

# Share & Care Kids Journal

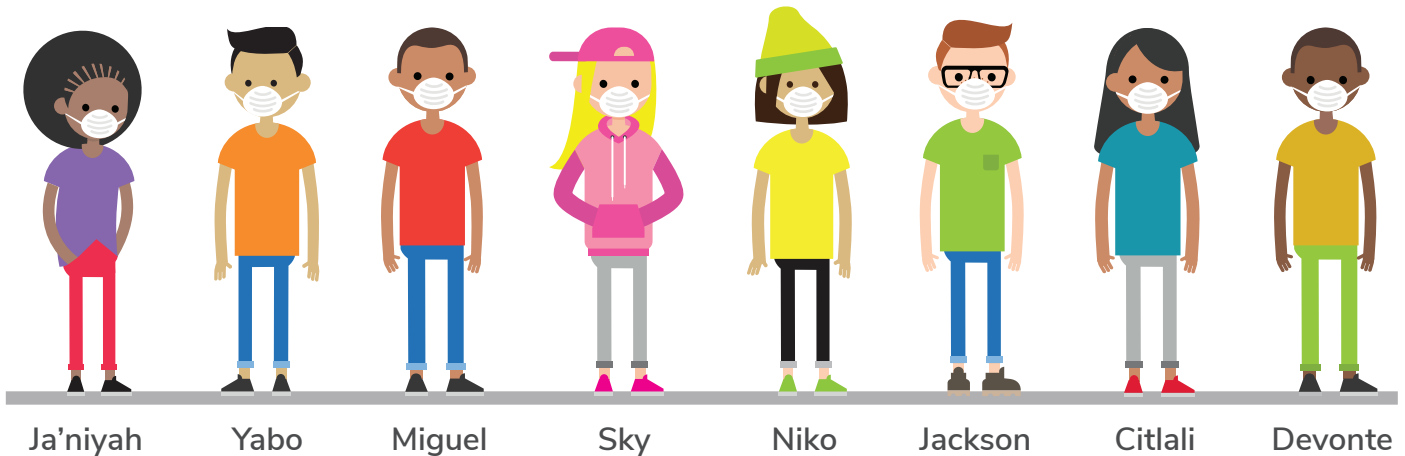


My name is:

---



# Share & Care Kids Journal

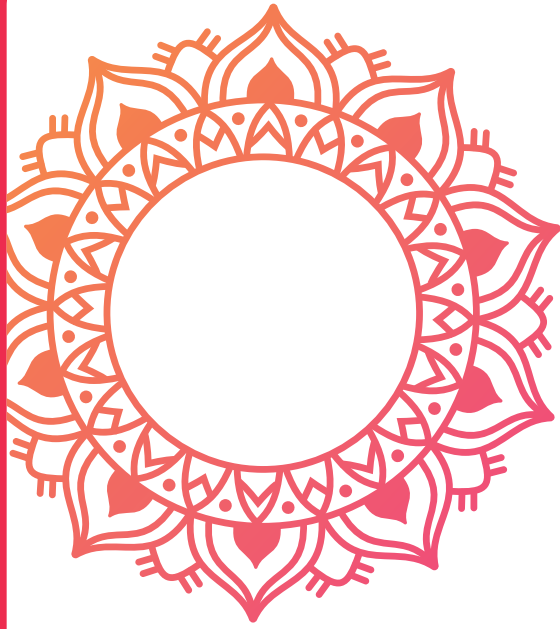


**Meet the Share & Care Kids.** They are here to guide you in completing this journal. This journal will help you know more about yourself and your feelings, and in it you will find tips for life's ups and downs. There are some fun activities for you to get creative while you are learning. Get your writing and coloring materials ready—it is time to make art and explore!

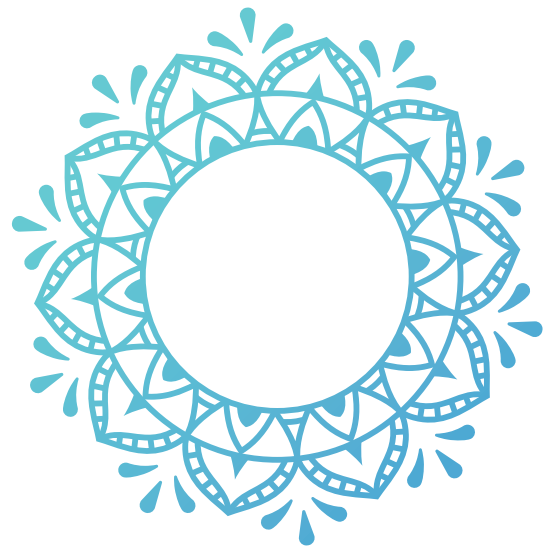
## Here is what you will find in the Share & Care Kids Journal:

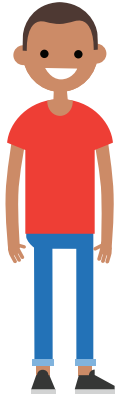
- First, it is all about you and what makes you unique.
- Second, we will talk about thoughts and feelings.
- Finally, we will focus on your strengths.

Remember, there is no right or wrong way to fill out the pages of this journal. Turn mistakes into happy accidents! And as always, have fun!

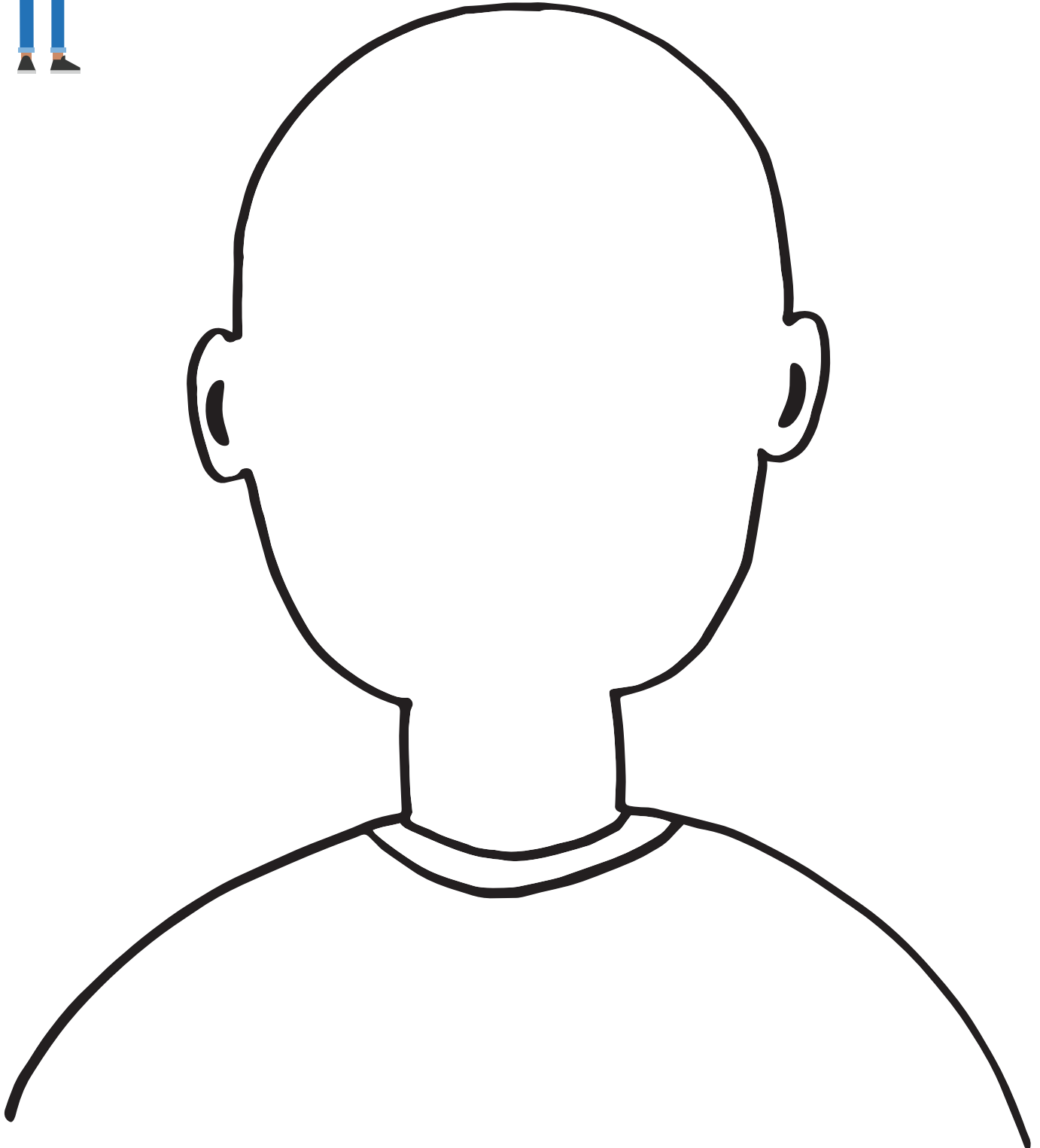


**“You are  
amazing just the  
way you are!”**





**Hi, I'm Miguel!** One thing I really like about myself is my big smile. You are a wonderful person too, and it is important to see yourself as a beautiful individual. Draw a lovely self-portrait.

