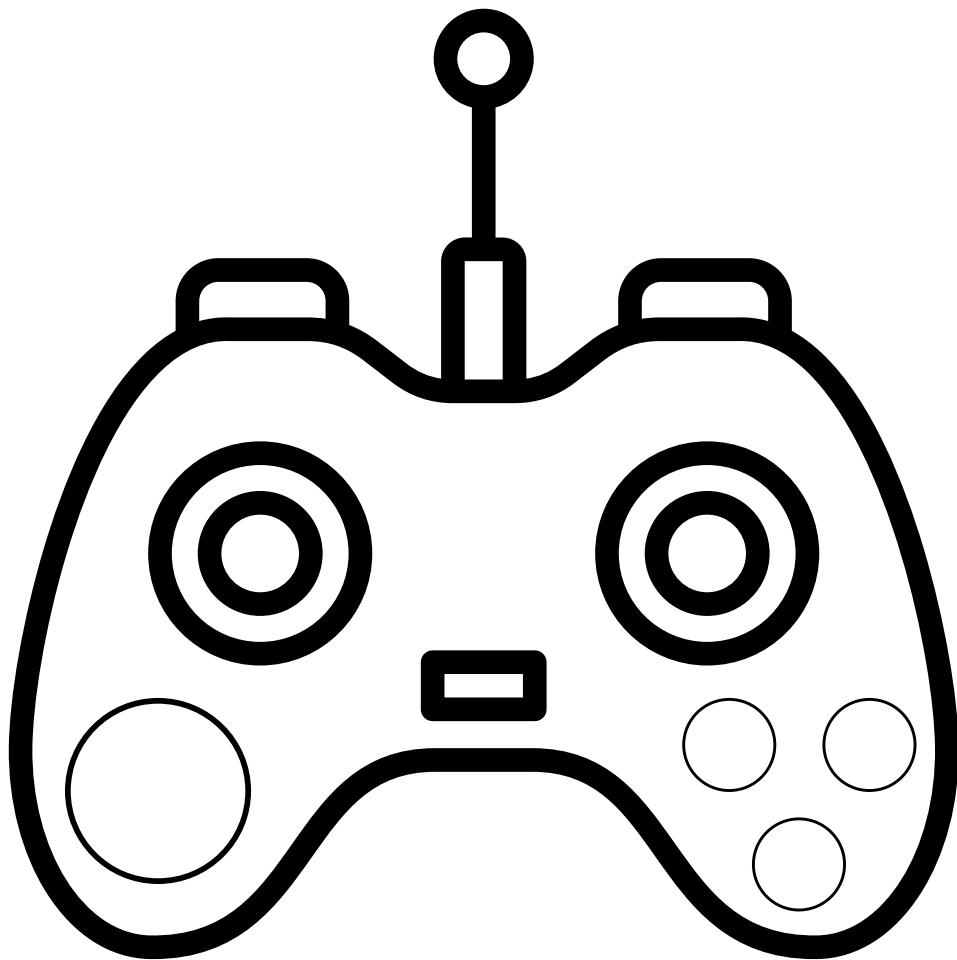
Kids cannot cure it.



I can't

CONTROL it!

KIDS CAN'T CONTROL ADDICTION – EVEN WHEN YOU LOVE THE PERSON WHO IS TRAPPED A LOT! BUT YOU CAN CONTROL HOW YOU TAKE CARE OF YOURSELF.



Write on the controller buttons things that you can control, like how you take care of yourself

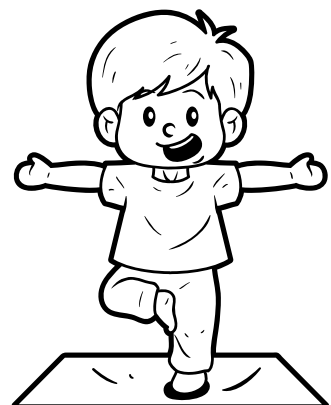
I CAN TAKE

CARE

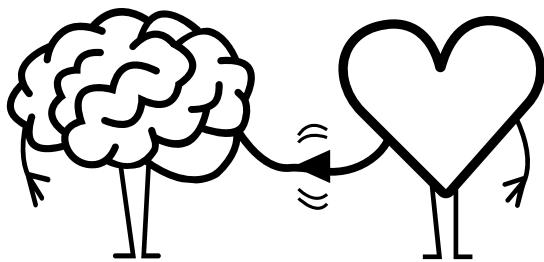
OF MYSELF!

IT'S OKAY FOR KIDS TO ASK FOR HELP!

**TAKING CARE OF YOUR BODY CAN LOOK LIKE EATING HEALTHY
FOOD. WRITE OR DRAW SOME OTHER WAYS YOU CAN TAKE CARE
OF YOUR BODY!**



TAKING CARE OF YOUR FEELINGS CAN LOOK LIKE USING THIS BOOK. WRITE OR DRAW SOME OTHER WAYS YOU CAN TAKE CARE OF YOUR FEELINGS!



TAKING CARE OF YOUR MIND CAN LOOK LIKE DOING YOUR SCHOOL WORK OR GETTING GOOD SLEEP. WRITE OR DRAW SOME OTHERS WAY YOU CAN TAKE CARE OF YOUR MIND?

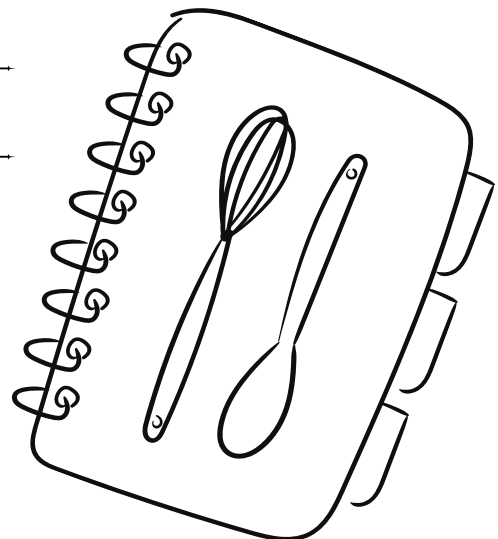
I CAN MAKE HEALTHY CHOICES!!

MAKE A RECIPE OF THE INGREDIENTS YOU NEED TO MAKE HEALTHY CHOICES. LIKE KINDNESS OR SLEEP!

RECIPE NAME:

INGREDIENTS:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



SAYING

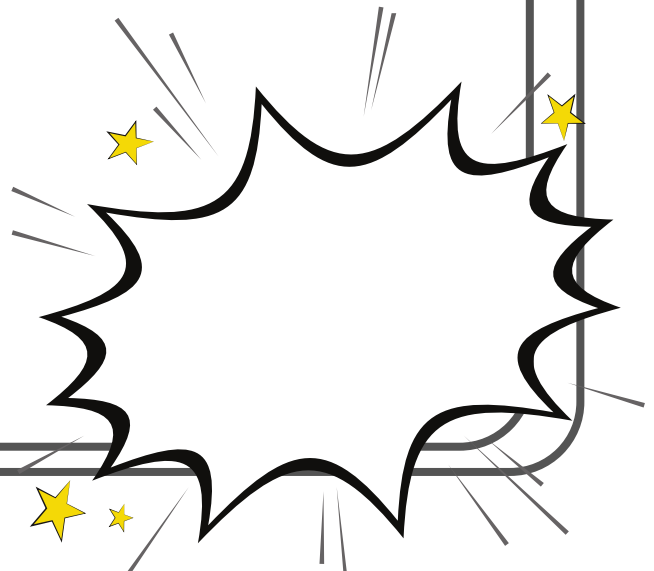
NO!

IS A SUPERPOWER

IF SOMEONE EVER OFFERS YOU DRUGS OR ALCOHOL, YOU CAN SAY "NO!" AND WALK AWAY. COLOR AND WRITE IN ALL THE DIFFERENT WAYS TO SAY "NO!"—YOUR VOICE MATTERS, AND YOUR CHOICES KEEP YOU SAFE!

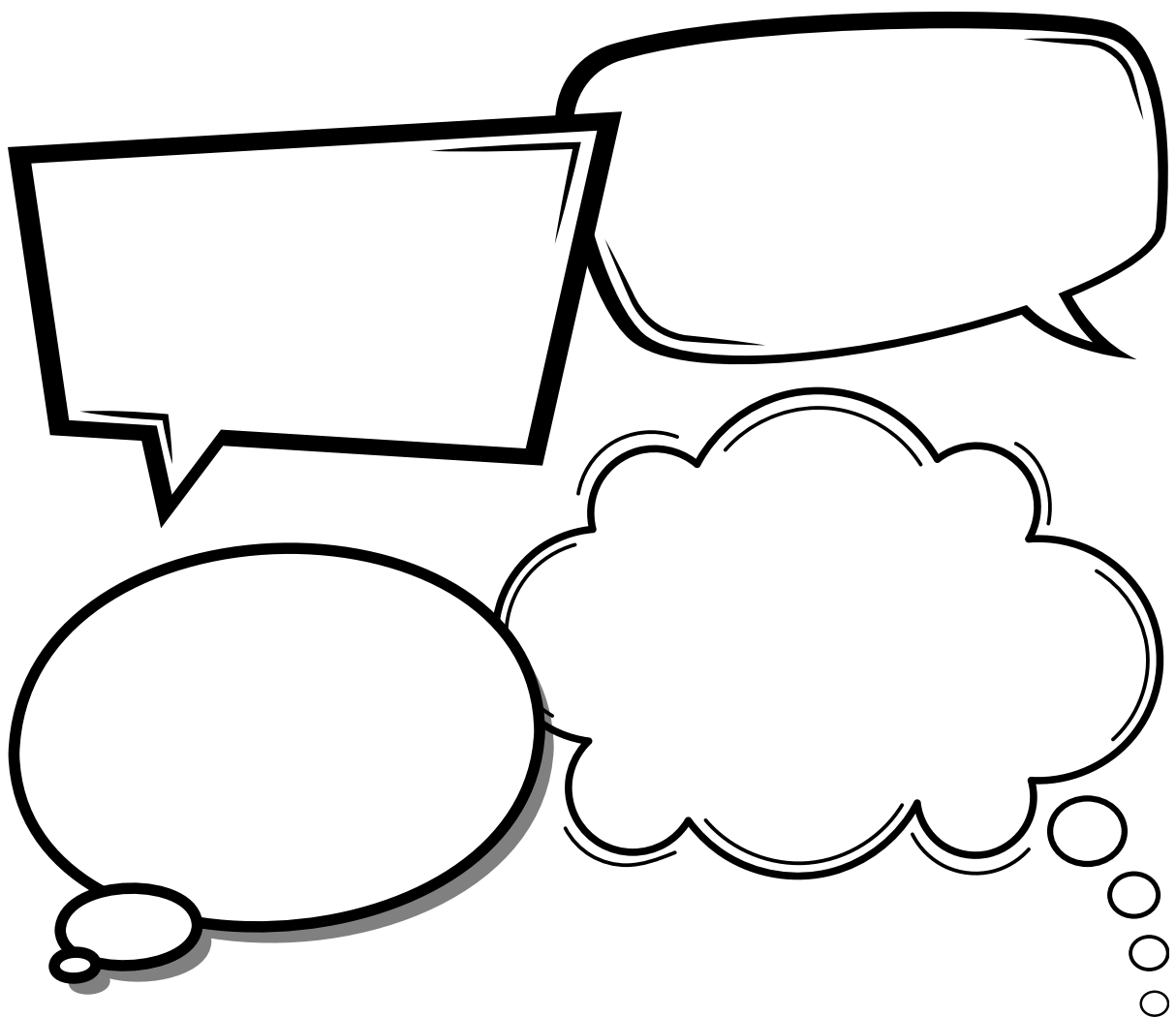
*I got better
things to do!*

Never!



