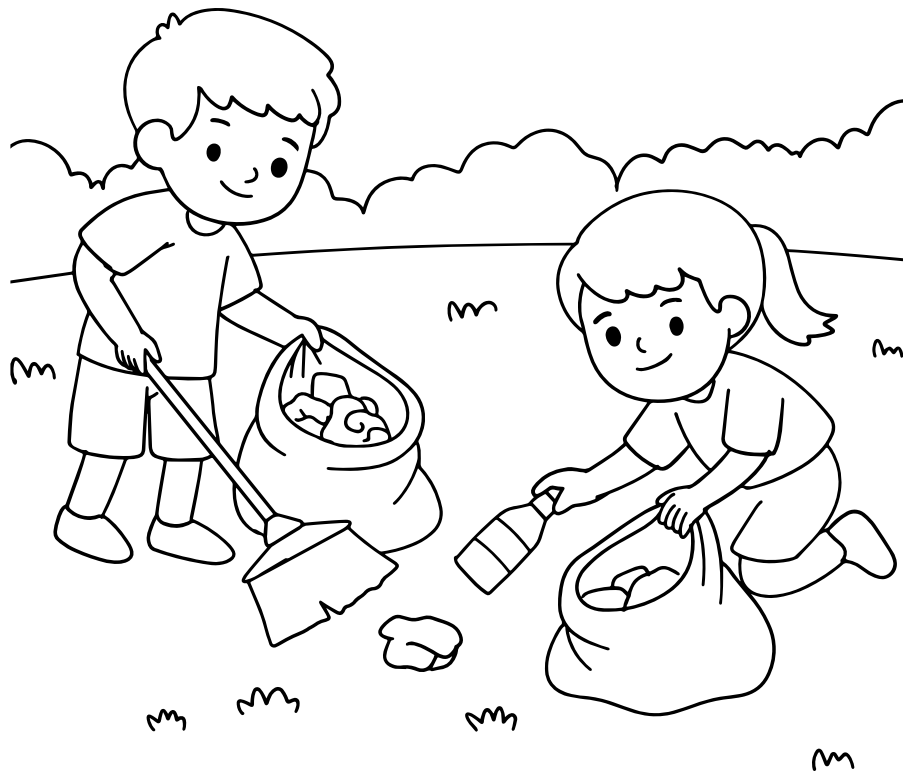


THE PROTECTIVE FACTOR PLAYBOOK

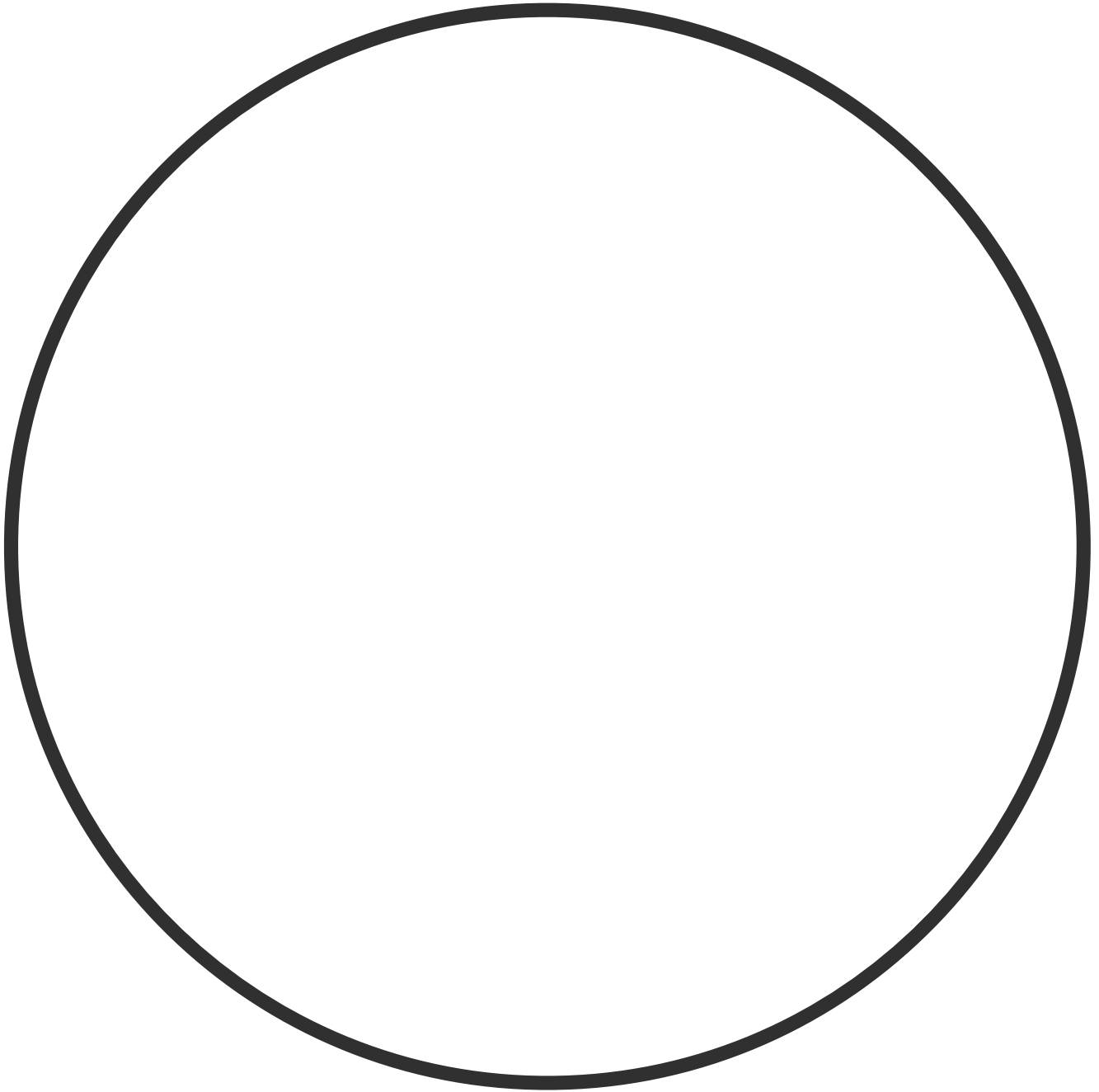