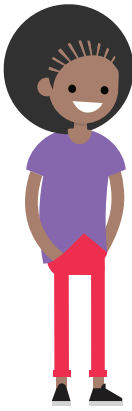






**Hey, nice to meet you, I'm Sky.** One cool thing about me is I have a unique sense of style. I like to wear my cap backwards, along with brightly colored shoes. Use the space below, to express how awesome and unique you are. Use words, drawings, images, or doodles to create a fantastic image inside the heart that represents who you are.





**Hey, I'm Ja'niyah.** It is important to understand that each person is unique. Respecting each other's differences is important. Some people love pizza and some people prefer a hamburger. Think about some of the things you enjoy and some of the things that you dislike.

### Music, Singer, Artist



### YouTube, Video Games, Streaming Movies and TV Shows



### Sports, Hobbies, Activities



### My Friends



### Likes



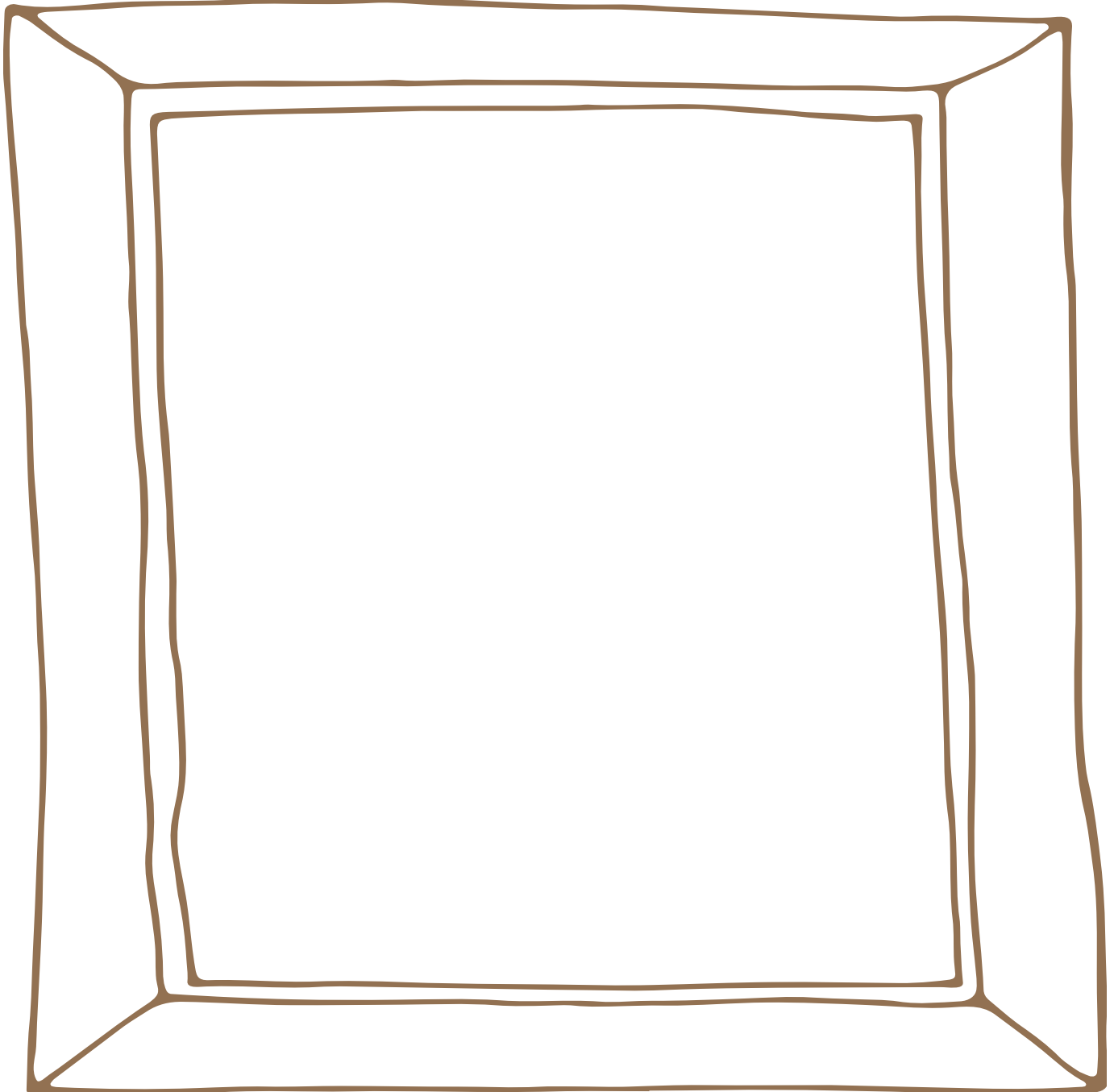
### Dislikes





**Greetings, I'm Devonte.** Just like people have different preferences, each family is different in its own way. In the space below, draw a portrait that represents your family unit.

# My Family





**Hey, my name is Niko.** Culture is made up of the things that make us who we are: the attitudes, customs and beliefs one group of people upholds. Knowing about our own culture and learning from the culture of others helps us understand, accept, love, and respect one another. Create different images that represents your culture and those beliefs that are important to you and your family.