I CAN COMMUNICATE MY FEELINGS!

COMMUNICATION CAN MEAN TALKING, DRAWING, WRITING, OR
EVEN MAKING THINGS. WRITE IN THE BUBBLES ALL THE WAYS YOU
LIKE TO COMMUNICATE!



I CAN

**CELEBRATE
ME!**



I AM A GOOD FRIEND

I AM KIND

I AM GOOD AT STUDYING

I AM FUNNY

I AM IMPORTANT

I AM SMART

I AM

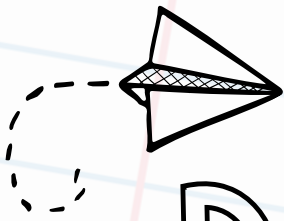
I AM

I AM

I AM

I AM

I AM



Doodle Page!

WRITE OR DRAW WHATEVER IS ON YOUR MIND OR HEART!

22

KEEP GOING!



My Person

MY PERSON WHO DIED'S NAME IS _____

THEY ARE MY _____.

Draw or share more about your person below.

Grief IS LIKE A FINGERPRINT. NO TWO ARE ALIKE.

GRIEF IS ALL THE THINGS THAT CHANGE AFTER SOMEONE DIES. IT CHANGES DIFFERENTLY FOR EVERYONE. COLOR THE FINGERPRINT BELOW THAT MAKES YOURS ONE-OF-A-KIND.



I miss...

I don't miss...

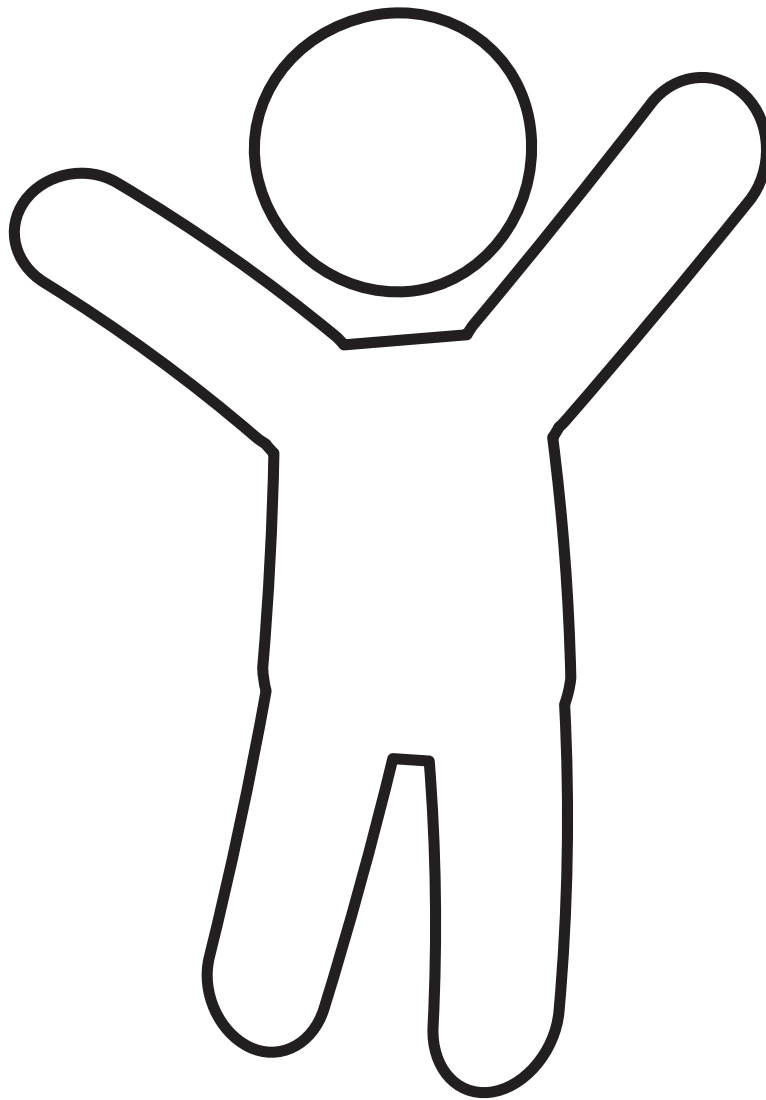
A Letter to my Person

Write a letter to your person, anything you would like to share about your thoughts, feelings, and things you would want them to know.

DEAR _____

Grief in my body

Sometimes our thoughts show up in our bodies, like feeling sad and crying, or getting a tummy ache or a headache. On the body picture below, draw where you feel things in your body when you're having big feelings.



Special days

What are some special days that remind you of your person?

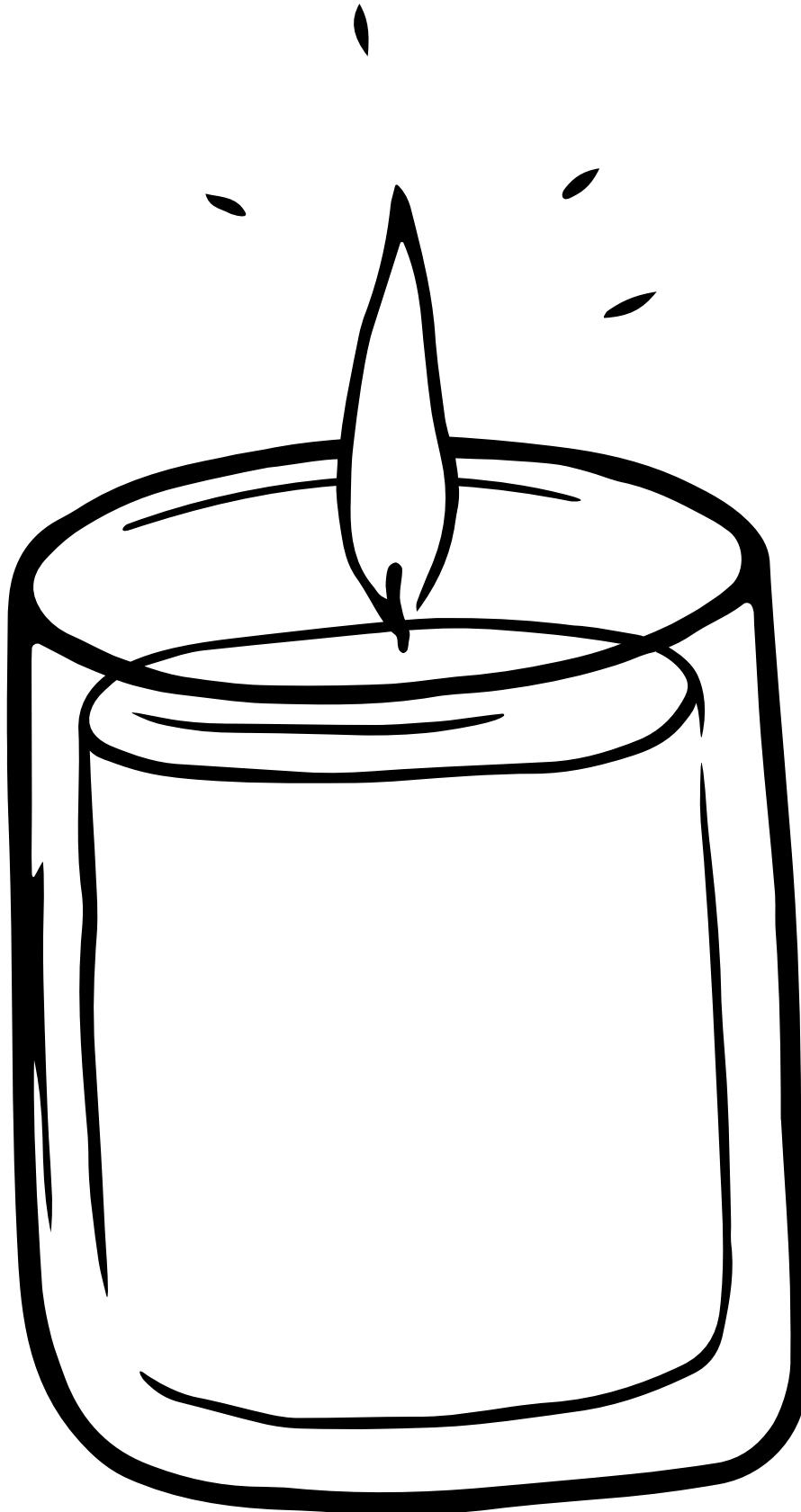
DATE

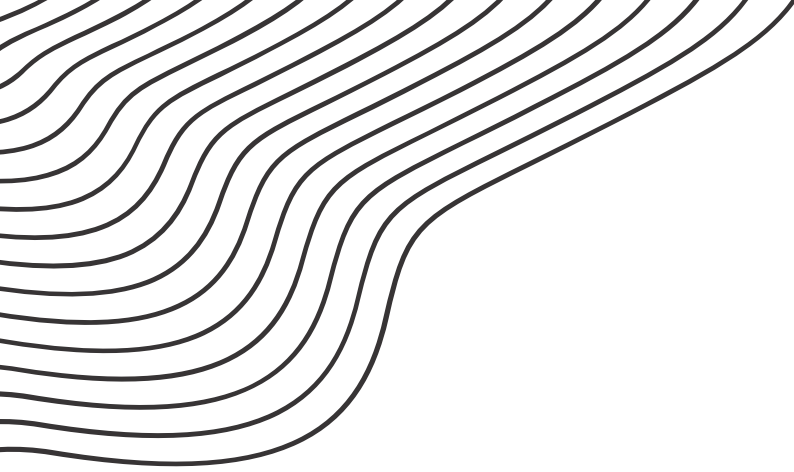
FEELINGS

THINGS YOU CAN DO...

