



Welcome

Made for the CODA UK & Ireland community

A printable activity from CODA UK & Ireland

This booklet is yours. There is no right or wrong way to be a CODA. You can leave questions blank, decorate the pages, or ask a trusted adult to join in.

Before you start

Suggested age: 8-16. Print the pages you want, choose your favourite activity, and take your time.

My name (optional):

Something I enjoy doing:



Checking in

All feelings are valid; sharing is always your choice.

Today I feel...

I notice this feeling in my body when...

One thing that helps me feel calmer is...



Every Feeling Counts

All feelings are valid; sharing is always your choice.

A time I felt proud

A time I felt confused

What I wish someone had understood



When Something Feels Difficult

All feelings are valid; sharing is always your choice.

If people ask me to explain my family, I could say...

If someone asks me to interpret something important, I could say...

A trusted adult I could speak to is...



My Support Plan

All feelings are valid; sharing is always your choice.

Three people or places I can go to for help

A kind thing I can say to myself

One small thing I will do when I need a break



Need some extra support?

If something worries you, talk to a trusted adult such as a parent, carer, teacher or safeguarding lead. If you are in immediate danger, call 999. You deserve to feel safe and listened to.

My trusted adults and how to contact them: