MY CARE GARDEN

Little things that care for me.

Color the plant. Around it, draw things that help you feel cared for.



A person who helps me:

A small thing I enjoy:

You can draw, write, or leave a space blank.

A GROWN-UP CAN HELP

You deserve help, even on quiet days.

Some heavy days pass. If this keeps happening, or makes school, sleep, or play hard, tell a safe grown-up. They can help you talk with a doctor or counselor.

You can draw, point, or show this pamphlet. You do not have to explain everything at once.

Who could help?

A caregiver, teacher, school counselor, coach, or another safe grown-up.

If you think about hurting yourself, tell a safe grown-up right away. You can call or text 988 together.

988 Suicide & Crisis Lifeline

Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

12 / KIDS AGES 8–12

When Things Feel Heavy

Small care for hard days.



**Some days feel heavy.
You deserve care on those days, too.**

Progress is Progress LLC

Mile or a Millimeter

01 / NOTICE

What feels different?

Circle a word, or write your own.
You don’t need the perfect word.

Sad

Grumpy

Tired

Blah

Not sure

- [ ] Things I liked feel less fun.
- [ ] It is harder to get going.
- [ ] I want someone near me.

My own word or drawing:

Show this page to a safe grown-up.

02 / TRY A LITTLE CARE

Pick one tiny care step.

Choose one small thing for today.
You can ask for help.

- [ ] Sip some water.
- [ ] Eat a snack if I need one.
- [ ] Sit with someone safe.
- [ ] Try a little drawing or play.
- [ ] Move in a way that feels okay.

My choice:

Afterward, I felt:

Circle: Same / Easier / Harder
Not sure

**No change? You didn’t fail.
Tell a grown-up how it went.**

03 / LET SOMEONE IN

You don’t have to explain it perfectly.

**“I haven’t felt like myself.
Can you sit with me?”**

A grown-up I could show this to:

When or where I can find them:

If they are busy, I can ask:

If you feel unsafe or think about hurting yourself, tell a safe grown-up right away. Keep telling until someone helps.

Mile or a Millimeter