



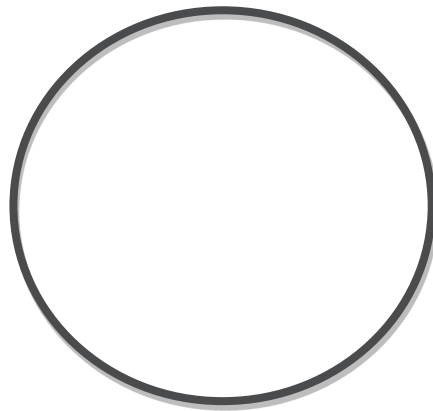
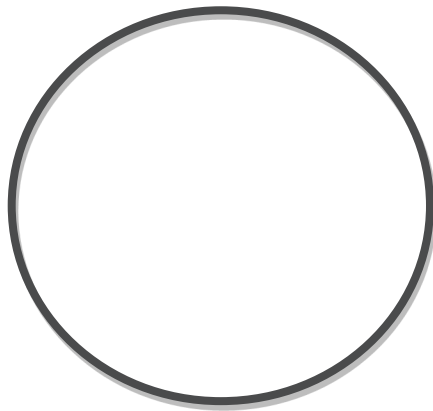
# Hazelden Betty Ford Children's Program

## Remote Continuing Care: All Feelings Are Okay

All feelings are okay. Three ways to let out your feelings are by talking, drawing, and writing. This is an important part of self-care.

### Activity

**First, let's draw!** In the circles below, draw two feelings that you have felt in the last week.



**Good job! Now, let's write!** Complete the sentences below...

When I feel **HAPPY**, I show it by... \_\_\_\_\_

I can tell I feel **SAD** when... \_\_\_\_\_

One thing that I feel **ANGRY** about is... \_\_\_\_\_

When I feel **GUILTY**, my body gets... \_\_\_\_\_

When I feel **SCARED**, I wish I could... \_\_\_\_\_

**Awesome!** Finally, write the names of two safe people you can talk to about your feelings.

1.) \_\_\_\_\_ 2.) \_\_\_\_\_

Remember, you can always share your feelings with us in the Children's Program 😊

Our contact information is on the next page!



## Hazelden Betty Ford Children's Program

Remember, all feelings are okay. You have many different feelings each day. You can make healthy choices in dealing with your feelings. Tell us about some of your favorite ways to take care of your feelings.

We miss you! Call us, send us an email, or send us some mail whenever you want, and we will be sure to get back to you!

Children's Program Staff

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