

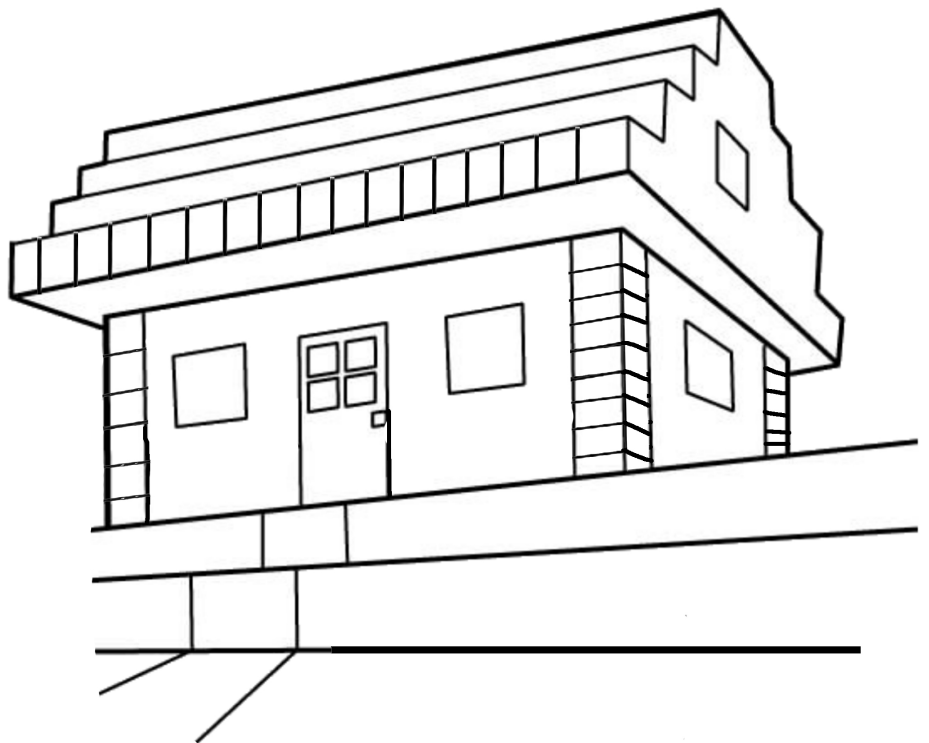
MY
Very Own
Activity Book
about **MY**
Feelings

Building a house from the
ground up seems like a really hard job,

but if you have the knowledge, people you can count on,
and the right tools in your toolbox it becomes a lot more manageable.

It's the same thing when something traumatic happens; it can feel impossible to get through. Every person can get through tough times and cope with difficult emotions if they just have the know-how, people that they trust, and the right tools. This workbook is filled with tools and activities you can add to your toolbox to help manage trauma.

WHAT IS TRAUMA?



Trauma is how someone responds to a terrible event, such as a death, a car wreck, a hurricane or flood, watching your parents harm one another or a sexual assault.



Learning to figure out what emotions you're feeling is an important tool. If you recognize what emotion you are feeling, you can figure out how to handle it.



Have you been nervous or sad? Have you been happy or felt like laughing? Have you felt like screaming? Have you felt like no one really understands you?

What are you feeling right this moment?

In the spaces below, name and draw what each emotion you've had feels like to you.

For instance: What face do you make when you feel an emotion? Does it feel like a color? Is it soft? Prickly? Hot? What would an animal version of that emotion look like?



EXCITED

MY EMOTIONS WHEEL

Name emotion here.
Draw it below.

Name emotion here.
Draw it below.

Name emotion here.
Draw it below.

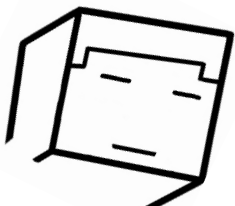
Name emotion here.
Draw it below.

Name emotion here.
Draw it below.

Name emotion here.
Draw it below.

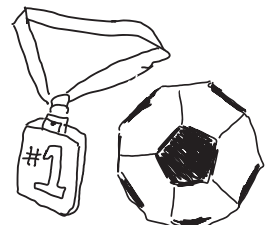
Name emotion here.
Draw it below.

Name emotion here.
Draw it below.



TIMID

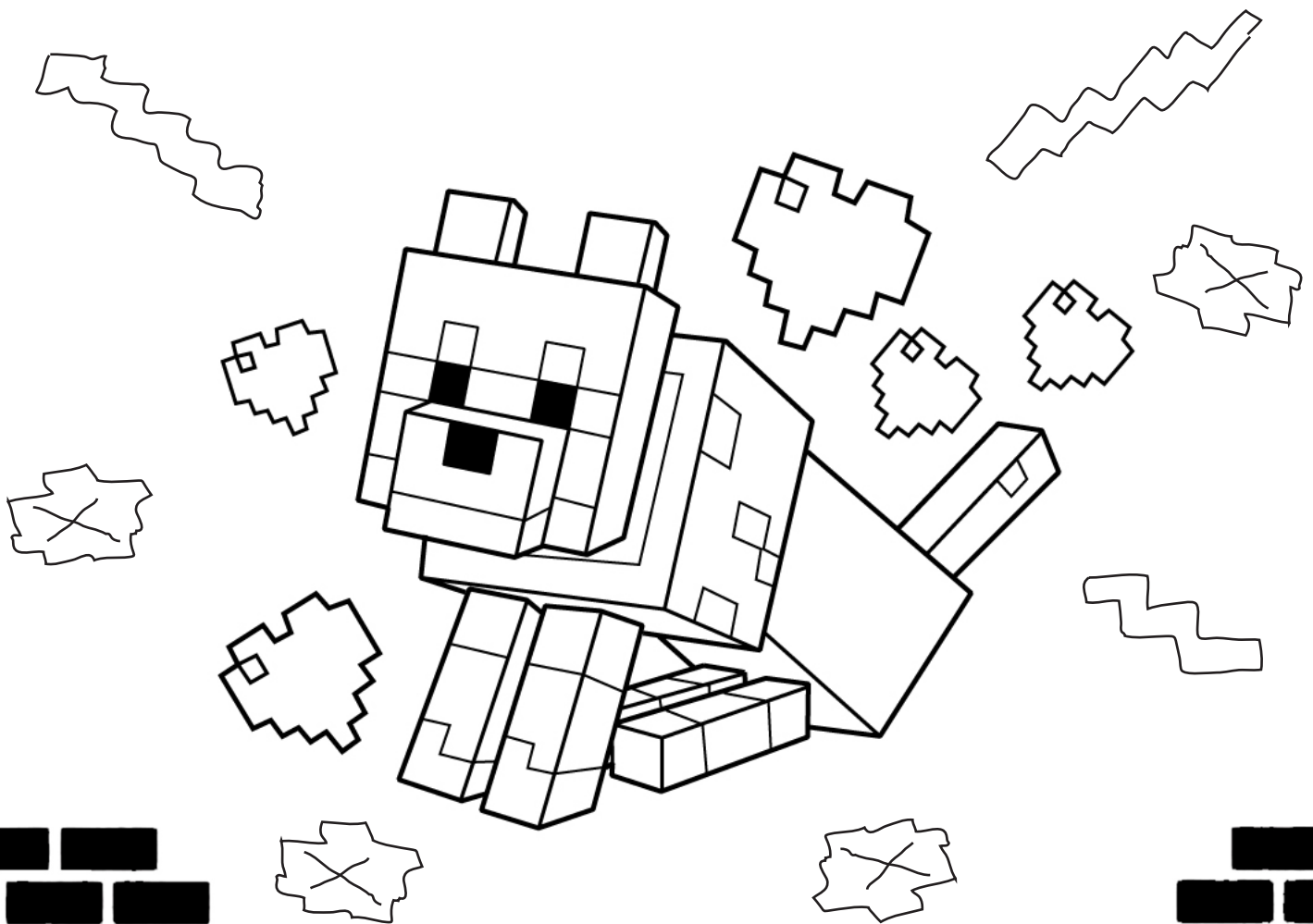
PROUD



Once you can recognize which emotions you're feeling, you can find tools to handle them.

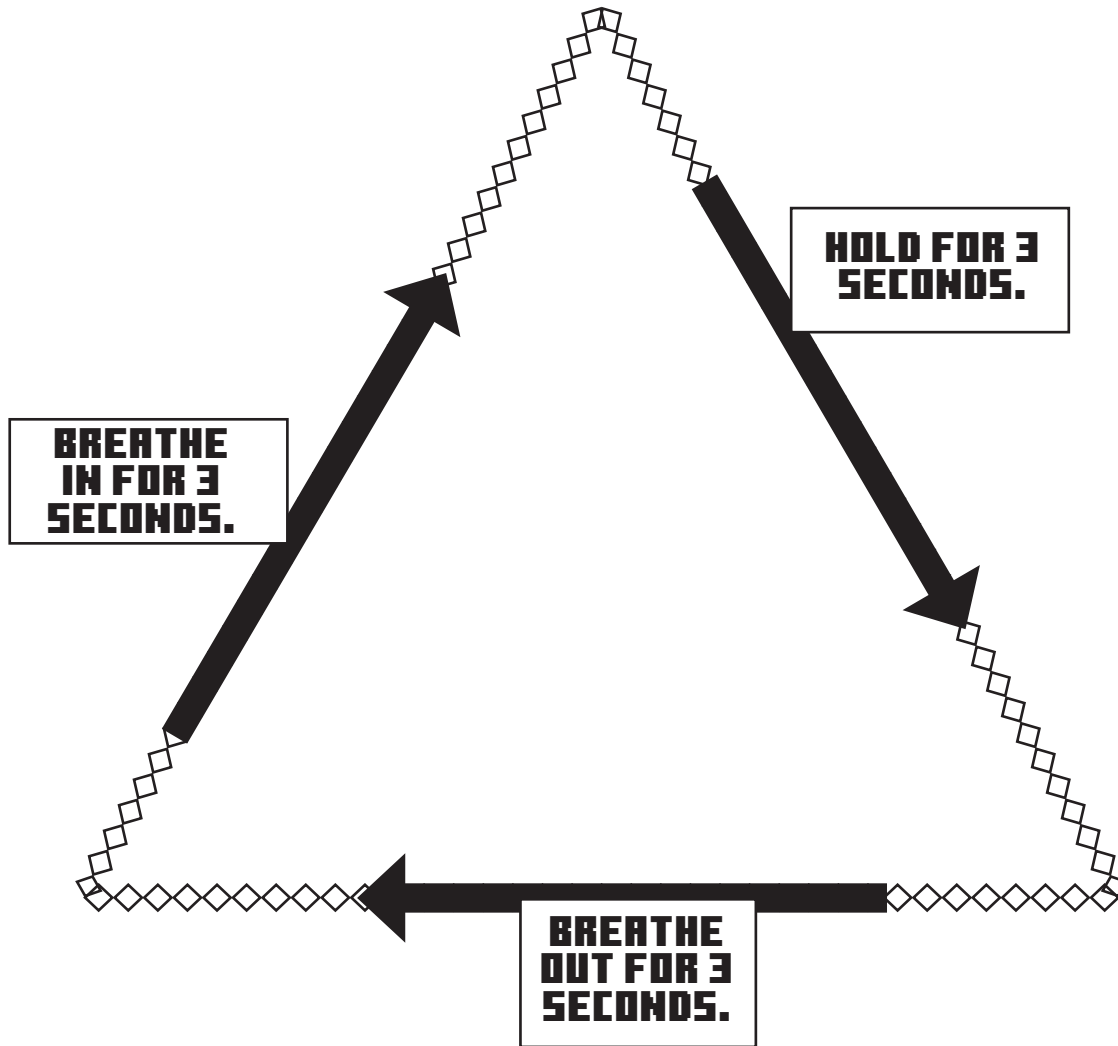
You can't control what emotions you have or feel, but you can control how you deal with them.

Let's explore some tools for dealing with our emotions.