CARING RELATIONSHIPS

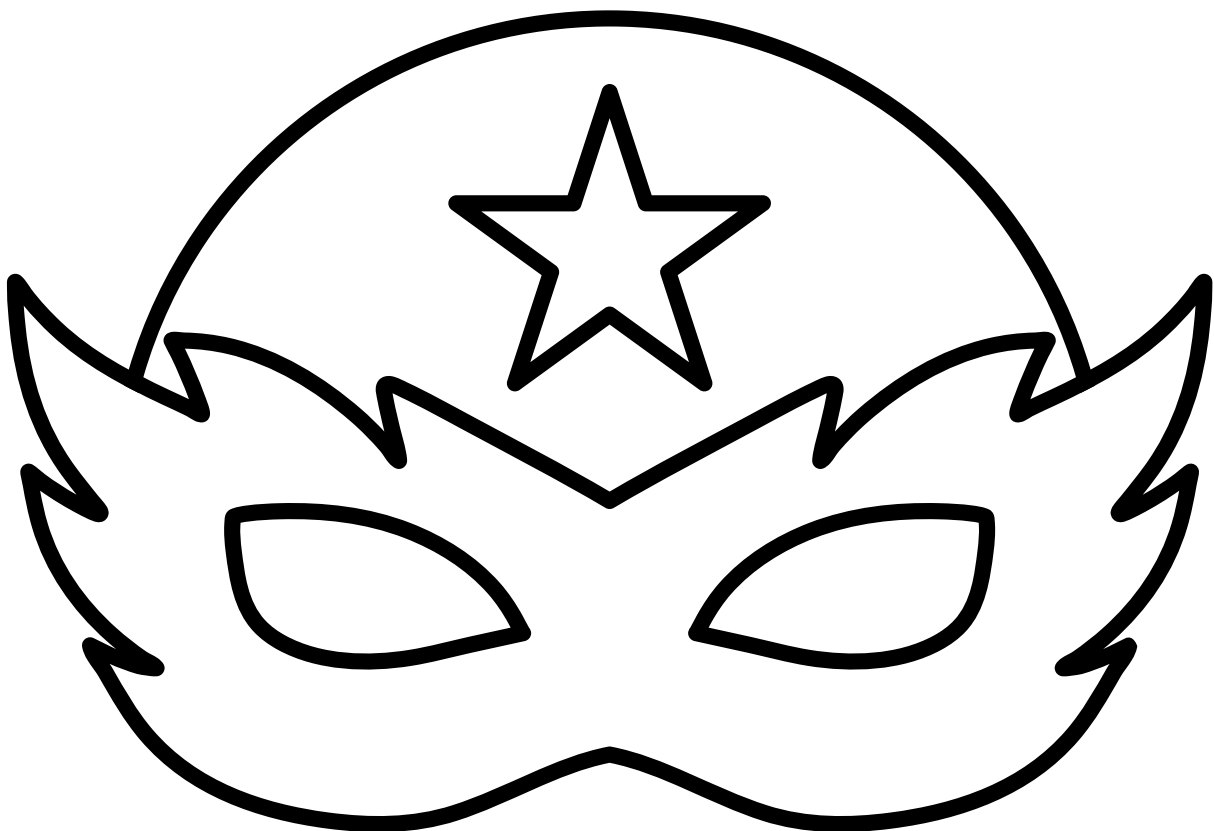
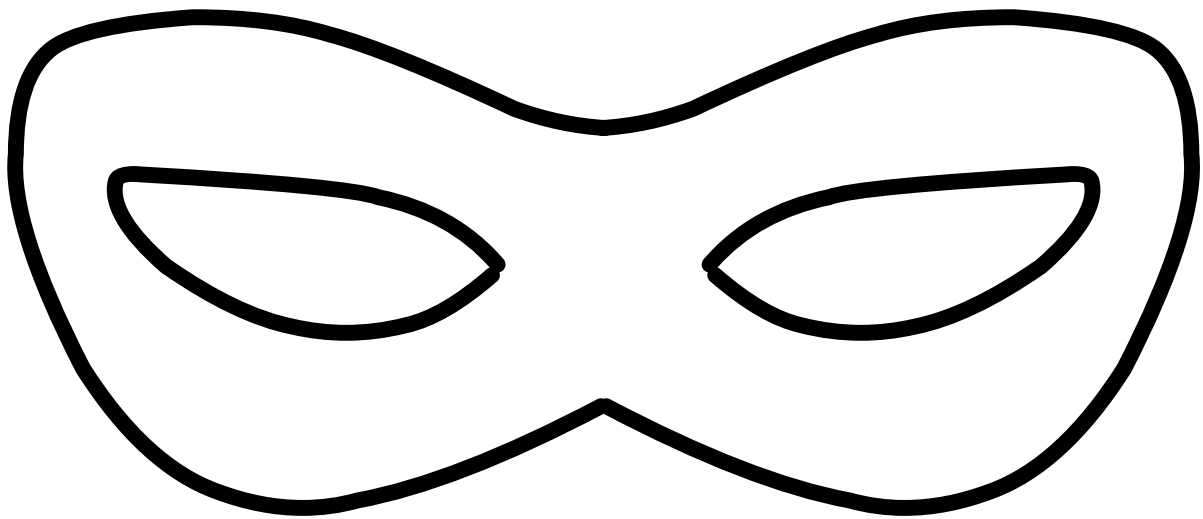