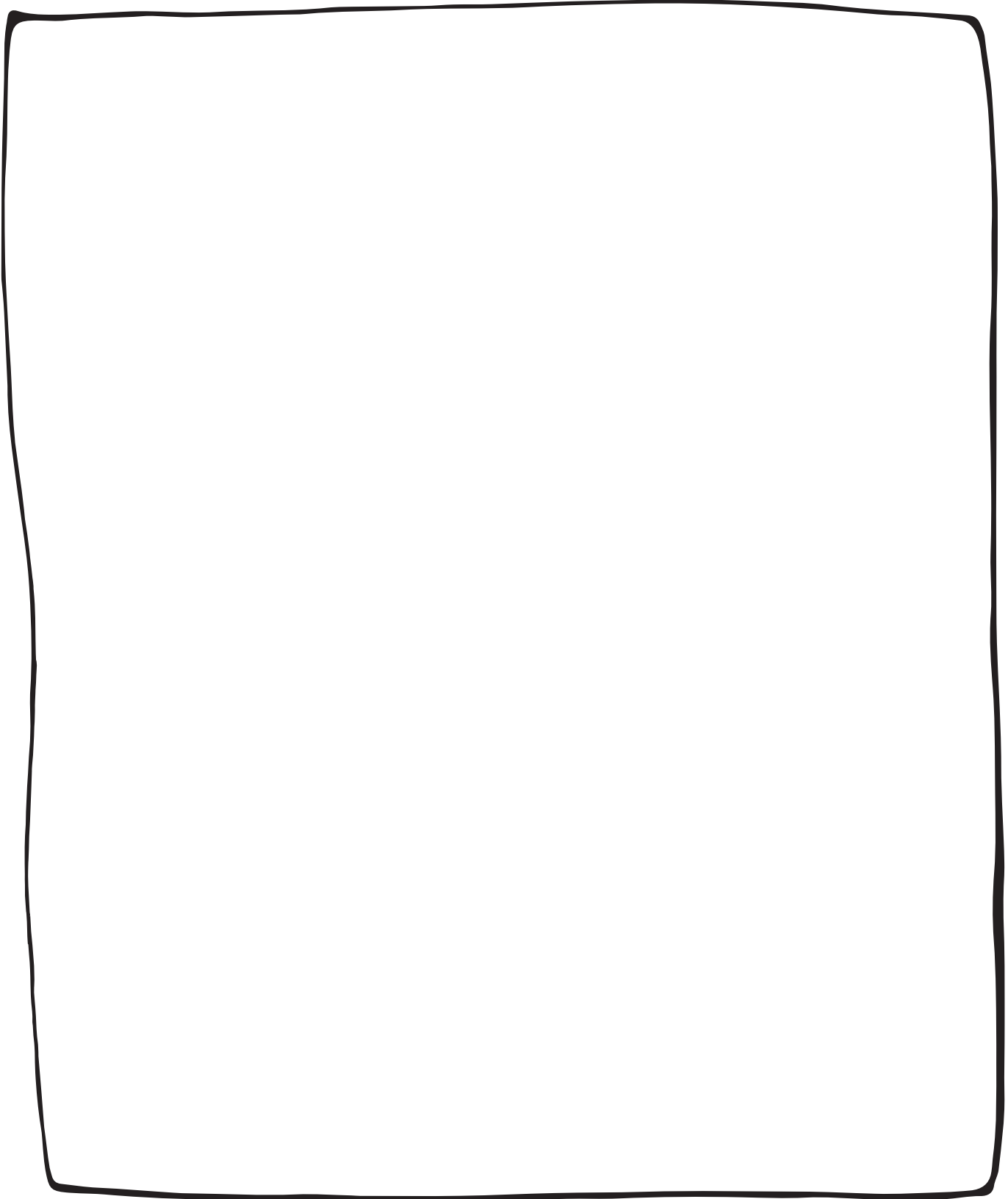
# Culture





**Hi there, my name is Jackson.** Family is important, and for some people, other individuals who are not family members are also a great source of support. Think of all the family and friends who love you and support you. Add those people to the rainbow of support.



# Free Draw

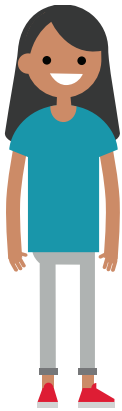




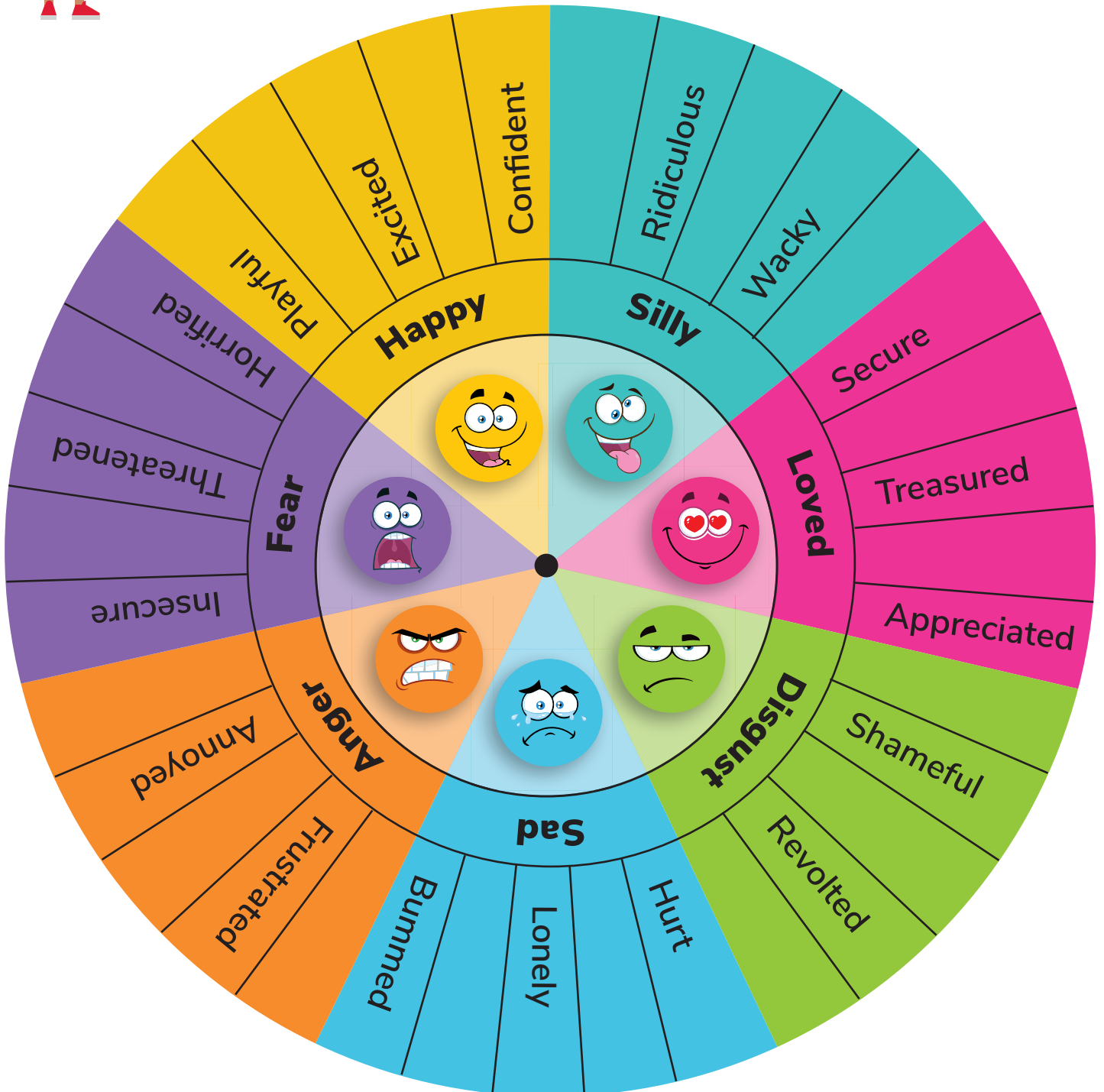
**“You can’t stop the waves, but you can learn to surf.”**

