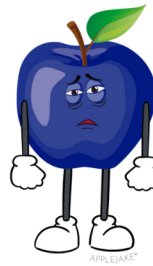
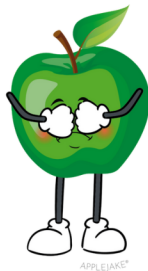
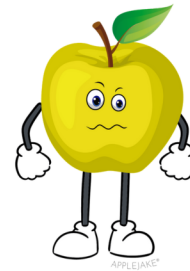


COMFORT COLLAGE INSTRUCTIONS



Everyone feels sad sometimes, and that's okay! A Comfort Collage is a fun way to remember all the things that make you happy. Let's create something special to help you feel better on sad days!



STEP 1: THINK ABOUT YOUR FAVORITE THINGS

What makes you feel happy or calm? Write or draw some ideas below:

COMFORT COLLAGE INSTRUCTIONS



STEP 2: GATHER WHAT YOU NEED

Here's what you'll need for your collage:

- Old magazines or printed pictures
- Scissors
- Glue or tape
- Colored pencils or markers
- A big piece of paper or cardboard

STEP 3: MAKE YOUR COMFORT COLLAGE

- Look through magazines or draw pictures of your favorite things.
- Write words that make you feel good, like “fun” or “family.”
- Cut out or draw all the pictures and words you like.
- Stick them on the worksheets any way you want!
- Make it colorful and fun—it's your special creation!

COMFORT COLLAGE INSTRUCTIONS



STEP 4: LOOK AT YOUR COLLAGE

When your collage is done, take a moment to reflect:

- What do you love most about your collage?
- What will you look at the next time you feel sad?

STEP 5: SHOW IT OFF!

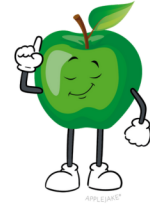
- Put your collage in a place where you can see it, like your room or somewhere special.
- Look at it whenever you feel sad—it will remind you of all the happy things in your life.



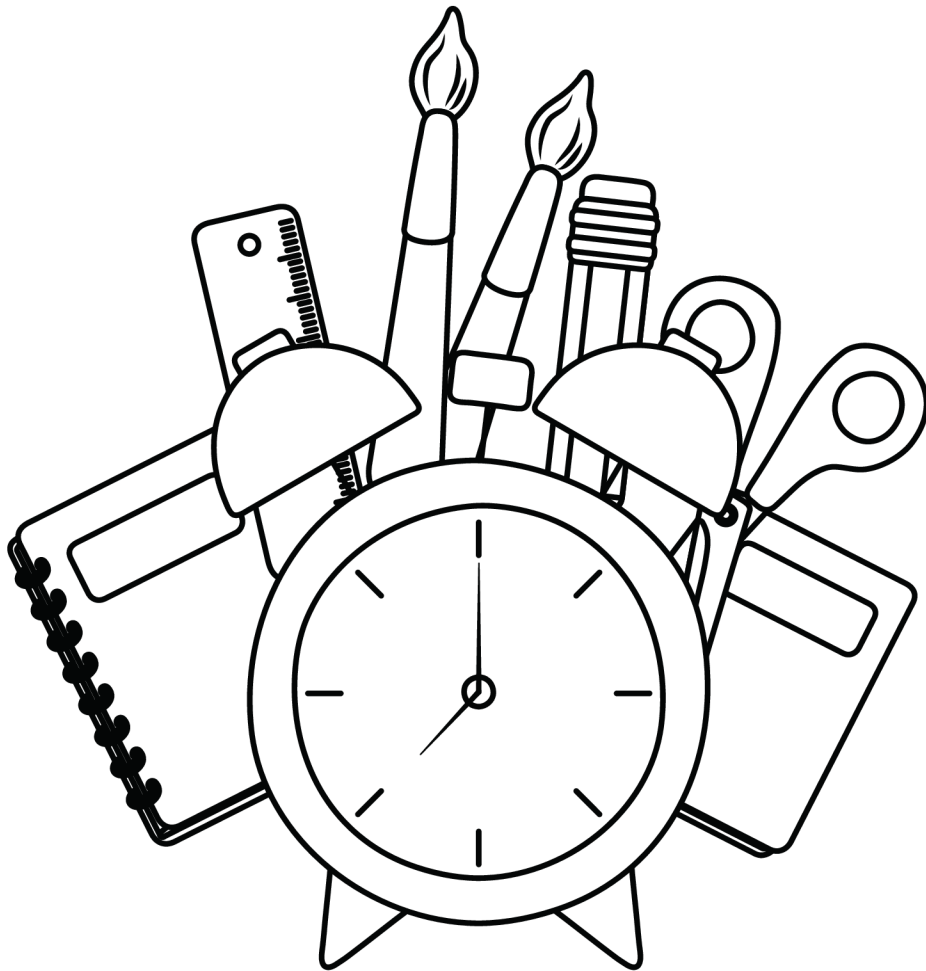
FOR PARENTS

Encourage your child to talk about their collage and explain why they chose the pictures or words. Praise their effort and remind them that feeling sad is normal, but they have lots of ways to feel better!

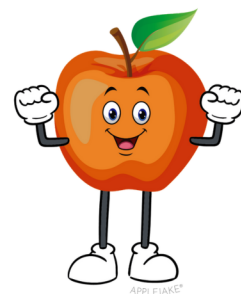
MY



WORKBOOK

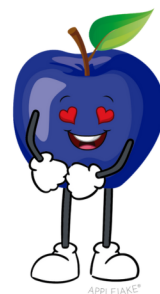


WRITE WORDS THAT MAKE YOU FEEL GOOD, LIKE "FUN" OR "FAMILY."



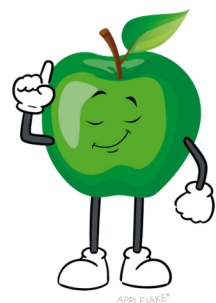
PEOPLE I LOVE

(LIKE FAMILY OR FRIENDS):

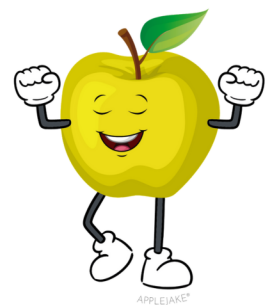


PLACES I LIKE

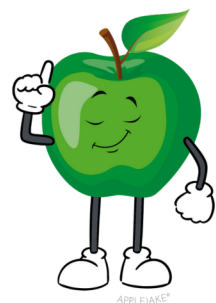
(LIKE MY ROOM, A PARK, OR SOMEWHERE FUN):



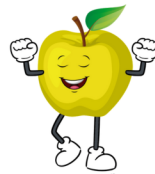
THINGS I LOVE DOING (LIKE PLAYING, READING, OR DRAWING):



GOOD MEMORIES
(LIKE A TRIP, A BIRTHDAY, OR A FUN DAY):



OTHER FAVORITES (LIKE TOYS, BOOKS, OR SONGS):



WHAT DO YOU LOVE MOST ABOUT YOUR COLLAGE?

HOW DOES IT MAKE YOU FEEL?

WHAT WILL YOU LOOK AT THE NEXT TIME YOU FEEL SAD?