MY SAFETY CIRCLE

Draw or list the people you can go to when you need help!

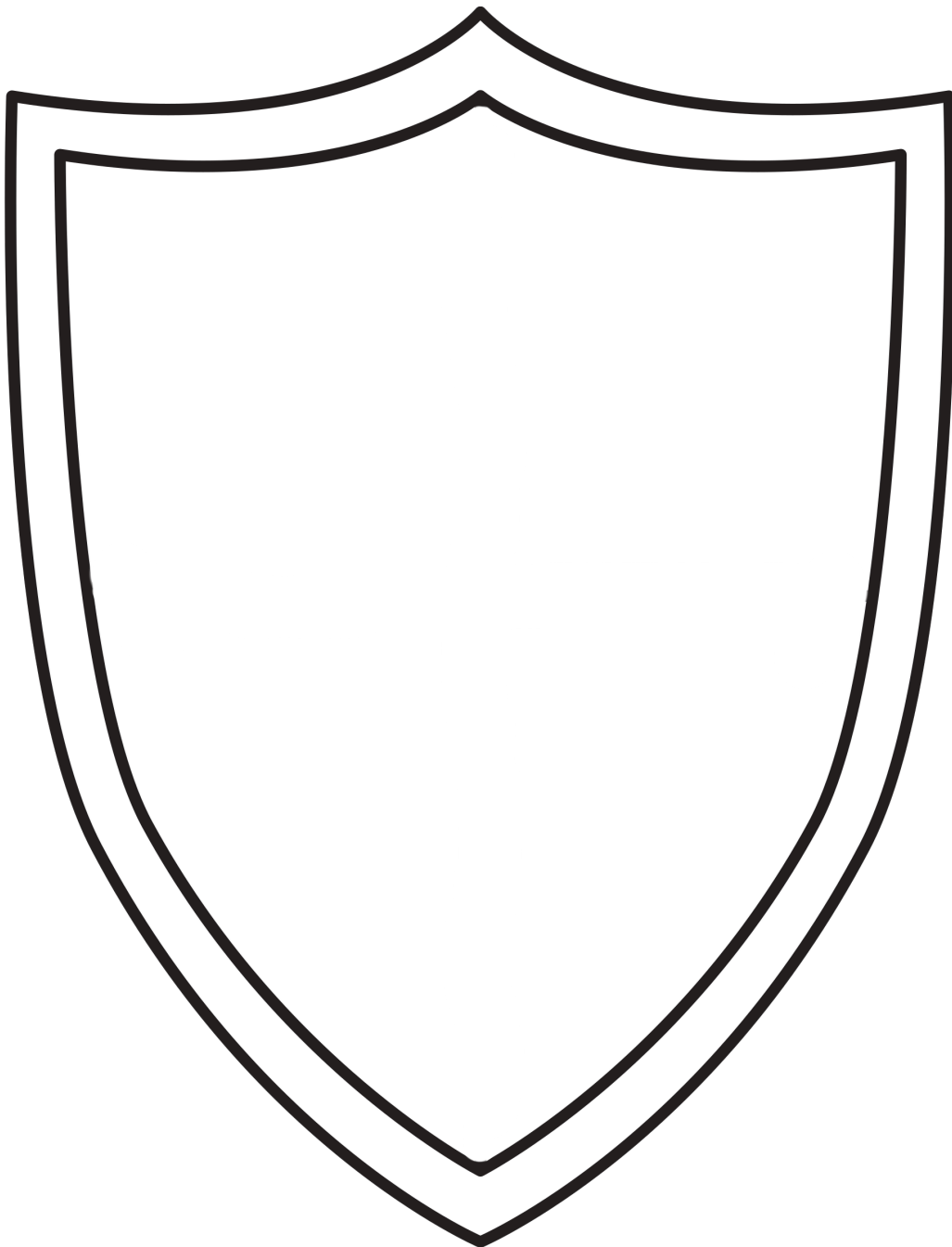


DESIGN YOUR OWN SUPER HERO MASKS

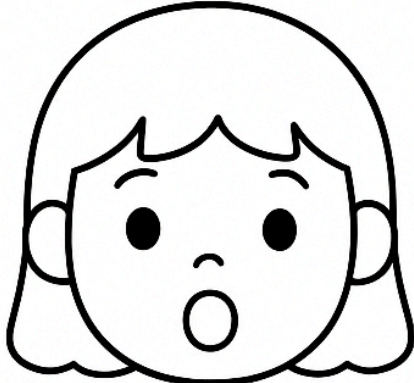
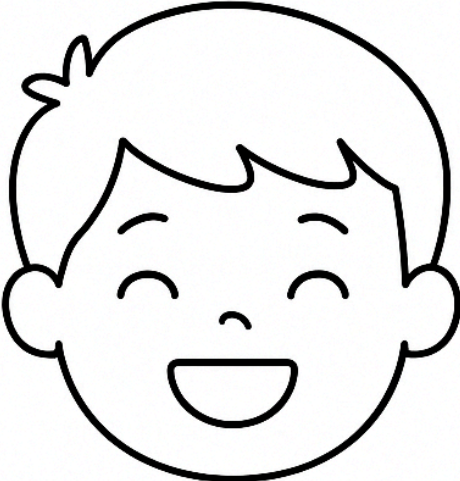


WHAT ARE YOUR SUPER STRENGTHS?

**Use words, drawings, or colors to represent your strengths
in the shield! (ex. Brave, kind, funny, good helper)**