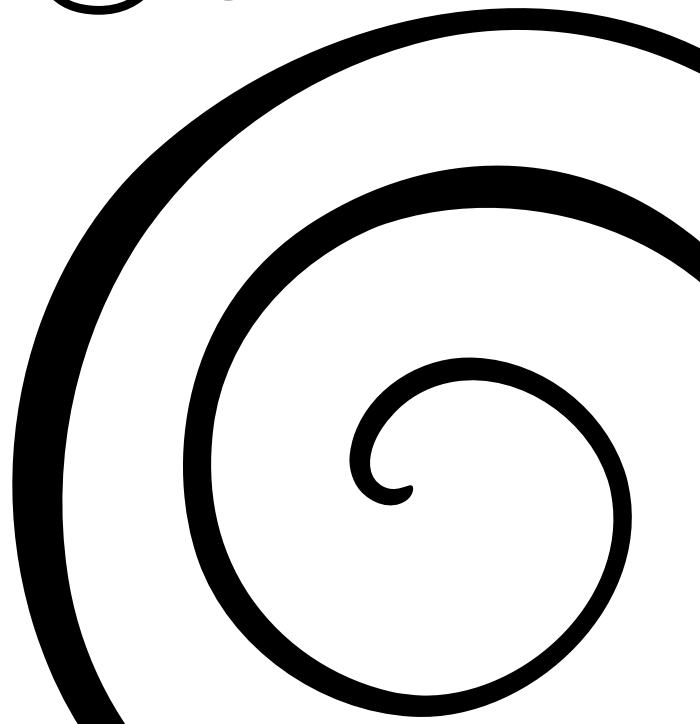
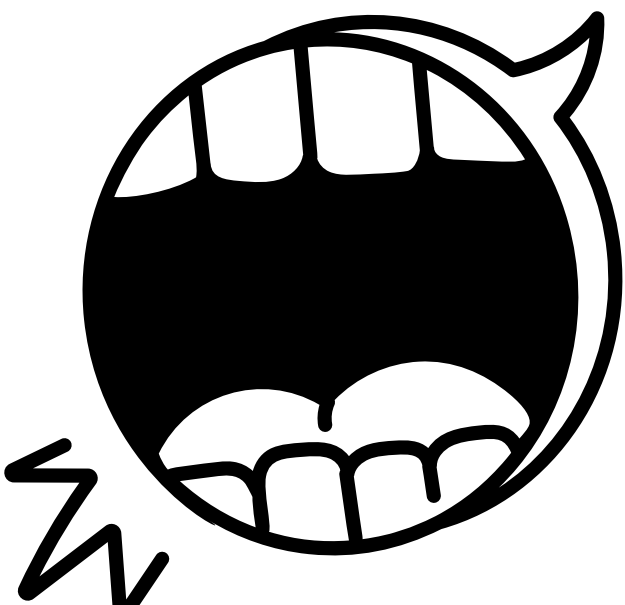


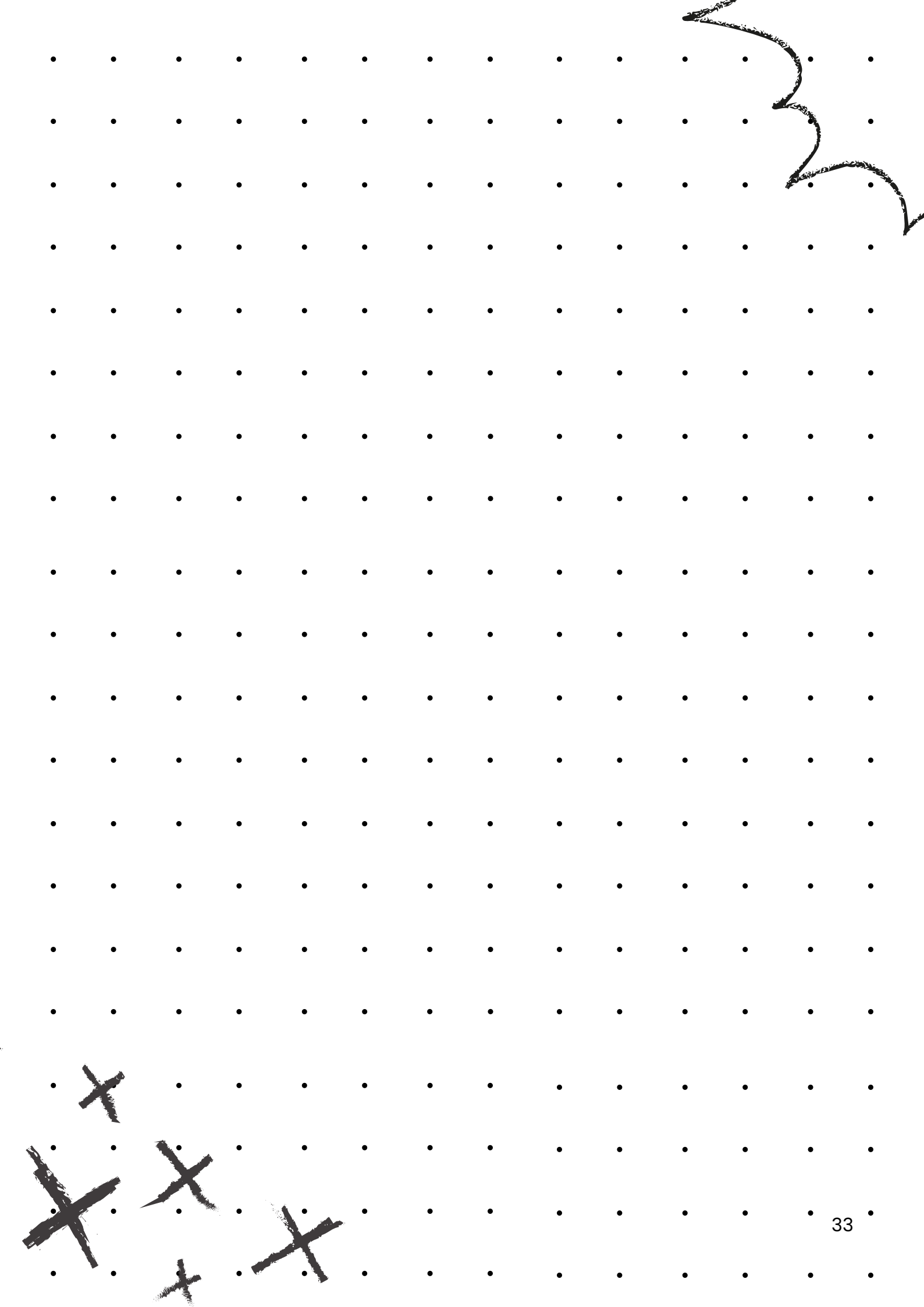
LUMINARIES, LIKE A CANDLE, ARE WAYS OF REMEMBERING PEOPLE WHO HAVE DIED OR WE MISS. DECORATE THIS LUMINARY ANY WAY YOU WANT TO HONOR YOUR GRIEF.





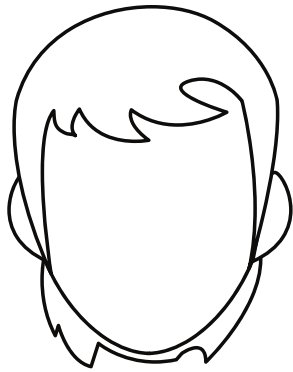
All feelings
are
okay!



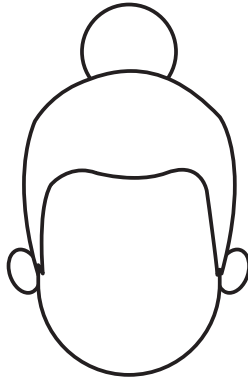


Feelings look different

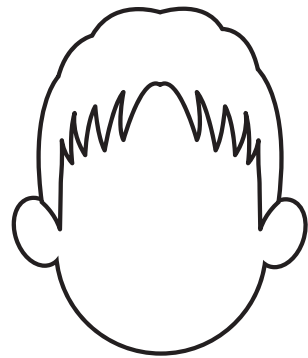
Feelings can look and feel all different ways. Write or draw how these feelings look to you.



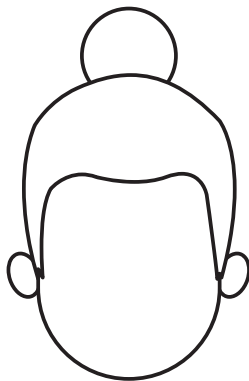
happy



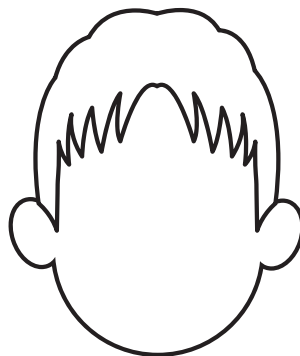
silly



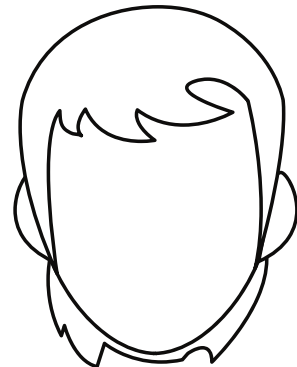
excited



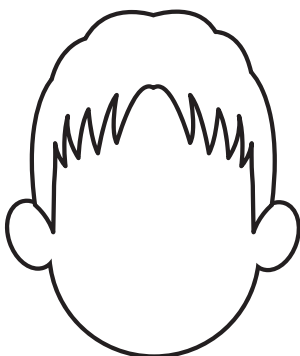
sad



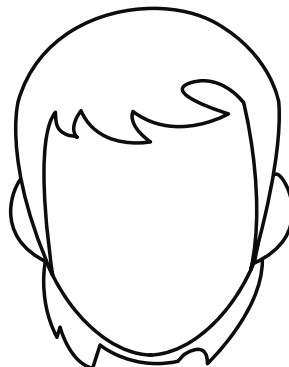
worried



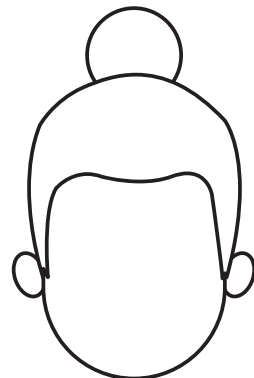
mad



confused

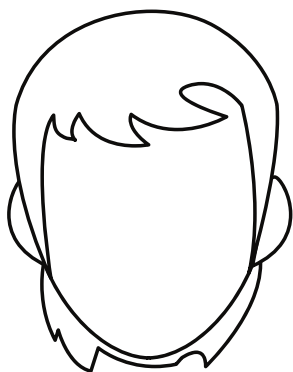


guilty

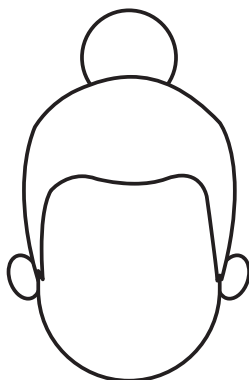


tired

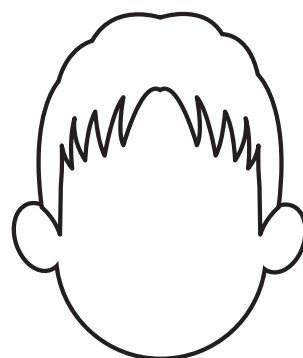
Feelings can look and feel all different ways. write or draw how these feelings look to you.



hopeful

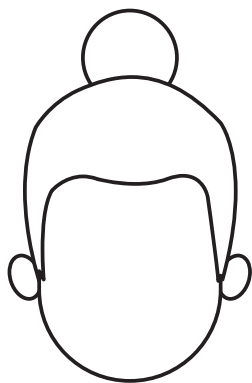


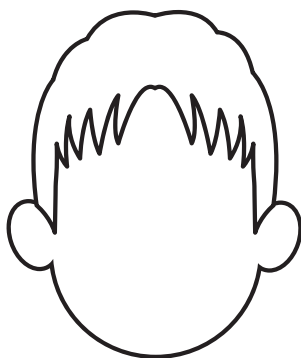
embarrassed



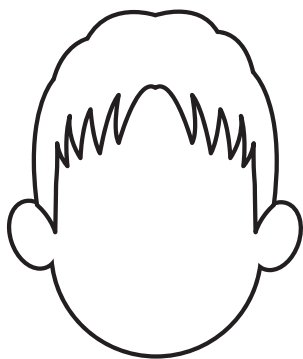
joyful

Don't see a feeling you've had? Draw and write the feeling below!

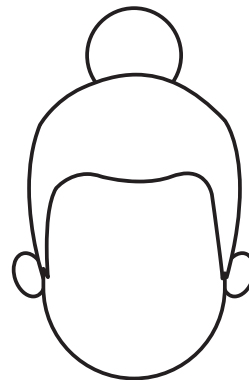




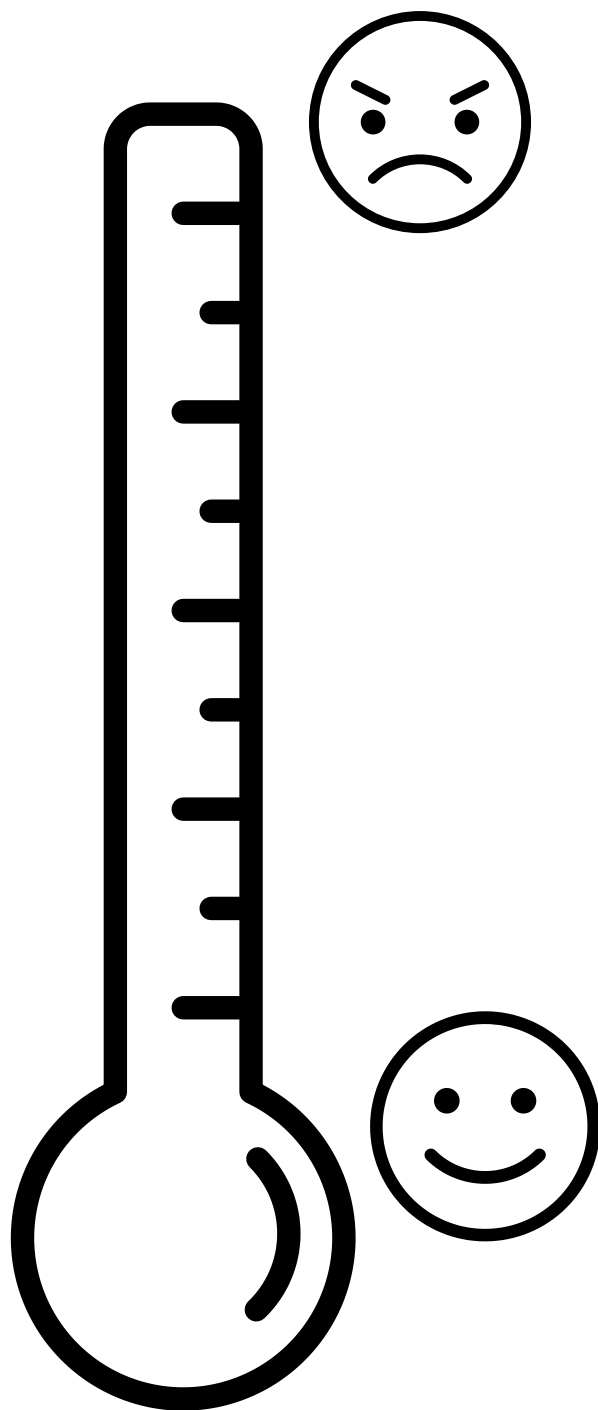


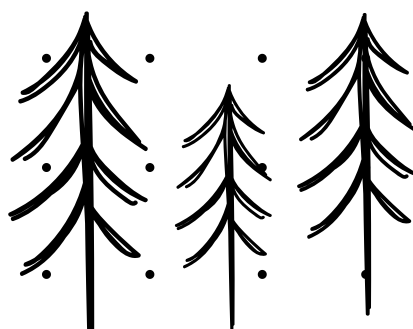
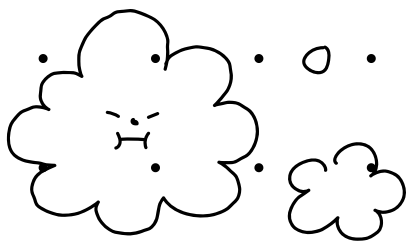






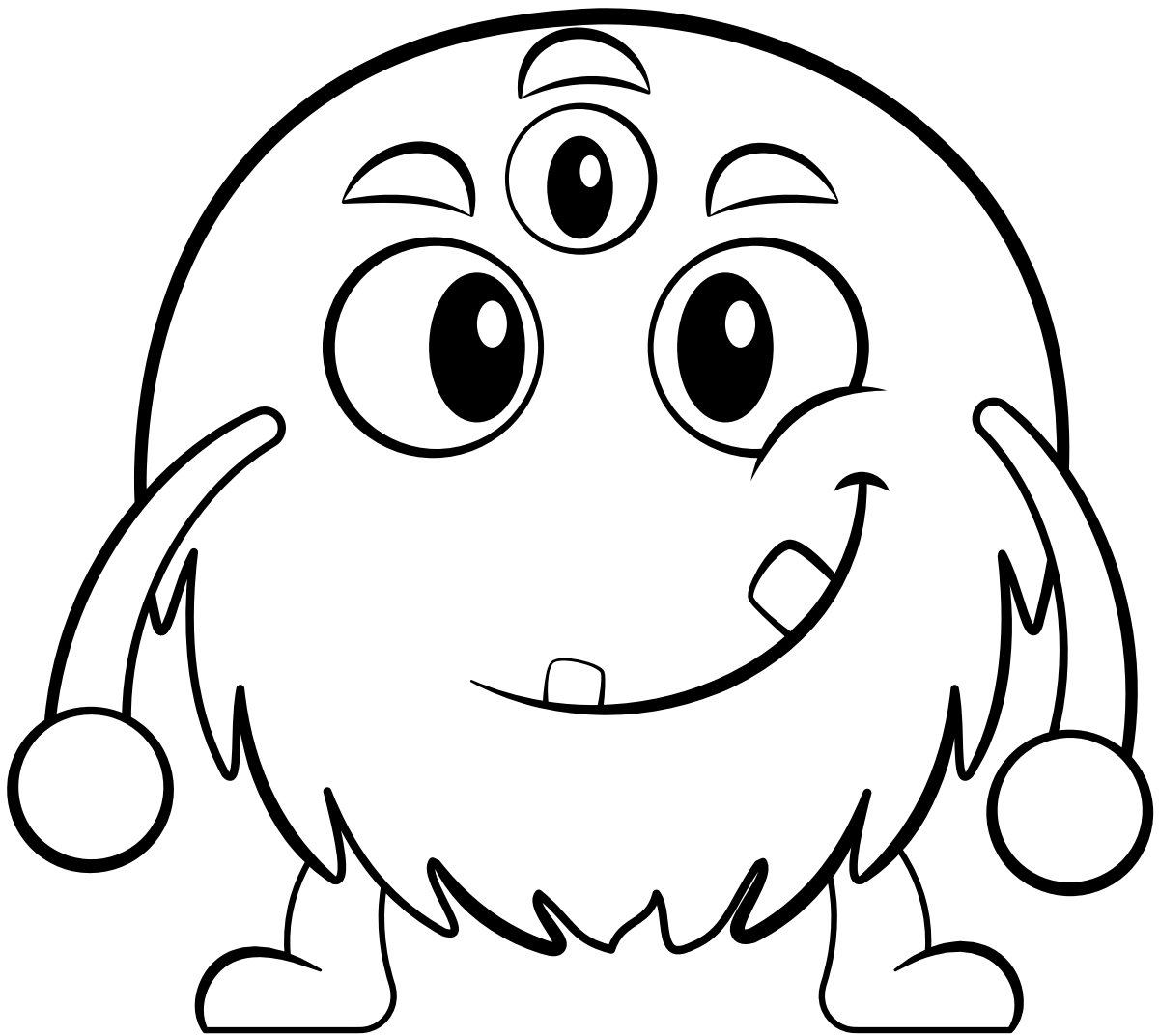
OUR FEELINGS CAN LOOK LIKE A THERMOMETER. WHEN YOU ARE HAPPY EVERYTHING FEELS COOL. WHEN YOU ARE ANGRY OR FRUSTRATED IT CAN FEEL HOT. WHERE ARE YOU TODAY?



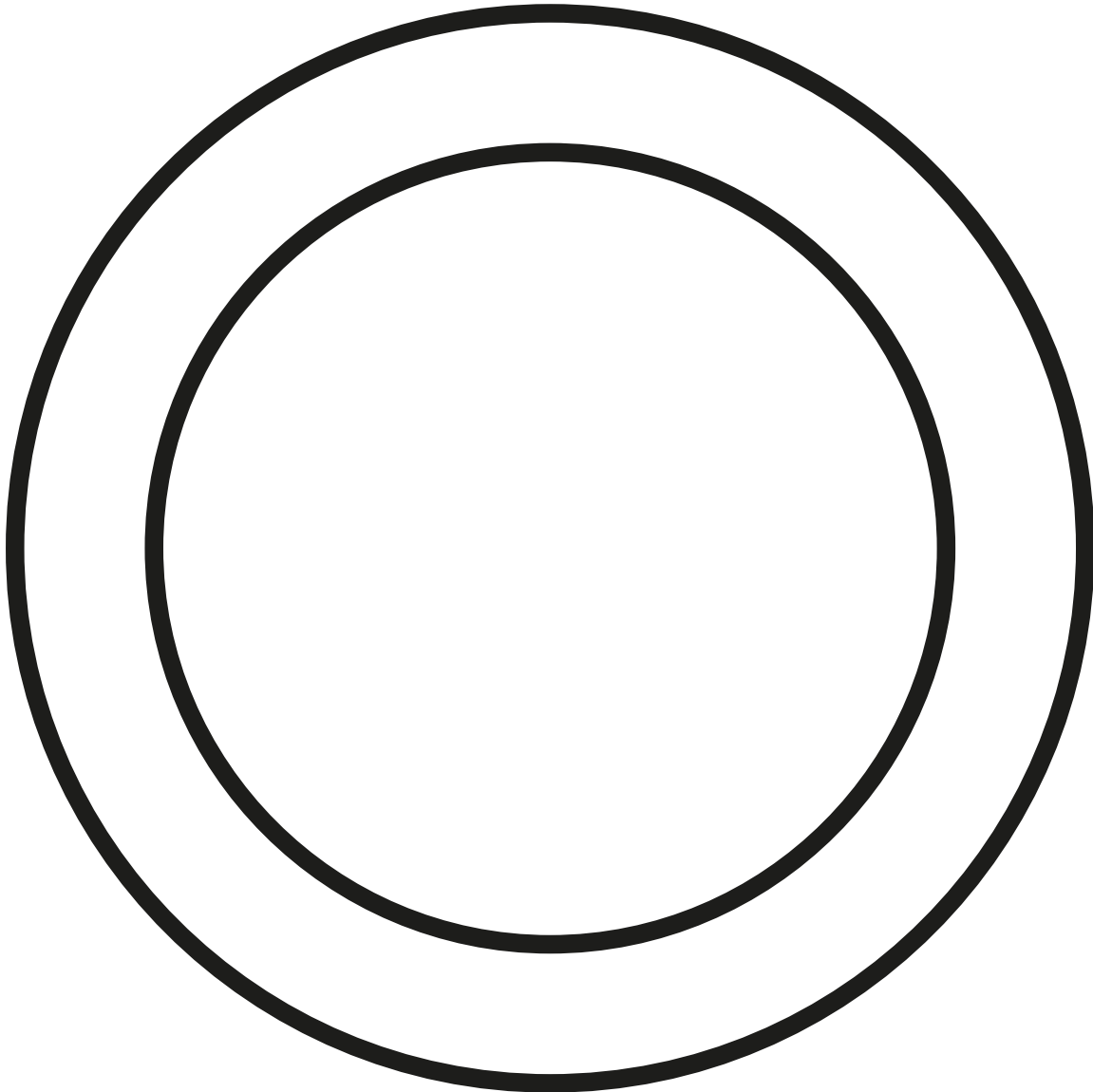


Worry Monsters

This is your worry monster. They LOVE to eat worries so you don't have to carry it all by yourself! Color your worry monster any way you like!