BREATHING

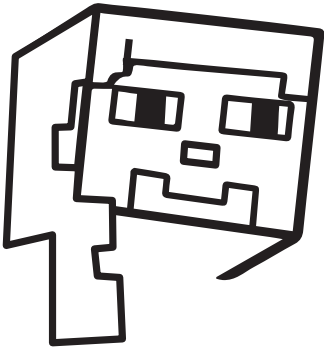
Breathing is a great tool to help you calm down if you are feeling anxious, angry, or scared. You can practice this special type of breathing whenever you need.



GROUNDING

Sometimes our brains can get stuck thinking about something bad that happened in the past, or you might worry about what is going to happen. If you can't stop thinking about something, it helps to focus on what's happening right here and right now. If you start to get upset or nervous, use this tool to help yourself calm down.

Grounding Exercise: *Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.*



**NAME 5 THINGS YOU SEE
RIGHT NOW.**

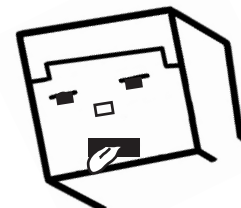


**NAME 3 THINGS YOU
CAN TOUCH RIGHT NOW.**



**NAME 4 THINGS YOU HEAR
RIGHT NOW.**

NAME 2 THINGS YOU SMELL RIGHT NOW.



NAME 1 THING YOU TASTE RIGHT NOW.

COPING

Coping is dealing with something like really hard school work, bullies, or trauma - things that usually cause you to have negative feelings.

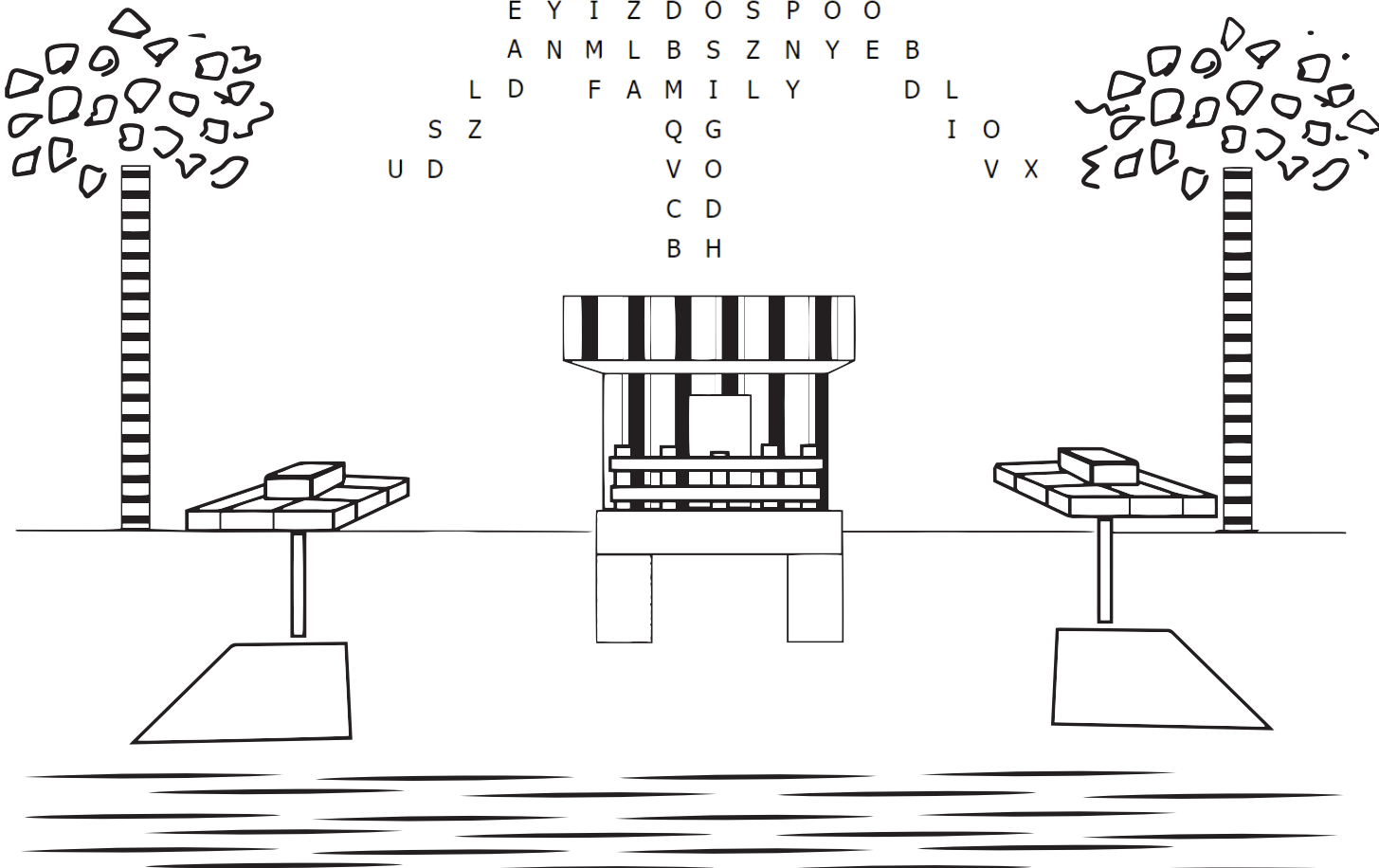
When you recognize that you are experiencing a negative feeling, you can change that feeling by doing something fun or chill. When you do activities that make you feel good, it helps you cope with your negative feeling. What do you do to have fun and relax?