COLOR THE FEELINGS



NAME THAT FEELING

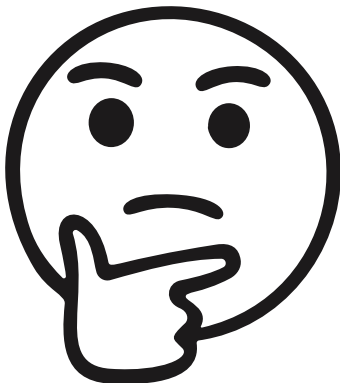
Draw a line to match the feeling word with the face!



ANGRY



HAPPY

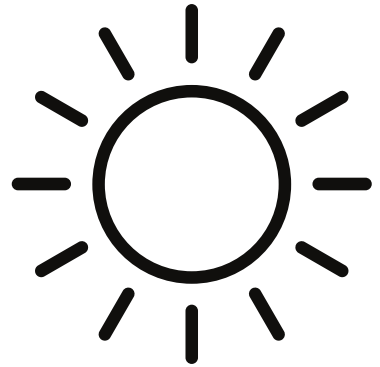
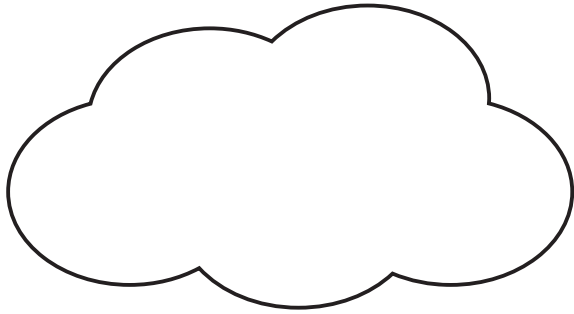


SAD



THINKING

COLOR YOUR CALM



FIND YOUR CALM

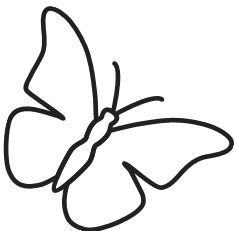
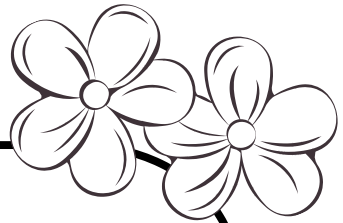
Find your way to The Calm Zone!