On the plate below, write or draw any worries you want the Worry Monster to eat!



Did you know...

all feelings are okay? Sometimes kids share it can feel difficult to feel happy after something hard has happened or someone dies.

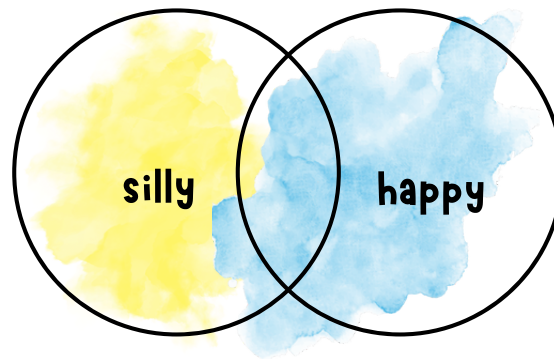
It is okay and normal to feel happy and is also part of grief.



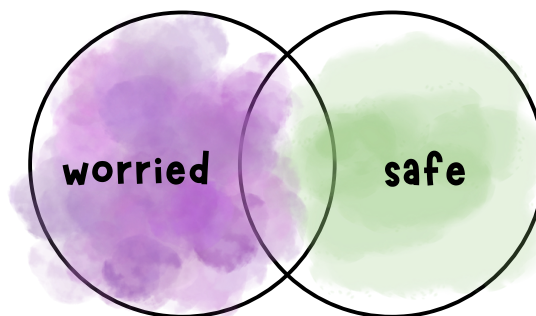
**WHAT ARE SOME THINGS THAT
MAKE YOU HAPPY?**

DID YOU KNOW THAT YOU CAN HOLD MORE THAN ONE FEELING AT A TIME? SOMETIMES THEY FEEL GOOD TOGETHER. LIKE HAPPY AND SILLY. OR SAD AND MAD. SOMETIMES IT CAN FEEL LIKE THEY ARE OPPOSITE. LIKE WORRIED AND SAFE.

BOTH ARE OKAY AND NORMAL TO HAVE. WHAT ARE SOME FEELINGS YOU HAVE HAD?

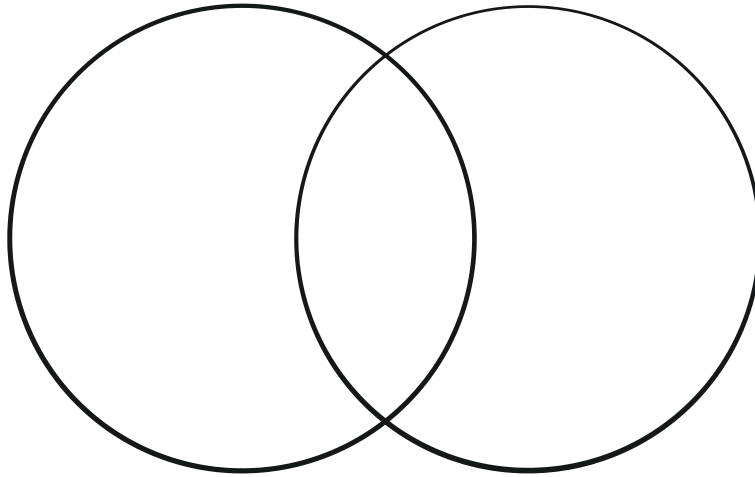


I feel _____ silly _____ and _____ happy _____
when my cousins come play and we make up dances

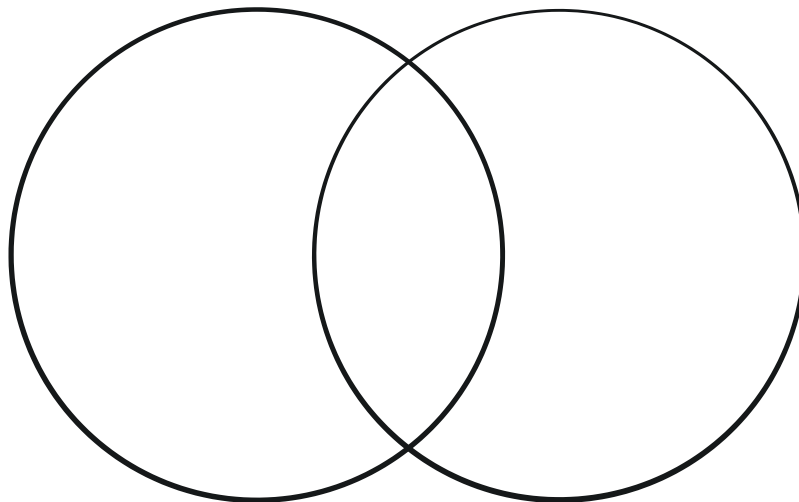


I feel _____ worried _____ and _____ safe _____
when my mom leaves on a trip and I am at home.

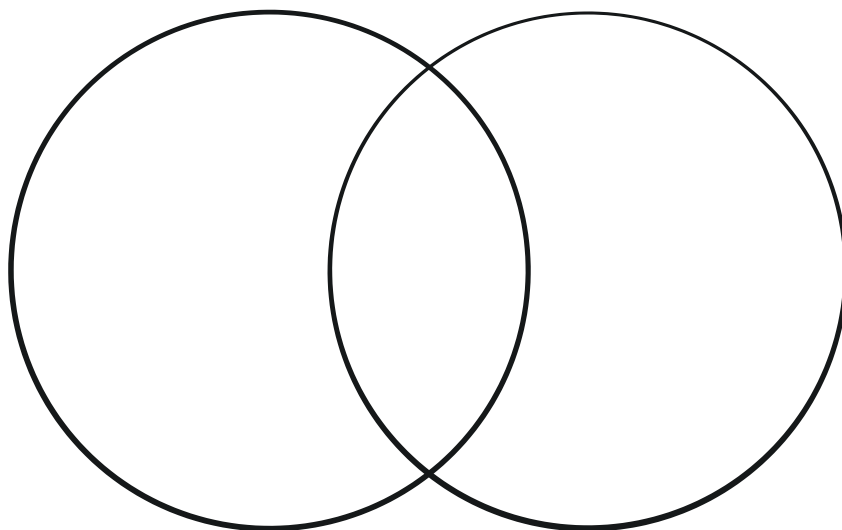
Use the circles to show two feelings you've had about your person
or other things that are happening right now.



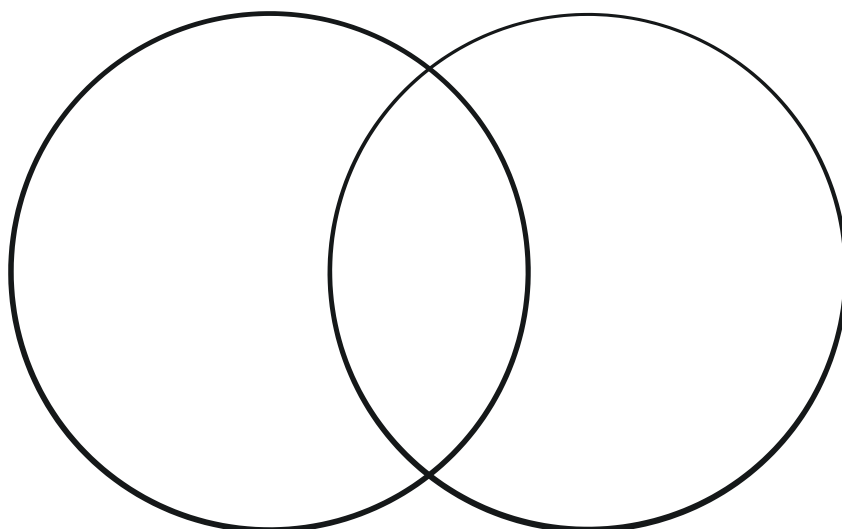
I feel _____ and _____
when _____



I feel _____ and _____
when _____



I feel _____ and _____
when _____



I feel _____ and _____
when _____

Let it Out

Have you ever felt heavy after something difficult happened?

It can feel like a backpack that is way too heavy!

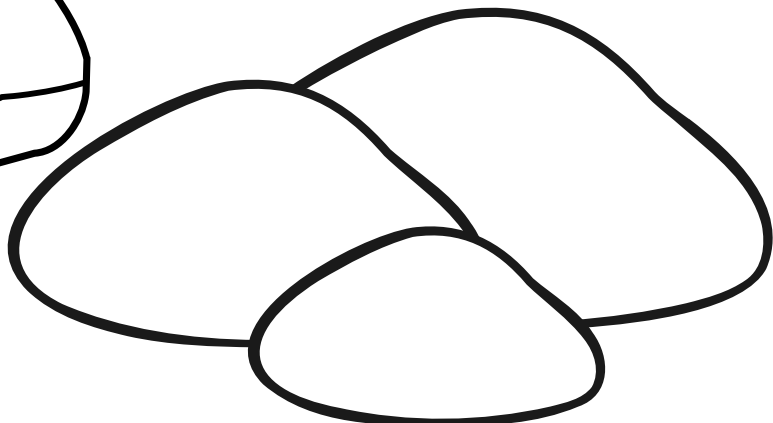
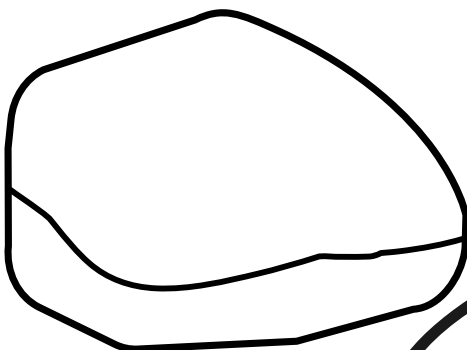
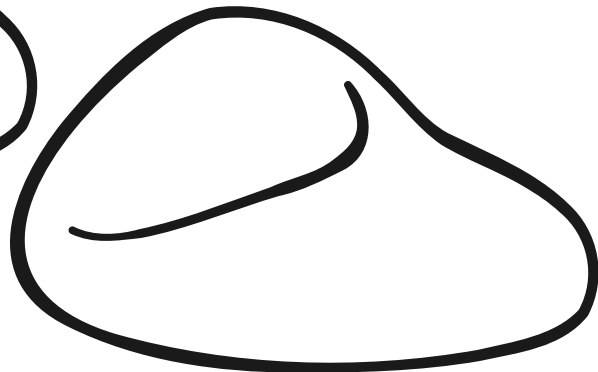
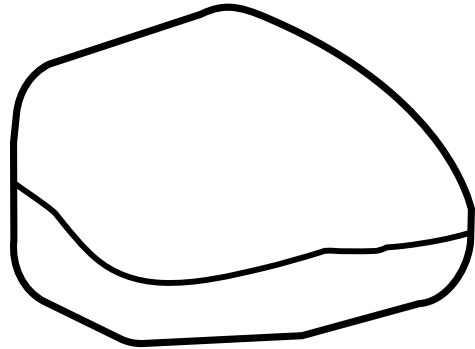
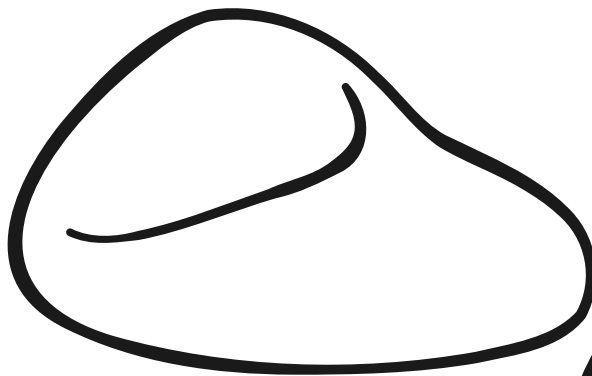
**When we have ways to let out our grief, feelings and problems, it
lightens that feeling we carry around.**



Color your backpack any way you like!

Let it Out

Below are some rocks with feelings and problems named on it that show the weight. On the blank rocks, write or draw things that you want to let out.



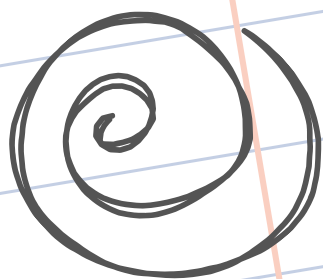
Before

EVEN THOUGH WE CAN'T CONTROL, CURE, OR CAUSE THE THINGS THAT HAPPENED IN OUR FAMILY, IT CAN STILL CHANGE THINGS AROUND US. DRAW WHAT LIFE WAS LIKE BEFORE YOUR PERSON DIED OR HOW THINGS USE TO LOOK.

After

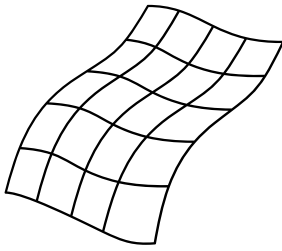
WHAT DOES LIFE LOOK LIKE NOW? ARE THERE THINGS THAT YOU MISS? ARE THERE THINGS THAT YOU LIKE BETTER NOW?

Dear future me,



What brings you comfort?

COMFORT CAN COME IN MANY DIFFERENT WAYS. IT CAN BE SOMETHING YOU DO, A LOCATION, ITEMS, PEOPLE OR FOOD. COLOR OR CIRCLE THE ONES BELOW THAT BRING YOU COMFORT.



a cozy blanket



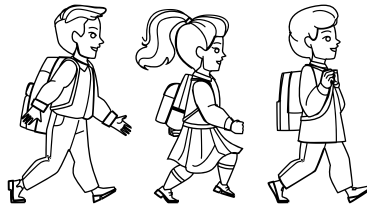
listen to music



singing



a stuffie



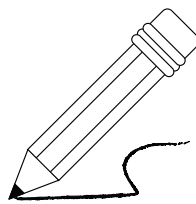
going for a walk



nature



being with friends



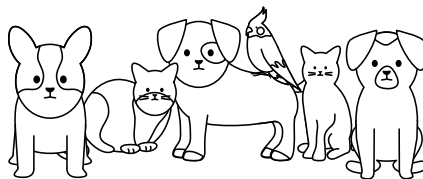
writing



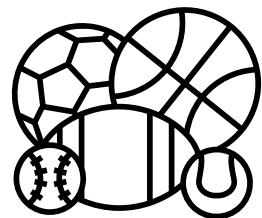
reading



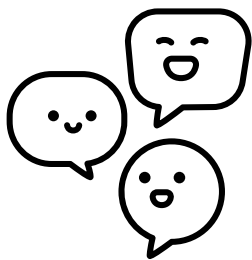
playing games



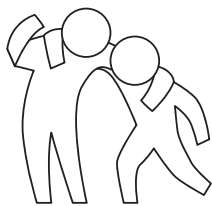
my pet



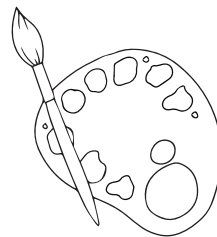
sports



talking to someone



help someone



paint



look at pictures



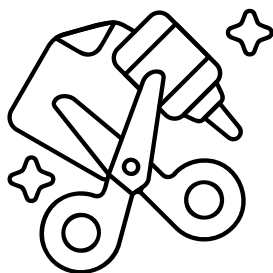
meditate or pray



dancing



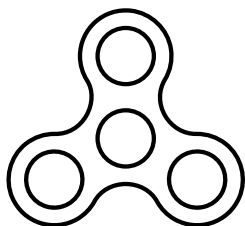
Cook or bake



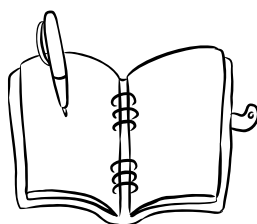
arts and crafts



visit a special spot



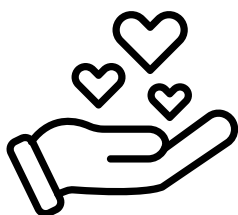
fidget



journal



positive self-talk



practice gratitude



gardening



hug

My Guiding Stars

Values are things that are really important to you. It helps you decide what is right, and what is wrong. It is also how you want people to treat you and how you treat others.

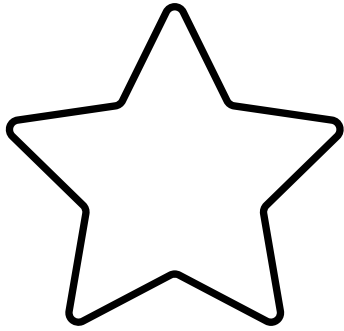
Think of them like guiding stars that help you find your way and make healthy choices. They help your heart and brain work together.

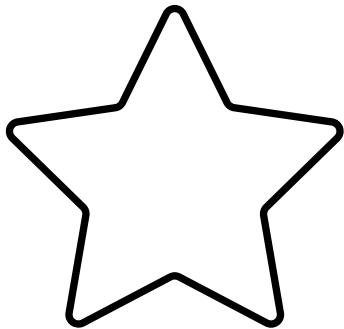
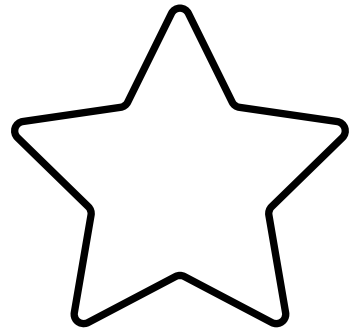
On the next page are some stars for you to write your own values in. Next to your star, write one thing you can do to help use your Guiding Star every day.

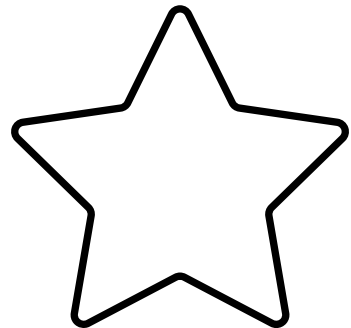
Example:

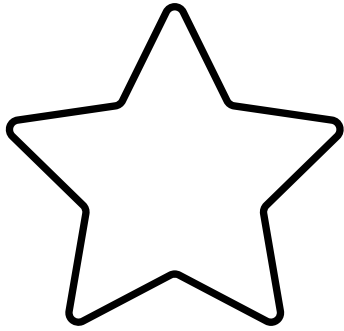


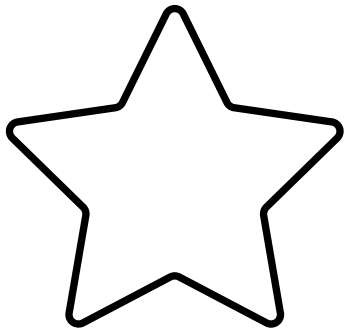
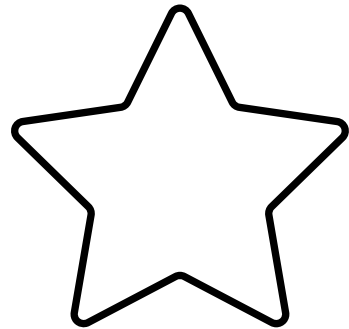
I check on my friends
when they are sad.