**–Jon Kabat-Zinn**





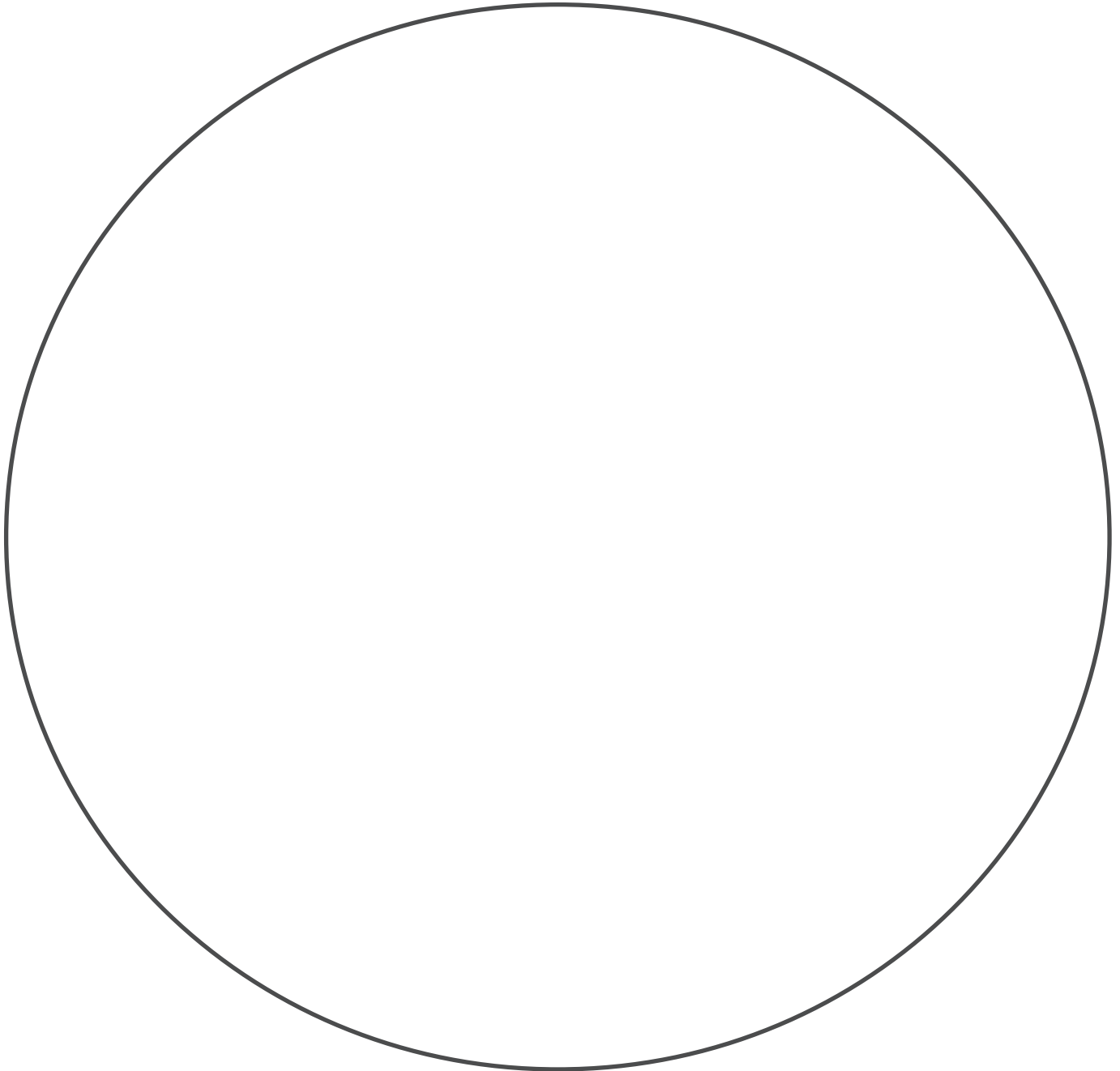
**Hello, I'm Citlali.** One thing that I have learned in Share & Care is that recognizing and naming emotions and feelings will help you manage life's ups and downs. Let's "Notice and Name" our feelings. Look at all the amazing ways we can describe the seven primary emotions at the center of this circle: Happiness, Anger, Sadness, Surprise, Disgust, Fear, Love. There are some spaces to write more words. Can you add to the list?

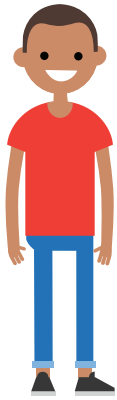






**Hi, I'm Yabo.** You can come up with even more ways to describe how you are feeling! There is no right or wrong way to do it... just be creative. You may notice you are feeling more than one feeling at a time. This is totally OK. Have you ever had two feelings that are different from one another? Here is an example: On my first day of school, I was happy to meet new friends, but also really scared about not knowing my way around school. Use lines, shapes, and colors to fill this circle with all the feelings you have right now.





Sometimes we may feel that certain feelings are not OK to have, but I want you to know that all feelings are OK, no matter how small or big they are. Did you ever notice how feelings come in different sizes?

# Feelings come in all sizes



**Happy**

**Silly**

**Loved**

**Disgust**

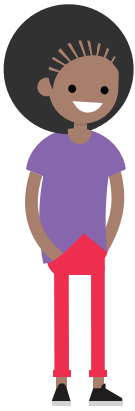
**Sad**

**Anger**

**Fear**

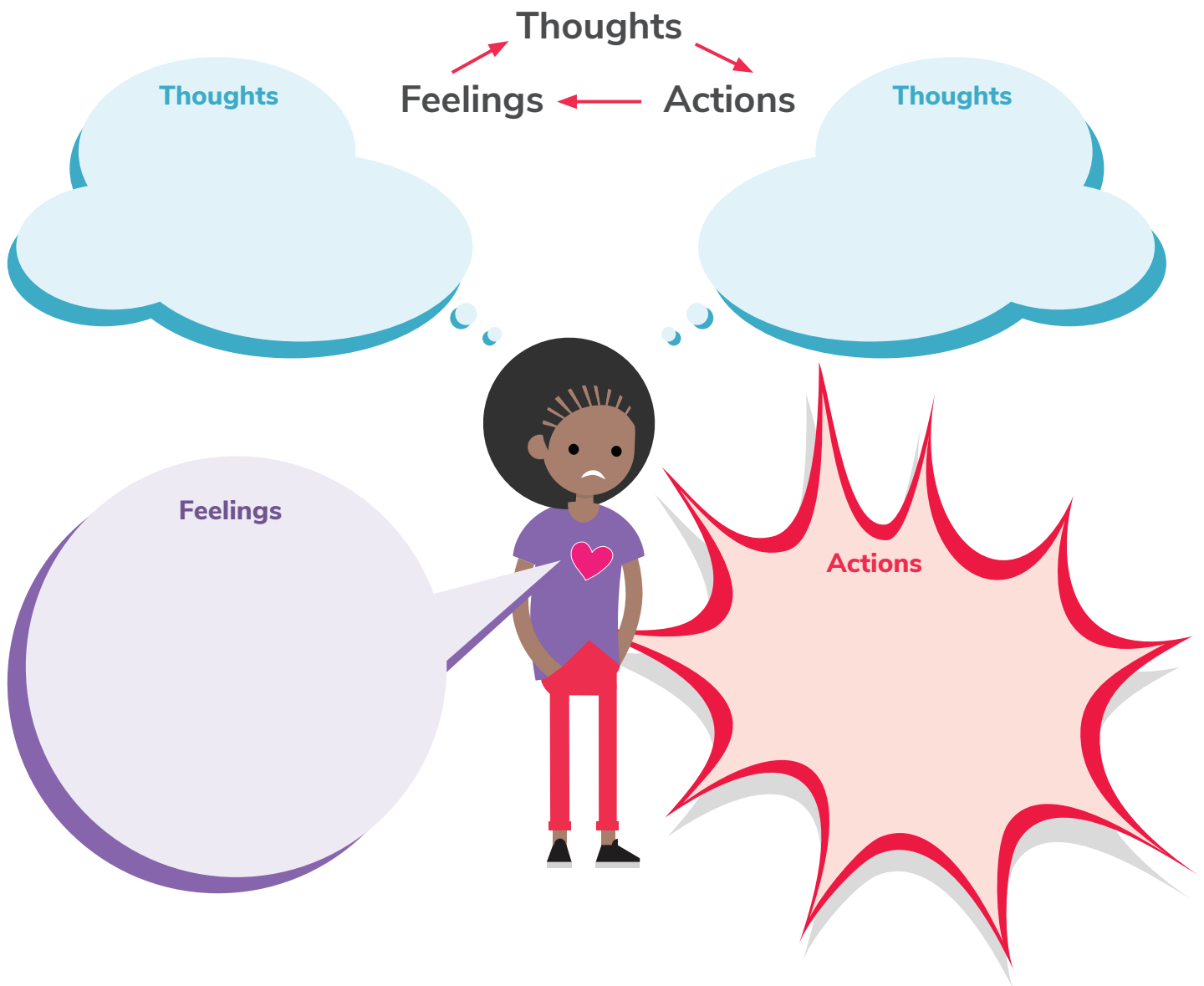


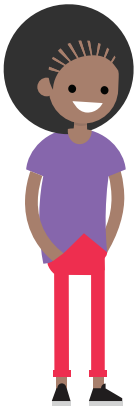
Choose one feeling and explore what it is like for you when this emotion is experienced in a small way, versus a BIG way. Here is an example: Sometimes I feel a little annoyed at my brother when he takes my toys. The emotion I feel is anger, but just a little angry. Later in the day, when I lose at soccer, I get really, REALLY angry. Experiencing the same emotion in a small way versus a big way can feel very different. Use the circles to name a feeling and explore what it is like when the feeling is small versus big. You can draw a picture or write words—it's up to you!



Let's think about a time that you got really upset. What thoughts came to you? What were you feeling? How did you react? Fill in the bubbles with your thoughts, feelings and actions.