BE

KIND



BE
KIND



KINDNESS BINGO

Do kind things and fill in the squares!

BINGO

Say
Thank
you

Help
Clean
Up

Smile
At
Someone

Give
A
Compliment

Hold The
Door
Open

Share A
Toy or
Game

Say
Please

Sit With
Someone
New

Help A
Friend

Draw A
Picture For
Someone

Say I Love
You To
Someone
Special

Pick Up
Trash At
The Park



Encourage
Someone

Ask
Someone
How You
Can Help

Give A
High
Five

Let
Someone
Else Go
First

Help Set
The
Table

Say
Something
Kind About
You

Tell
Someone
Good Job

Read
With A
Friend

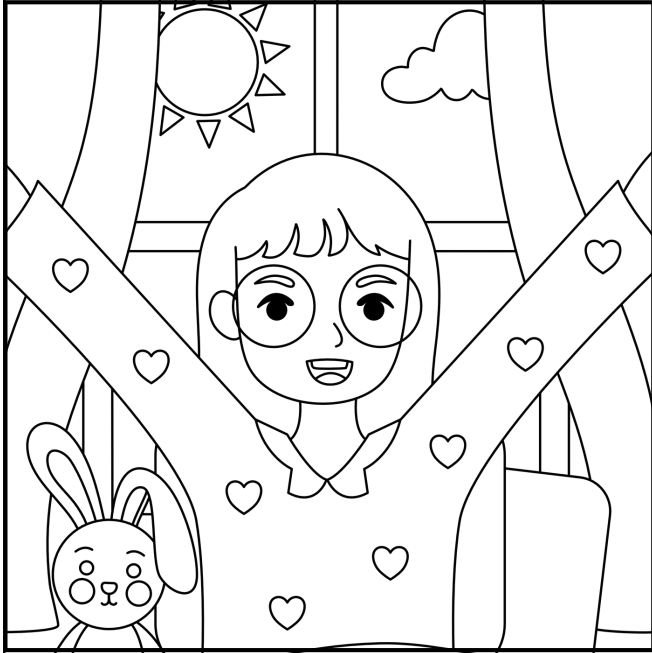
Water
A
Plant

Play With
Someone
New

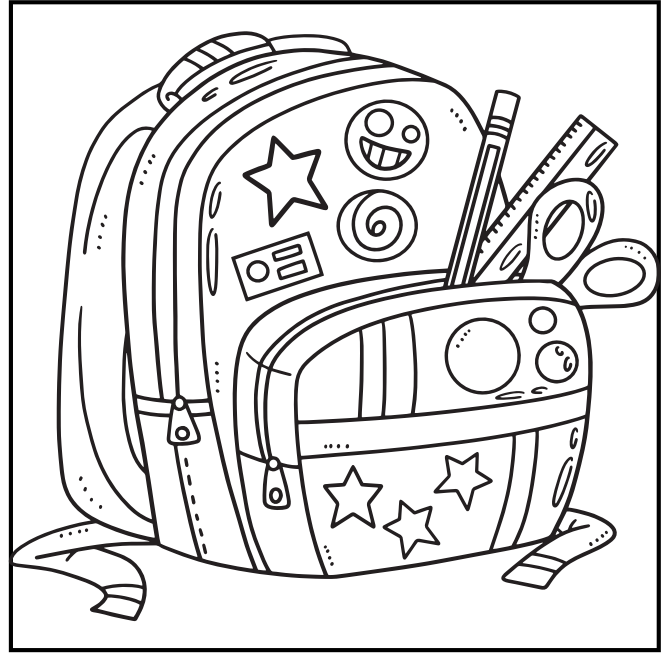
Write
Someone A
Kind Note

Share A
Snack With
A Friend

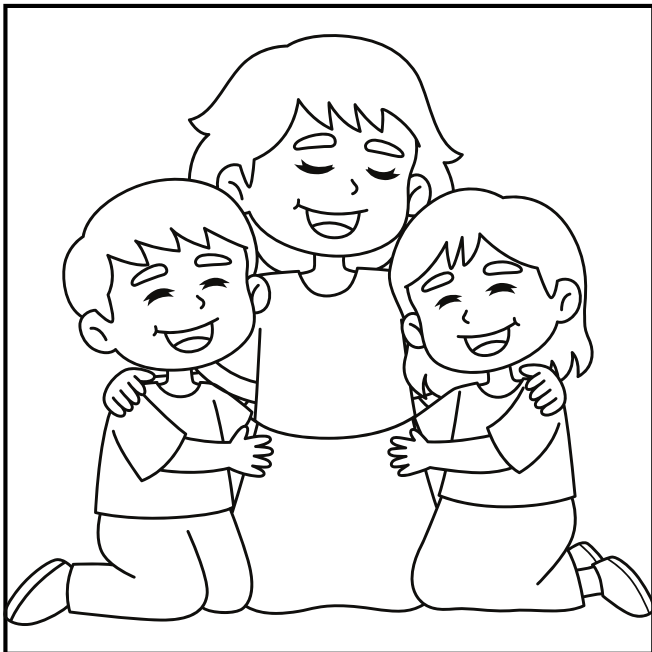
DAILY TASKS



MORNING



DAYTIME



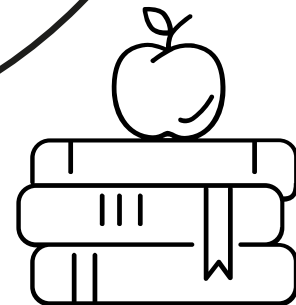
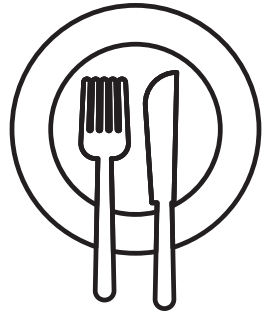
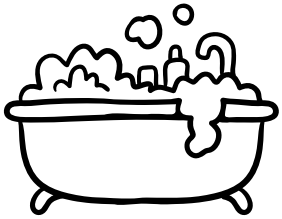
AFTERNOON



EVENING

MY DAILY ROUTINE

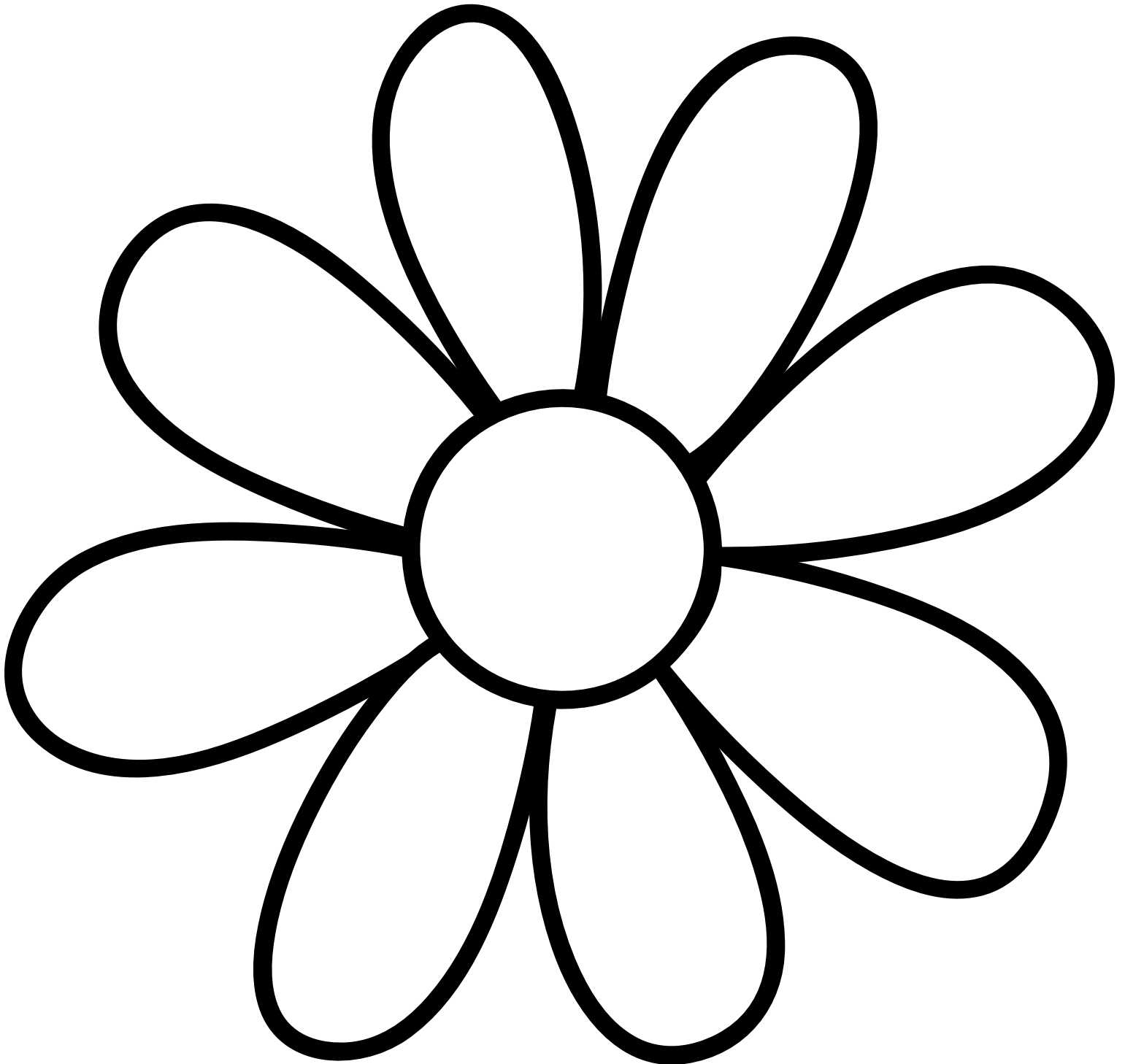
Fill in each triangle with the activities you do everyday!