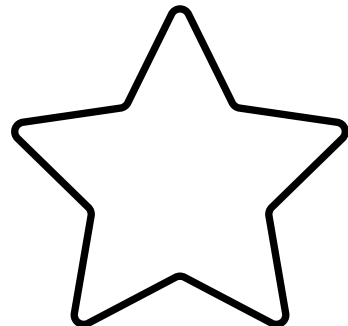












**Need some help thinking of values? Take a
look on the next page!**

KINDNESS

TRUST

FAIRNESS

HONESTY

FAMILY

STRENGTH

RESPECT

LOYALTY

RESPONSIBLE

COURAGE

COOPERATION

**NOT GIVING
UP**

PATIENCE

LEARNING

EMPATHY

CREATIVITY

**WORKING
HARD**

CURIOSITY

HELPFUL

LOVE

SELF CONTROL

SHARING

TRADITIONS

**ASKING FOR
HELP**

TEAMWORK

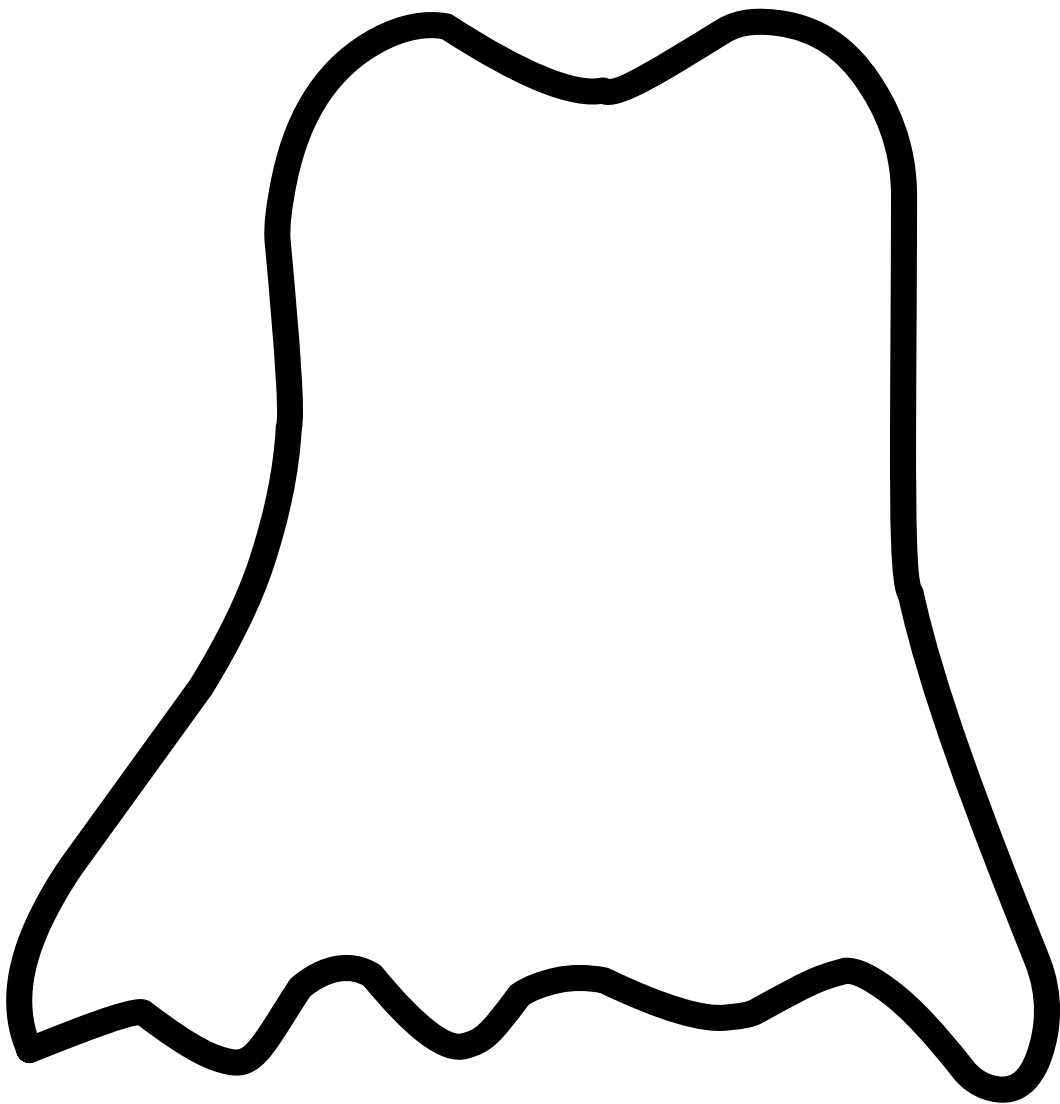
LISTENING

FRIENDSHIP

**PROTECTING
THE PLANET**

My Superpower

Every kid has a super power, which is something they are good at! Write or draw yours below to make your own superhero cape!

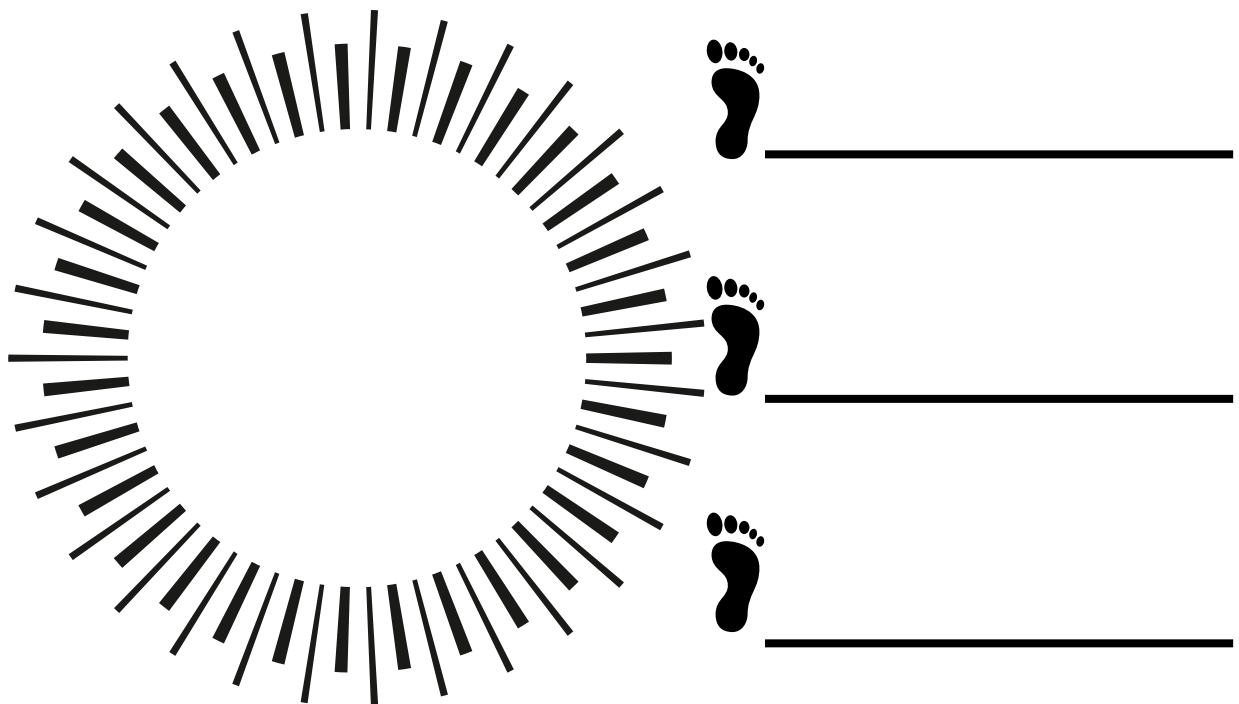


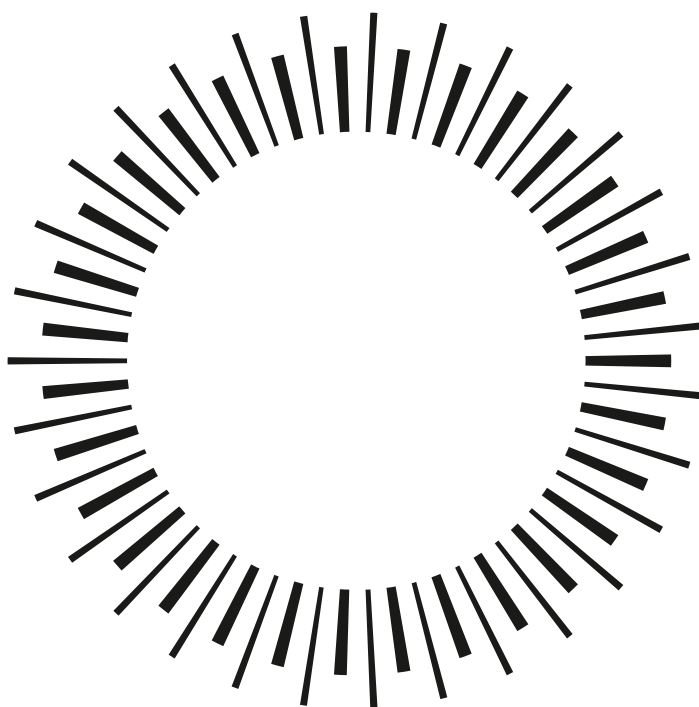
Big Dreams

Little Steps

**Having big dreams and hopes are a good thing!
Sometimes our dreams feel so big, little steps remind
us of what we can do to get there.**

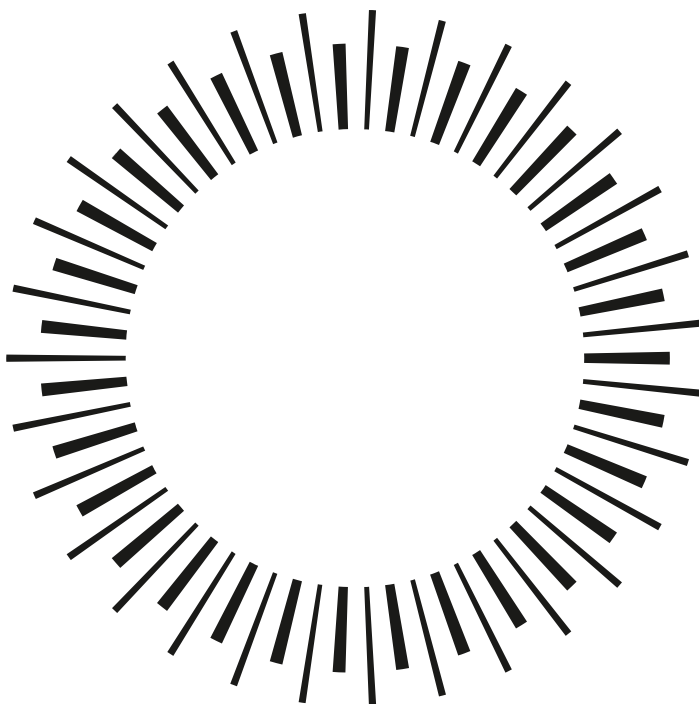
**Write your goal in the big circle and write some thing
you can do to get there. For example: If your dream is
to make the soccer team, a step you can do is practice
every week!**













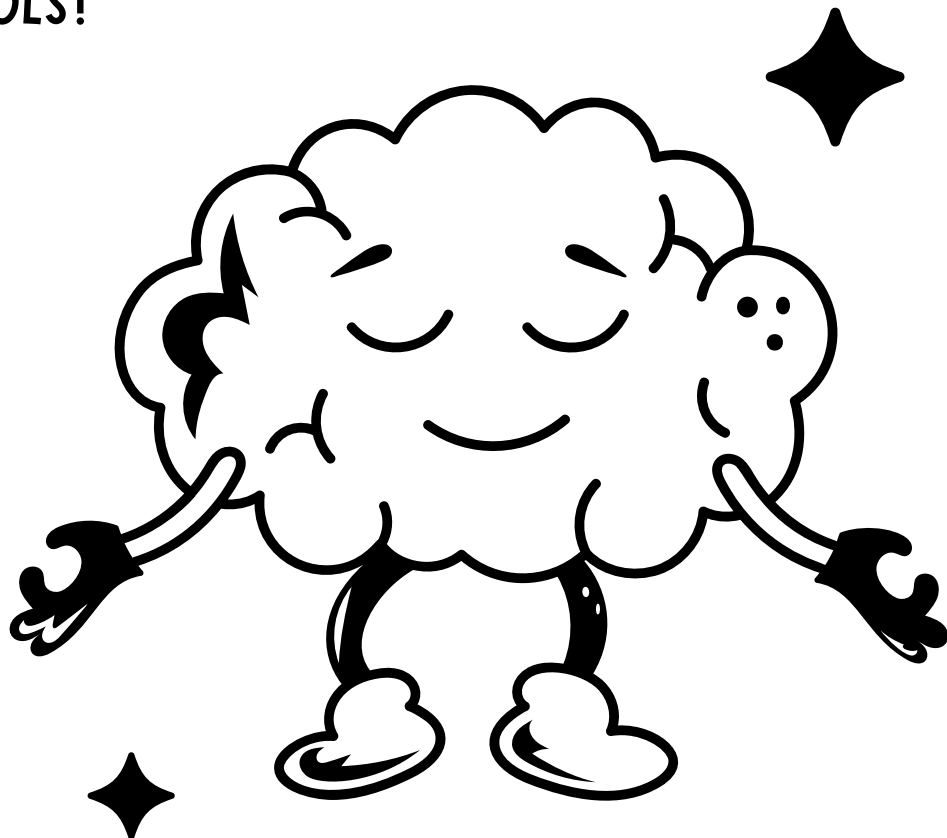


What is mindfulness?

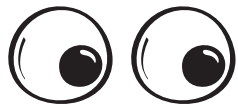
MINDFULNESS MEANS PAYING ATTENTION TO WHAT IS HAPPENING RIGHT NOW. IT GIVES YOUR BRAIN A BREAK, SO YOU CAN FEEL MORE CALM.