Find words in the word search below that represent things, activities, and people who can help you to have fun and relax.

- dog
- family
- boating
- cat
- dancing
- fishing
- friends
- hiking

L S
B Y
H G D O H S
Z P A U U I
A E T G N T Q A M N
V T O K N C U O Z Q G
F S T I I B W B I W
T D H F H N E Z N P V V
F T R A S G G G J G I G
B E A C H R P R I E H I K I N G V Q G J
J N O D A H I C F P M S A I L S Y J N V
T T F E O E M A T Z U A
V R O N N C K A G R I L
E Y I Z D O S P O O
A N M L B S Z N Y E B
L D F A M I L Y D L
S Z Q G I O
U D V O V X
C D
B H

- minecraft
- pets
- roblox
- singing
- video games
- youtube
- beach
- read



SAFE SPACES

Let's build a peaceful place we can go when things get hard! This place can be real or imaginary, as long as you feel safe there. Draw your safe place below. Include details, like the colors, the smells, the sounds, what you are doing, and who is there with you.

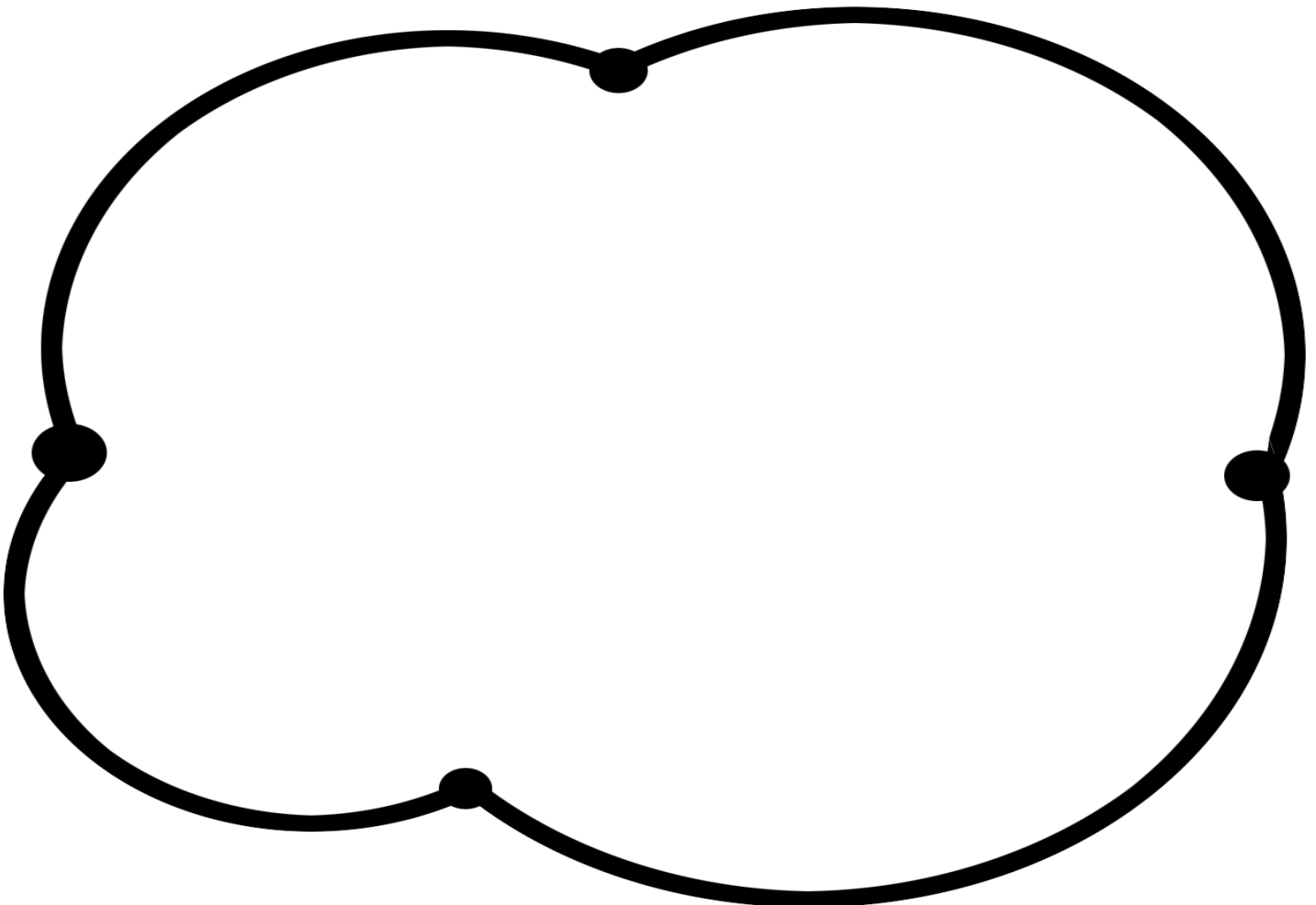
Examples:

Your grandma's big white couch, with your favorite movie on and your cat curled up in your lap;

On a big pink cloud in the sky with your best friend where it smells like chocolate chip cookies;

Hunkered in your room with a video game and your dog next to you;
Swinging in a hammock next to a pool.

When you feel overwhelmed, remember this place. You can return to it in your mind whenever you need to feel peaceful.