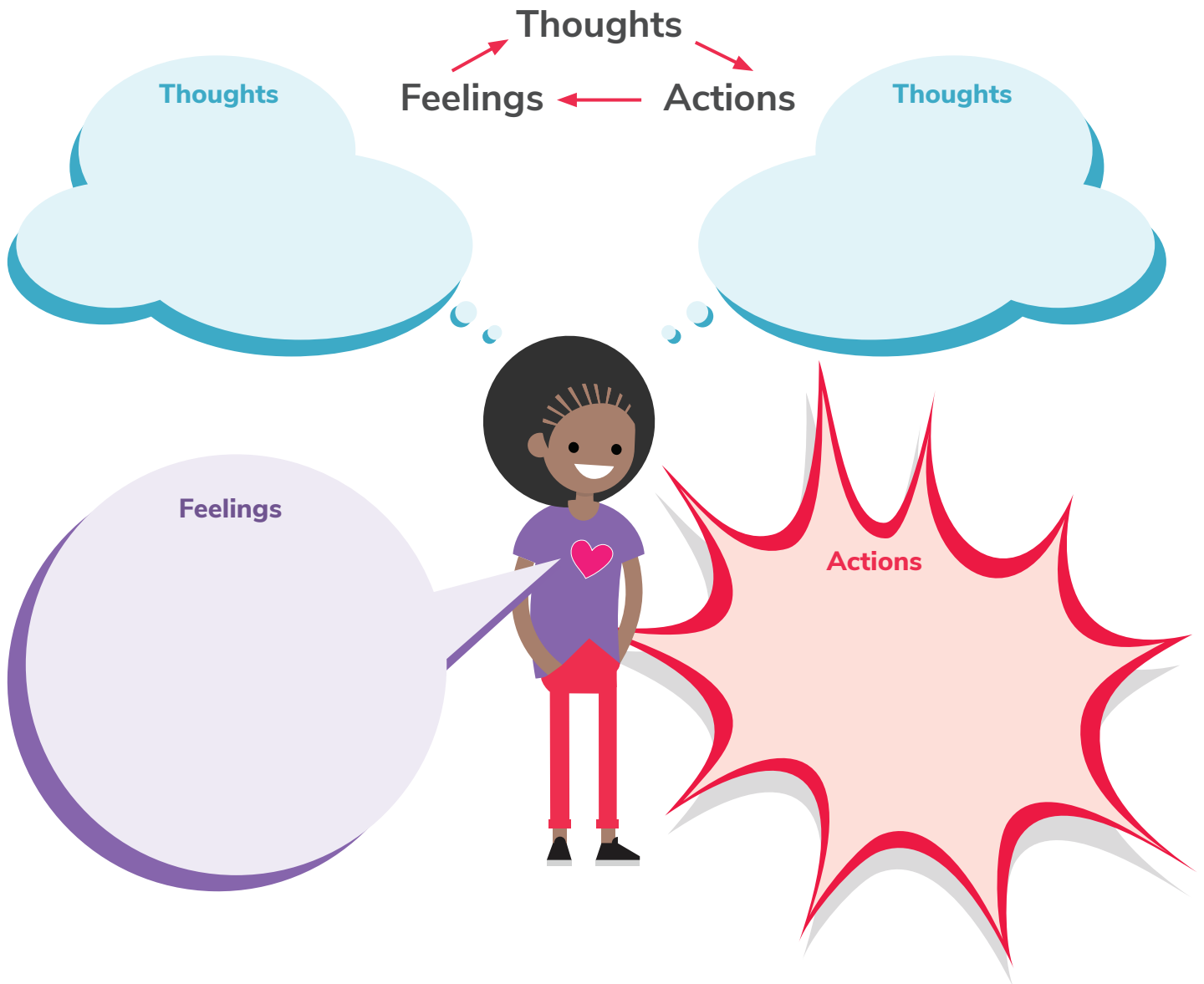
**Upsetting event:** \_\_\_\_\_





On the previous page, you may have noticed that your thoughts were harsh or unkind. Sometimes we can be really hard on ourselves. When we add more kindness and compassion in our thinking, we can change how we feel and react to upsetting events. Using the same upsetting event as the previous page, let us think about how things can transpire differently if you feel, think and act in a more positive/healthy way. Fill out the bubbles below, thinking about how you can change your thoughts or actions to change how you feel about the situation.

**Upsetting event:** \_\_\_\_\_





Feelings and emotions are meant to come and go, a lot like the weather. Sometimes feelings stick around a little longer. We like to call these, “sticky feelings.” Sticky feelings are emotions and feelings that tend to stay with you and can really mess up your day. Here is a list of things you can do to improve your mood and shake the unhelpful feelings. We call these “coping skills.”

# My Coping Skills Checklist



Build something or create art

Learn how to make a new snack



Hold your hands together real tight and then let go

Write down what you're grateful for



Think of a kind thing to say to yourself

Make a warm drink and sip it slowly



Just breathe

Ask for a hug



Hydrate

Stretch or do yoga



Move furniture around in your room

Find pictures that make you feel good



Write down your feelings and thoughts in a journal

Make a “Ta-Da” list of all the things you've done today



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

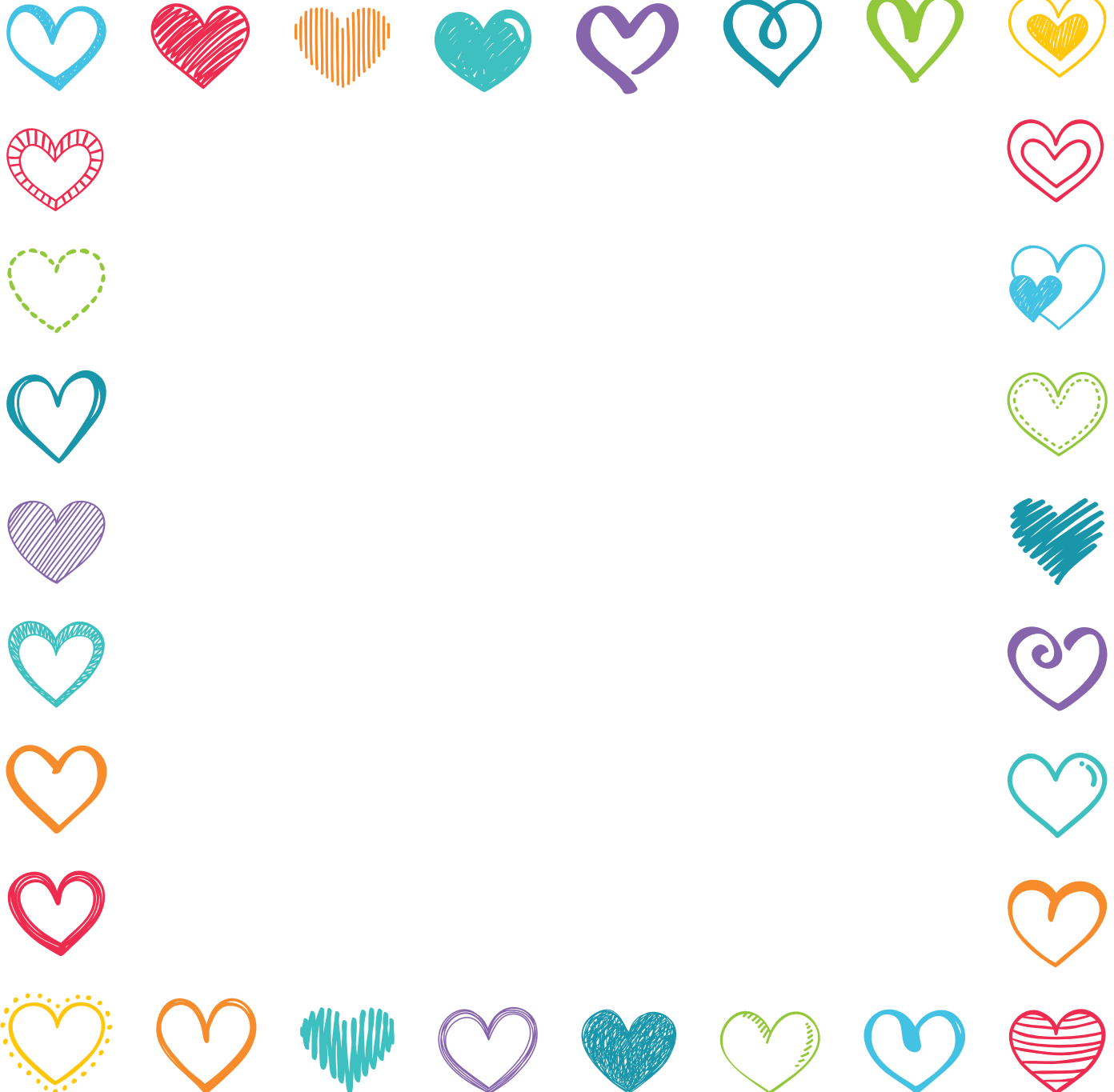
\_\_\_\_\_



Draw an example of you practicing one of the coping skills named above or create your own. How will it make you feel if you practice these skills in the future?