THIS CAN BE HELPFUL WHEN FEELINGS FEEL BIG OR WHEN OUR BODY FEELS TIGHT!

COLOR THE PAGES AND LEARN SOME MINDFULNESS TOOLS!



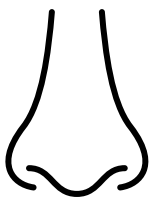
5 Senses Check-In



I SEE



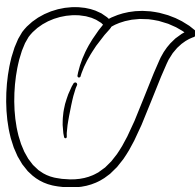
I HEAR



I SMELL



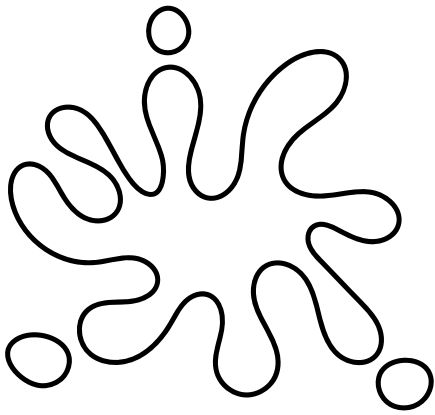
I TOUCH



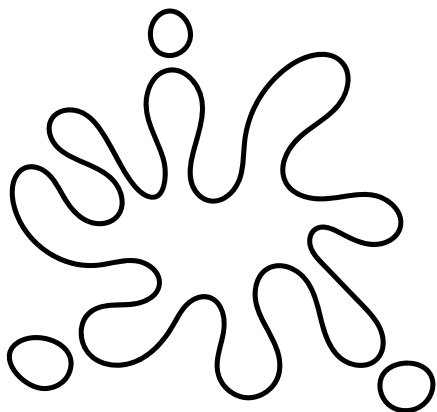
I TASTE

Rainbow Senses

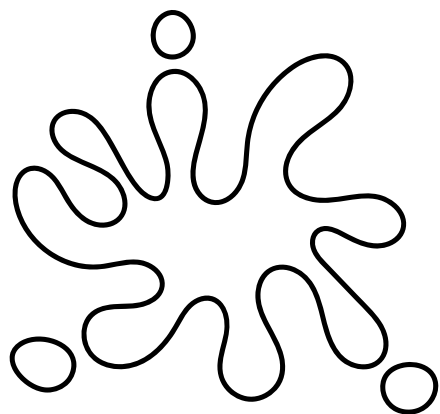
LOOK AROUND AND FIND ITEMS THAT MATCH THE COLOR BELOW. YOU CAN WRITE OR DRAW WHAT YOU SEE NEXT TO EACH COLOR.



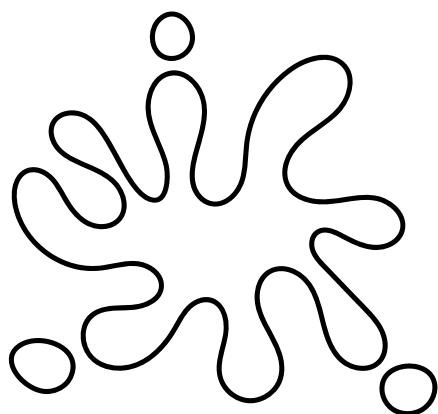
RED



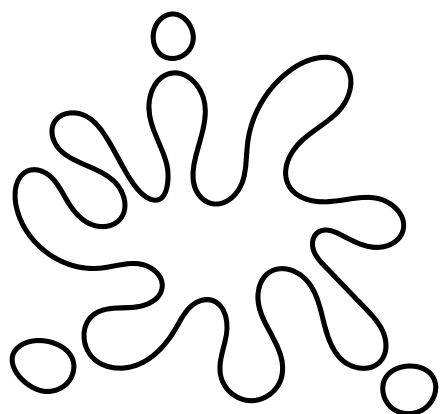
ORANGE



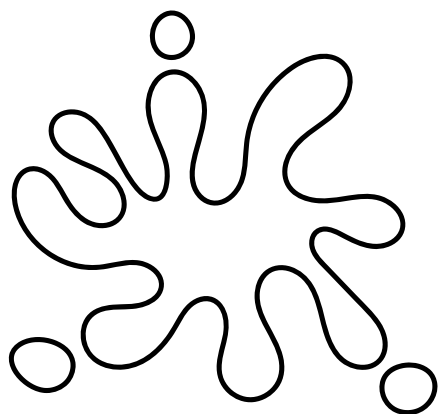
YELLOW



GREEN



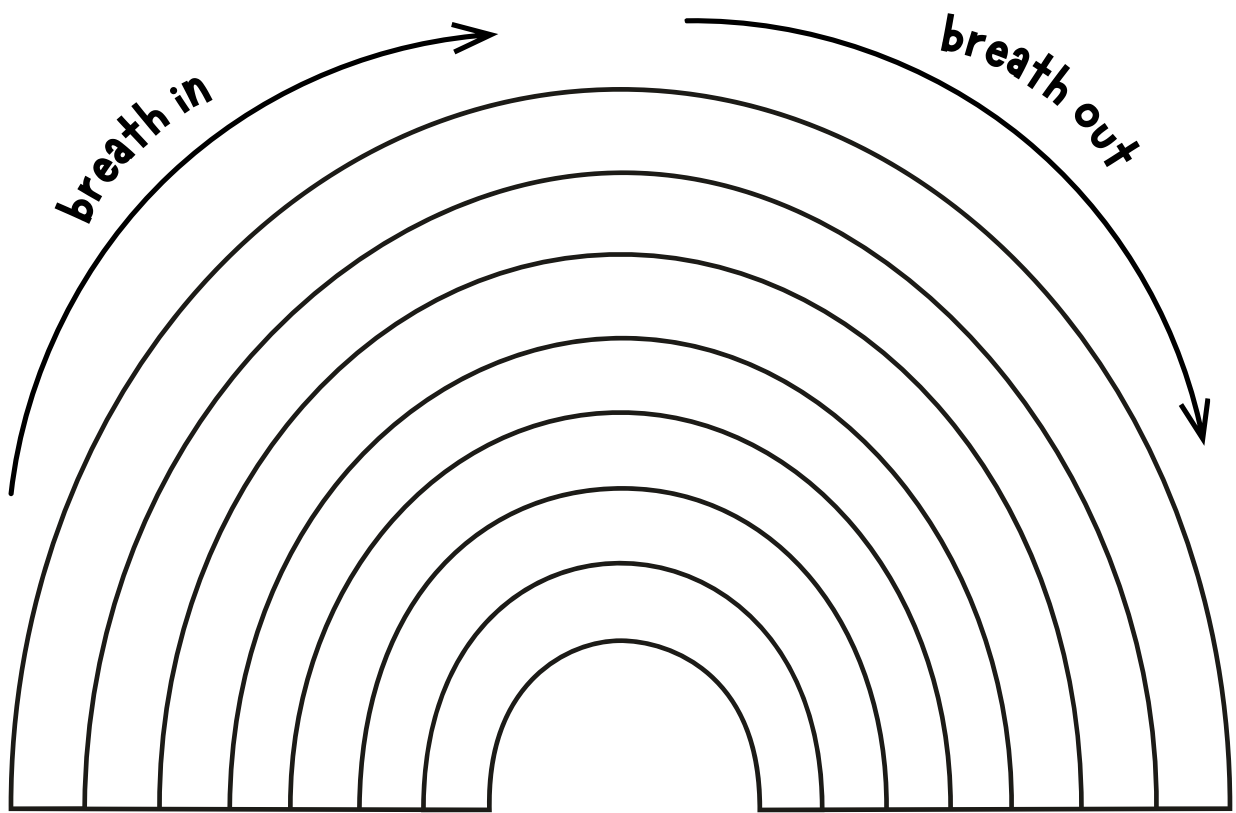
BLUE



PURPLE

Rainbow Breaths

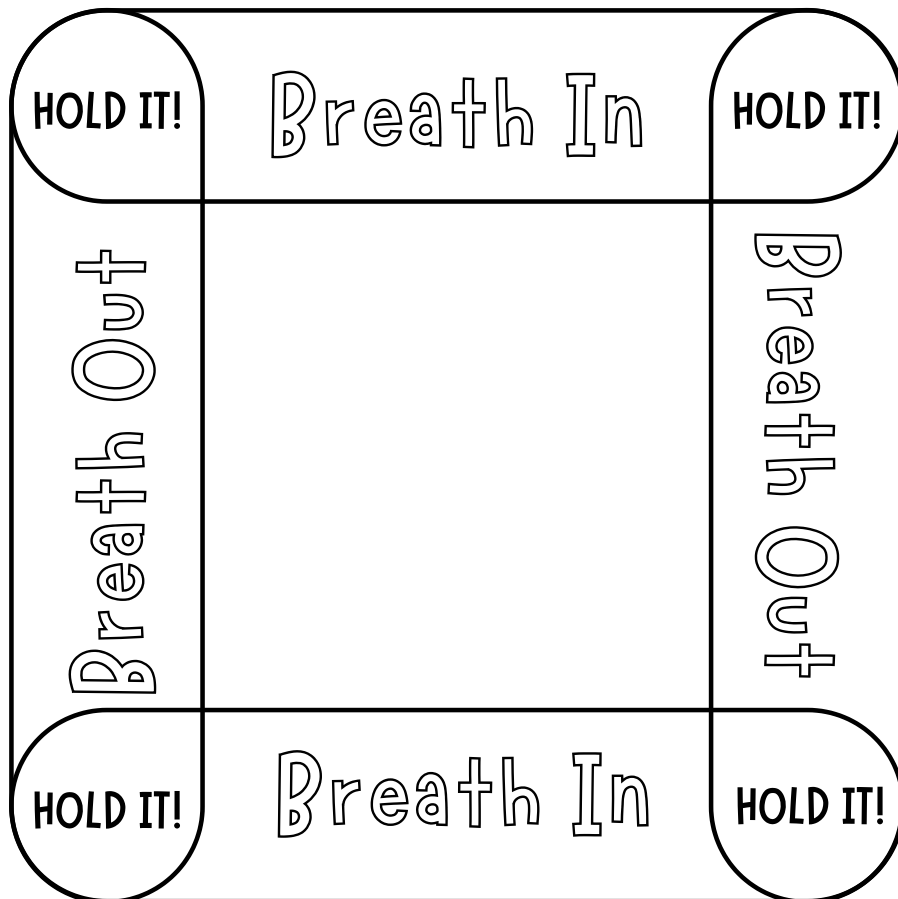
COLOR THE RAINBOW ANY WAY YOU LIKE!



trace your finger along each color as you breathe

Box Breath

COLOR THE BOX BELOW



NOW WHENEVER YOU NEED, TRACE YOUR FINGER
SLOWLY AROUND THE BOX. HOLD FOR ONE SECOND
BEFORE CONTINUING YOUR NEXT BREATH

My brave self portrait

YOU LEARNED A LOT ABOUT ABOUT FEELINGS, GRIEF, AND HOW TO
TAKE CARE OF YOURSELF. LET'S CELEBRATE YOU!

DRAW A PICTURE OF YOURSELF, AND ADD ALL THE THINGS THAT
HELP YOU FEEL SAFE, CALM, AND SUPPORTED!