THE TOOLS IN THIS BOOK ARE JUST A FEW THAT YOU CAN USE, BUT THERE ARE MANY OTHERS. SOMEONE YOU TRUST CAN HELP YOU FIND EVEN MORE TO PUT IN YOUR TOOLBOX. EVERYONE HAS DIFFERENT TOOLS AND EVERYONE DEALS WITH THEIR TRAUMA IN DIFFERENT WAYS. IF YOU ALWAYS REMEMBER WHAT YOU LEARNED AND FELT FROM THIS ACTIVITY BOOK, YOU WILL ALWAYS HAVE SOMETHING TO HELP YOU FEEL BETTER.

Trust comes when a person shows that they won't make you feel uneasy or unsure. They don't ask you to keep a secret that you feel might be wrong. When you trust someone, you have a feeling about them that they won't hurt you.



LaFASA

Louisiana Foundation Against Sexual Assault

Crisis centers provide a 24-hour helpline, advocacy, counseling, and more.

Visit www.lafasa.org to find helpful resources, free support, free legal advocacy, and free materials.

MAIN 225.372.8995
2133 Silverside Drive, Ste. A
Baton Rouge, LA 70808



If you or someone you know has experienced sexual harm contact the statewide free and anonymous helpline to have your questions answered, if you need someone “there” for you, or for more resources in your parish.

Connect with a support specialist by:

Text - 225.351.(SAFE) 7233

Chat - lafasa.org or

Talk - 888.995.7273 (English/Spanish)

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