Coping skill: \_\_\_\_\_

\_\_\_\_\_





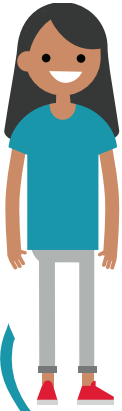
Mindfulness is a way of paying close attention to yourself and what is happening around you. By practicing mindfulness every day, you will be more aware of how emotions and feelings impact you. Here is a mindfulness activity you can do anytime, especially when you feel overwhelmed by emotions.

## My Five Senses

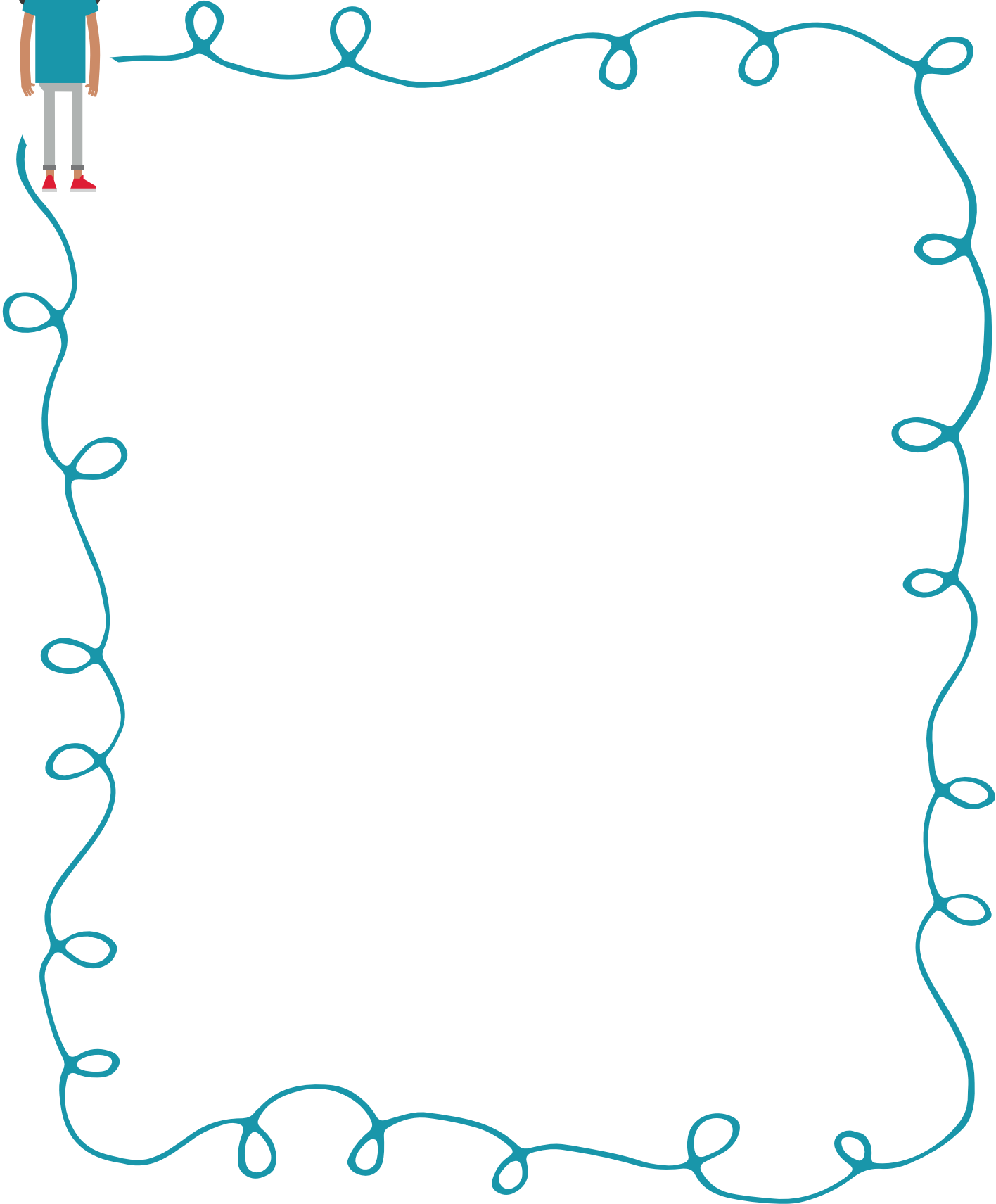
- 5 Name five things you can see
- 3 Name three things you can hear
- 4 Name four things you can feel
- 2 Name two things you can smell
- 1 Name one thing you can taste







Draw a time when you felt completely alert and aware of all your five senses.

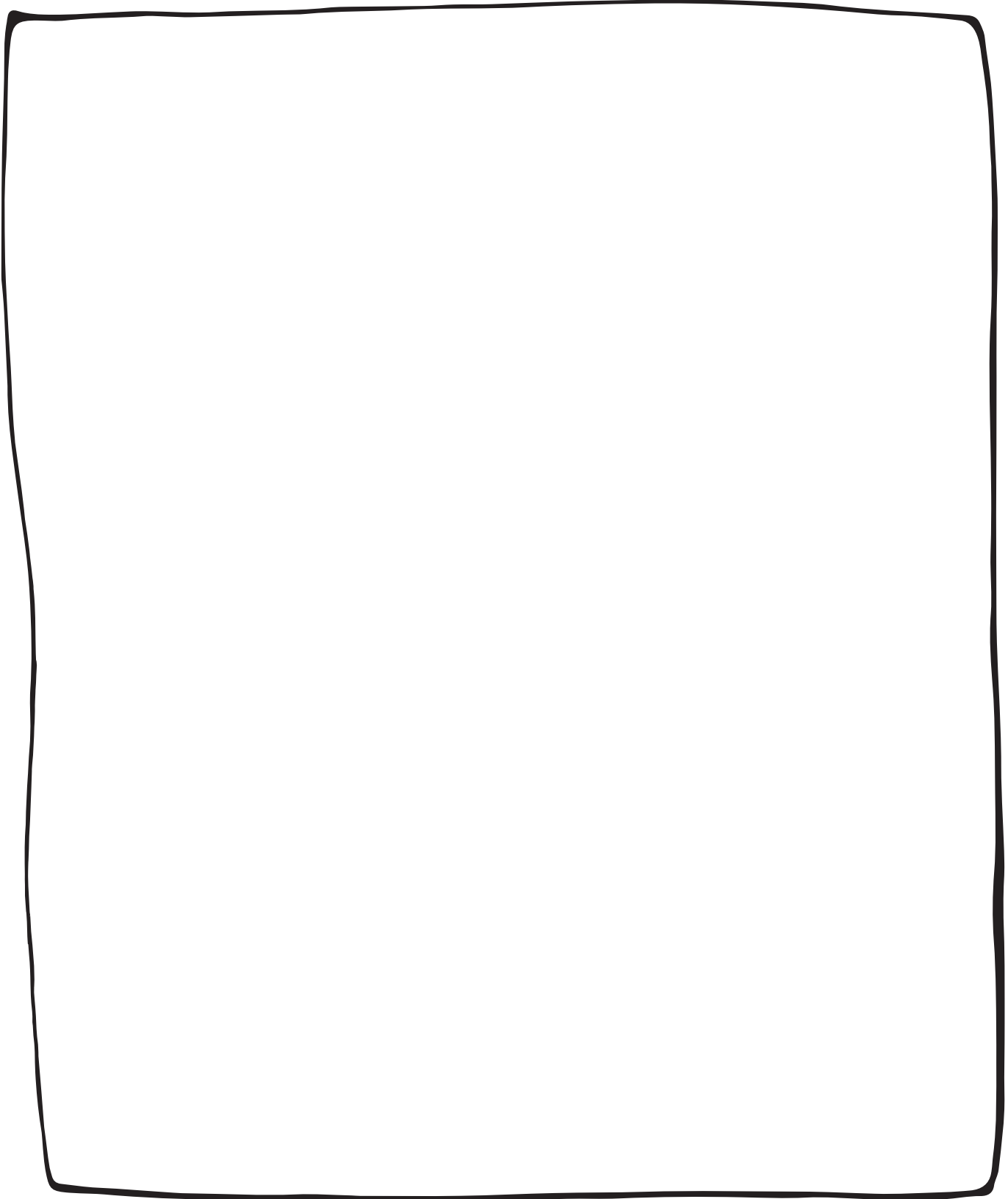


**“Make each day  
your masterpiece.”**

**–John Wooden**

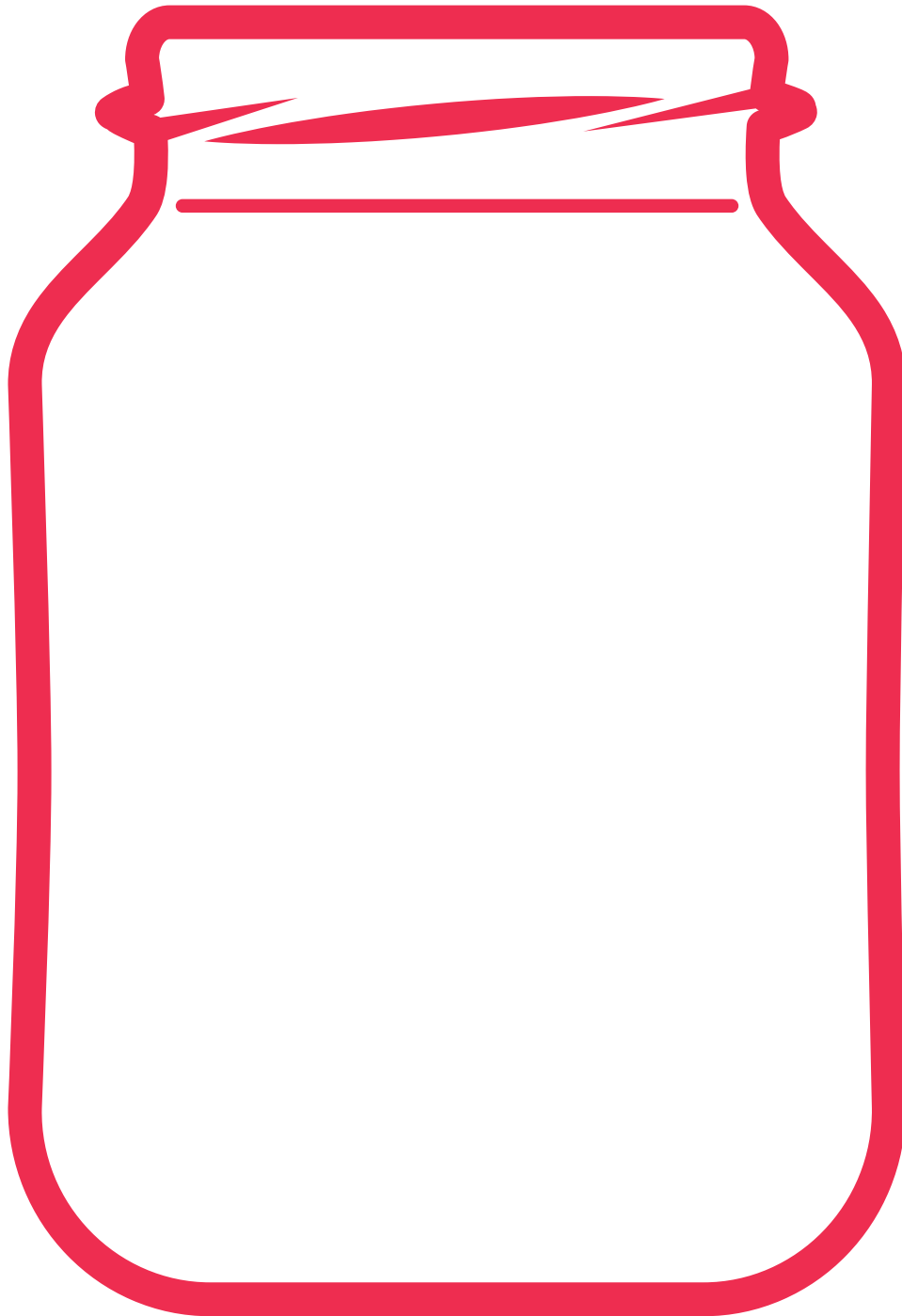


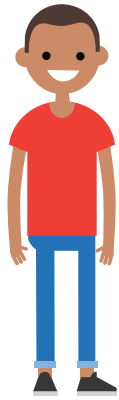
# Free Draw





Friendship is sooo special. I have one very special friend that I have known my whole life. Do you have someone special in your life? Someone you trust who brings out the best in you? Think of that person and write down what it is about your friendship you are grateful for, and put it in the gratitude jar. For example, "I like that we can laugh together and make each other feel better." Next time you see your friend, maybe you can share gratitude statements with them. That might make your friendship even stronger!



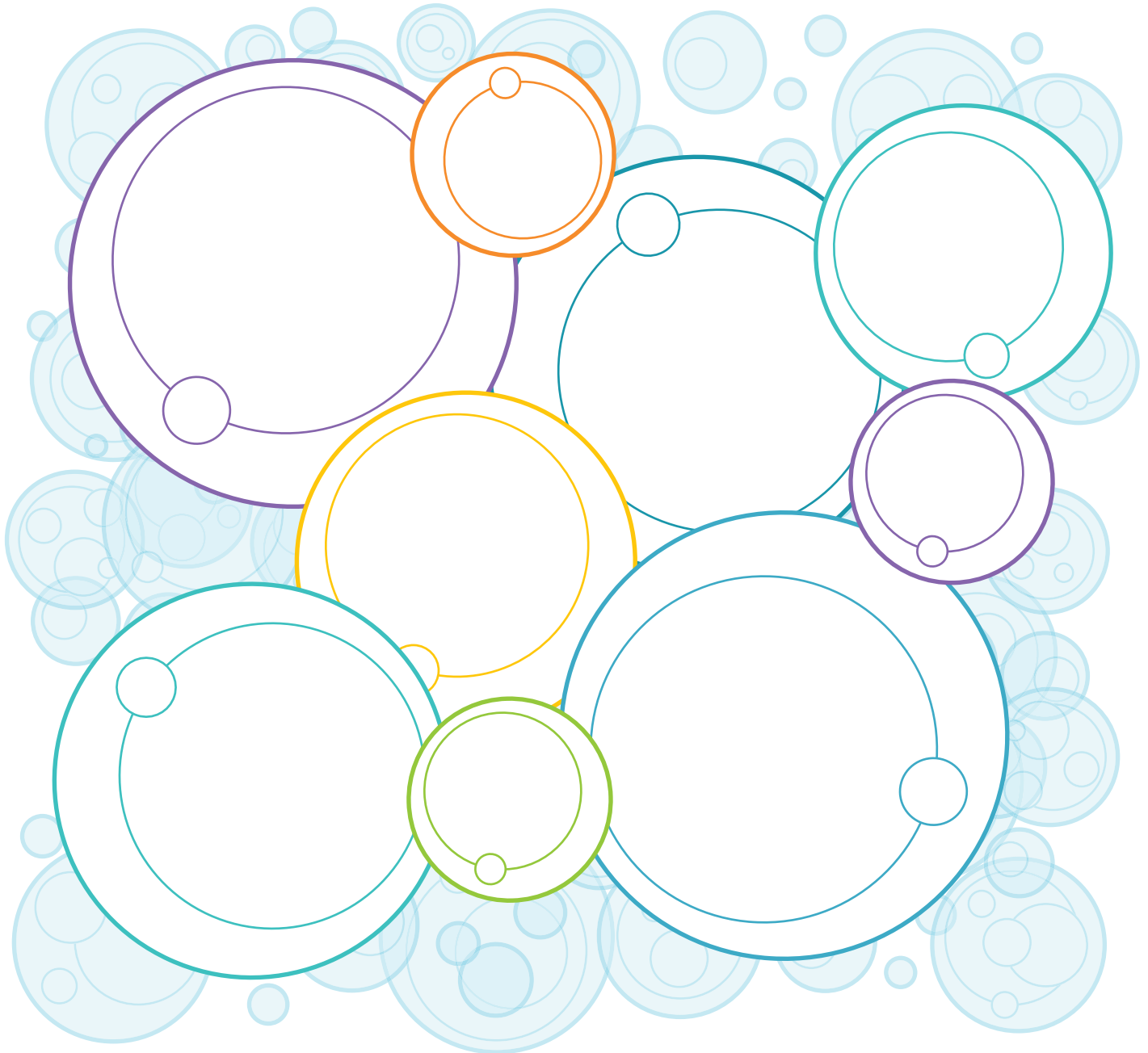


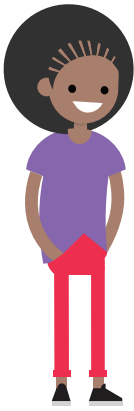
We all have thoughts about ourselves, and some thoughts make us feel good about who we are. To help ourselves feel good, we need to practice positive self-statements. We want these thoughts to grow tall and bright and have deep roots. Write positive statements about yourself in each flower and around the flower garden.





We all have the kinds of thoughts that make us feel bad about ourselves too. It is OK to have these thoughts, but we want to be able to let go of them so they don't weigh us down and make us feel bad. In the bigger bubbles, you can write down the negative self-talk that you hear louder or more often. In the smaller bubbles, write down the negative self-talk that only comes from time to time or are quieter. Imagine blowing your bubbles toward the sky and watching them float away or pop! It is important to let go of negative self-talk.





Fingerprints are unique to each individual, and each of us has a special set of strengths. Strengths are abilities, talents or great personality traits. We can identify strengths after meeting someone for the first time or after getting to know someone really well. For instance, if we asked your best friend what they like about you, what would they say? Think of your strengths and write them inside the fingerprint. You can also look on the next page for strength words for ideas.



# Strength Words

Circle all the strengths you relate to.

Adaptable  
Attentive  
Awesome  
Brilliant  
Certain  
Compassionate  
Cooperative  
Curious  
Determined  
Easygoing  
Empowered  
Excited  
Faithful  
Forgiving  
Funny  
Good  
Hard Working  
Independent  
Intelligent  
Interesting  
Important  
Knowledgeable  
Logical  
Nurturing  
Organized  
Playful  
Polite  
Reliable  
Responsible  
Smart  
Strong  
Trusting  
Volunteering  
Wise

Adventurous  
Authentic  
Beautiful  
Calm  
Collaborative  
Conscious  
Courageous  
Daring  
Disciplined  
Effective  
Energetic  
Exciting  
Fast  
Friendly  
Generous  
Grateful  
Honest  
Innovative  
Intentional  
Inventive  
Joyful  
Leader  
Loving  
Open-Minded  
Patient  
Planner  
Powerful  
Resourceful  
Sense of Humor  
Spiritual  
Supportive  
Trustworthy  
Warm  
Zen

Assertive  
Aware  
Brave  
Capable  
Communicator  
Considerate  
Creative  
Dedicated  
Dynamic  
Elated  
Enthusiastic  
Fair  
Fearless  
Fun  
Giving  
Happy  
Honorable  
Inspiring  
Interested  
Imaginative  
Kind  
Listener  
Loyal  
Optimistic  
Peaceful  
Practical  
Problem-Solver  
Respectful  
Sincere  
Spontaneous  
Truthful  
Vibrant  
Willing





You know what else makes us feel strong? Knowing that what we do and say makes a difference in the world. Think of a message that you would like the world to hear. It can be a message that you think would make the world a better place to live in. Your message can be written or it can be a drawing. Imagine that the Earth hears your message and says, "Great idea! Let's make it happen!"



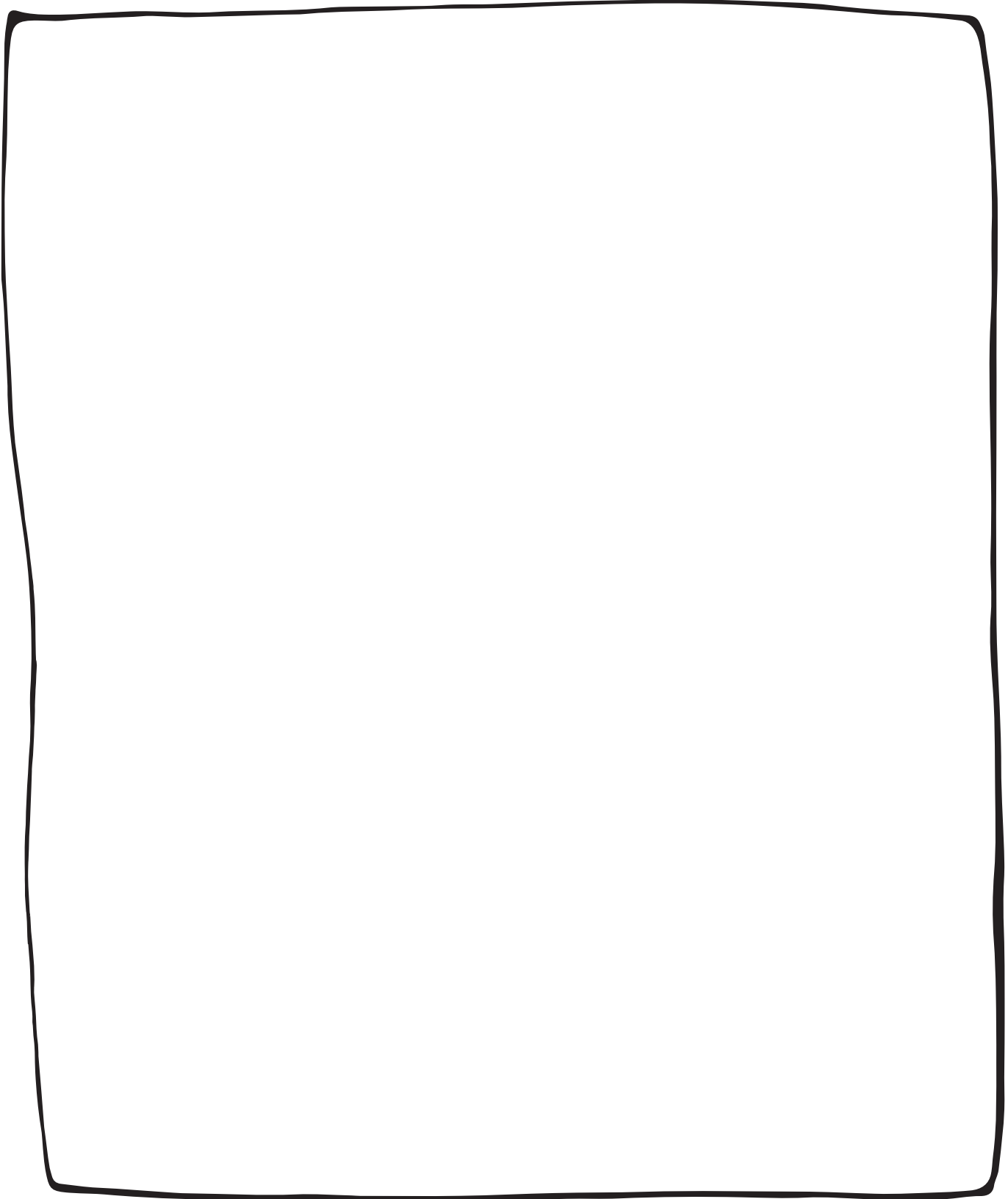


You know what I think would make the world better? Spreading love and kindness like confetti! What acts of love and kindness can you do? Write them down below and create your own confetti of love and kindness.

# Spread kindness like confetti!



# Free Draw



# Have fun coloring the Share & Care Kids