What's your favorite part of your day?

GRATITUDE FLOWER

**Write or draw something in each petal
that you are thankful for!**

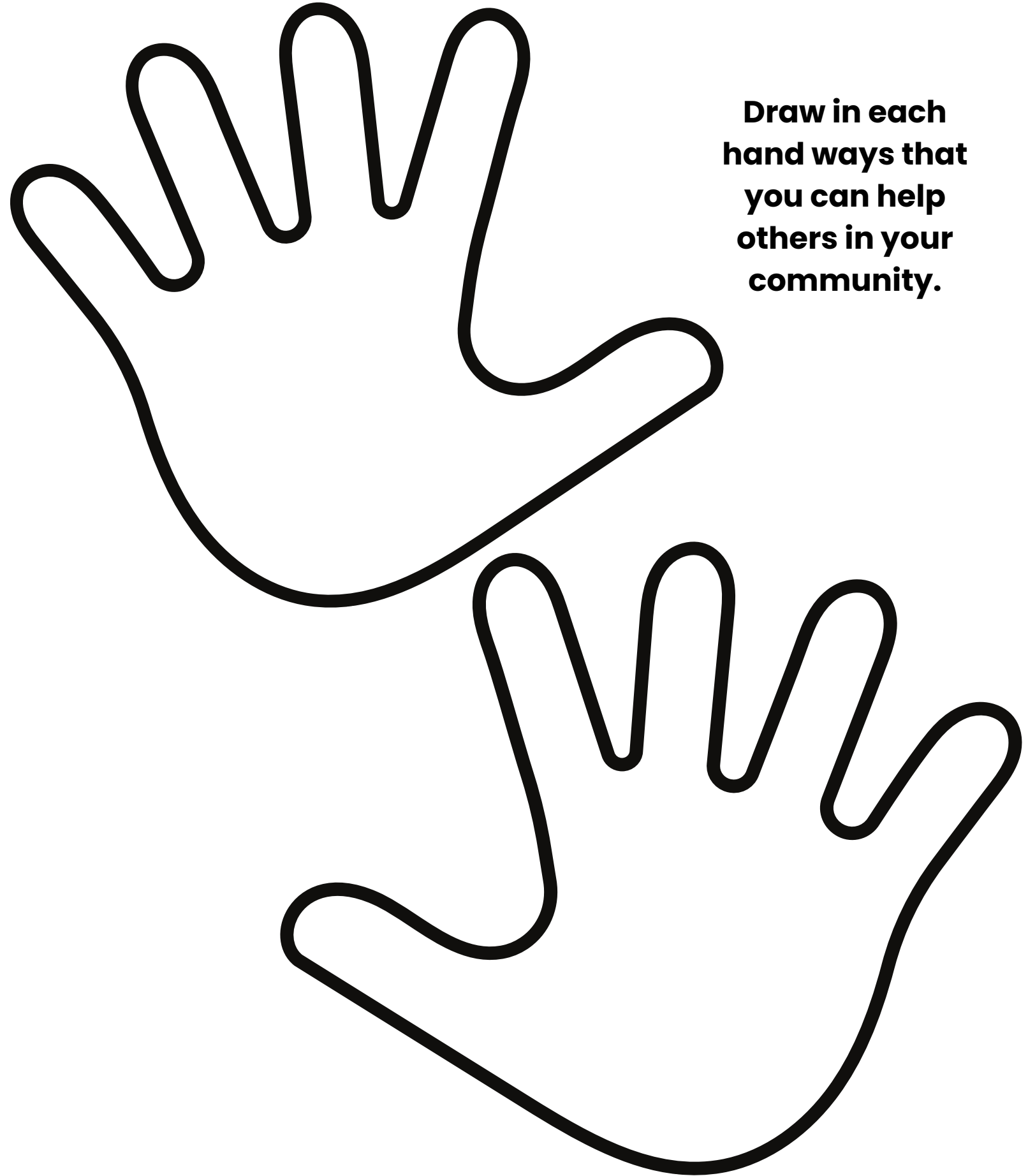


HELPING OTHERS

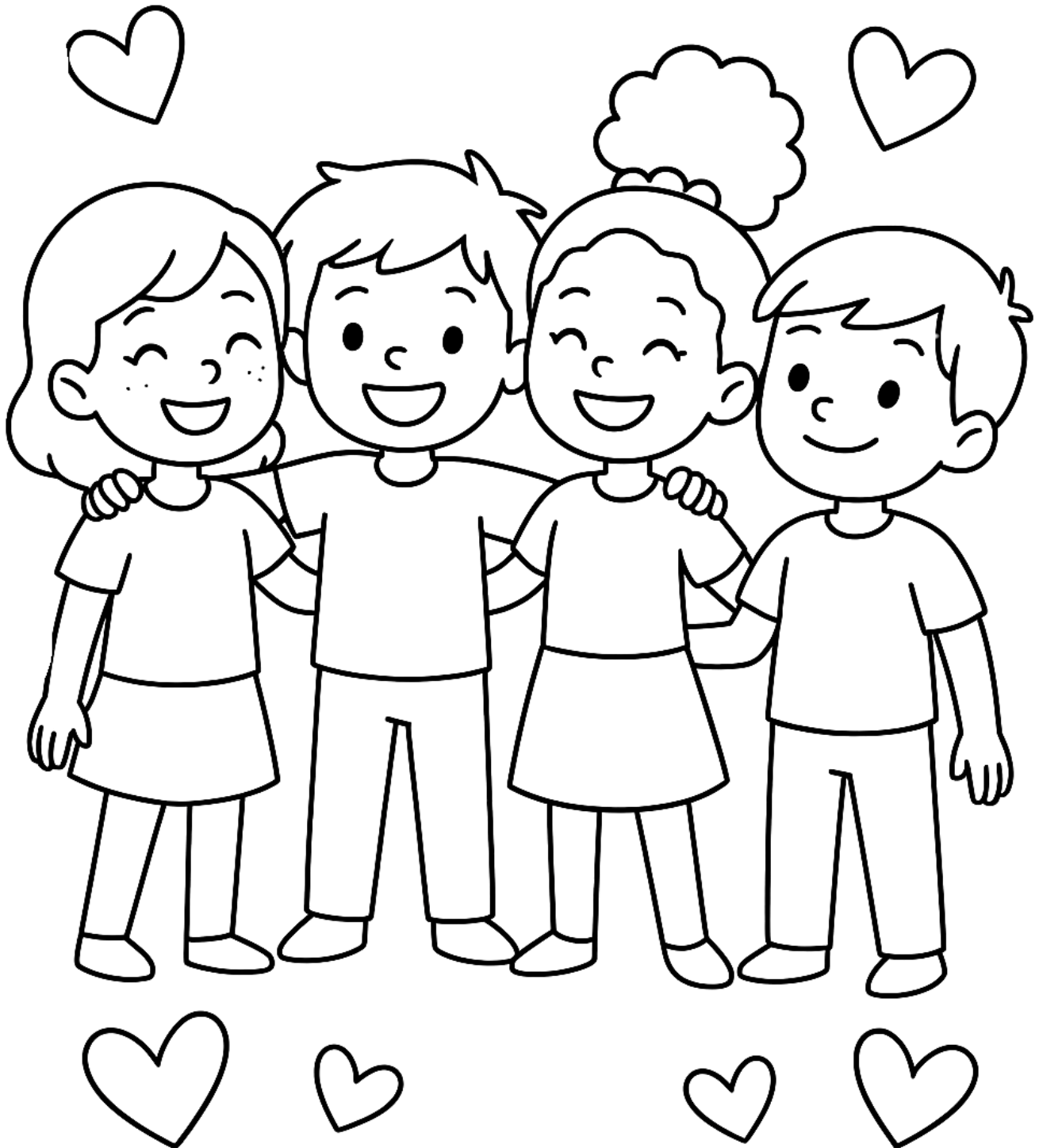


MY HELPING HANDS

Draw in each hand ways that you can help others in your community.



MY FRIENDS



FRIENDSHIP TOKENS

Color and cut out the tokens to give these kind messages to your friends!

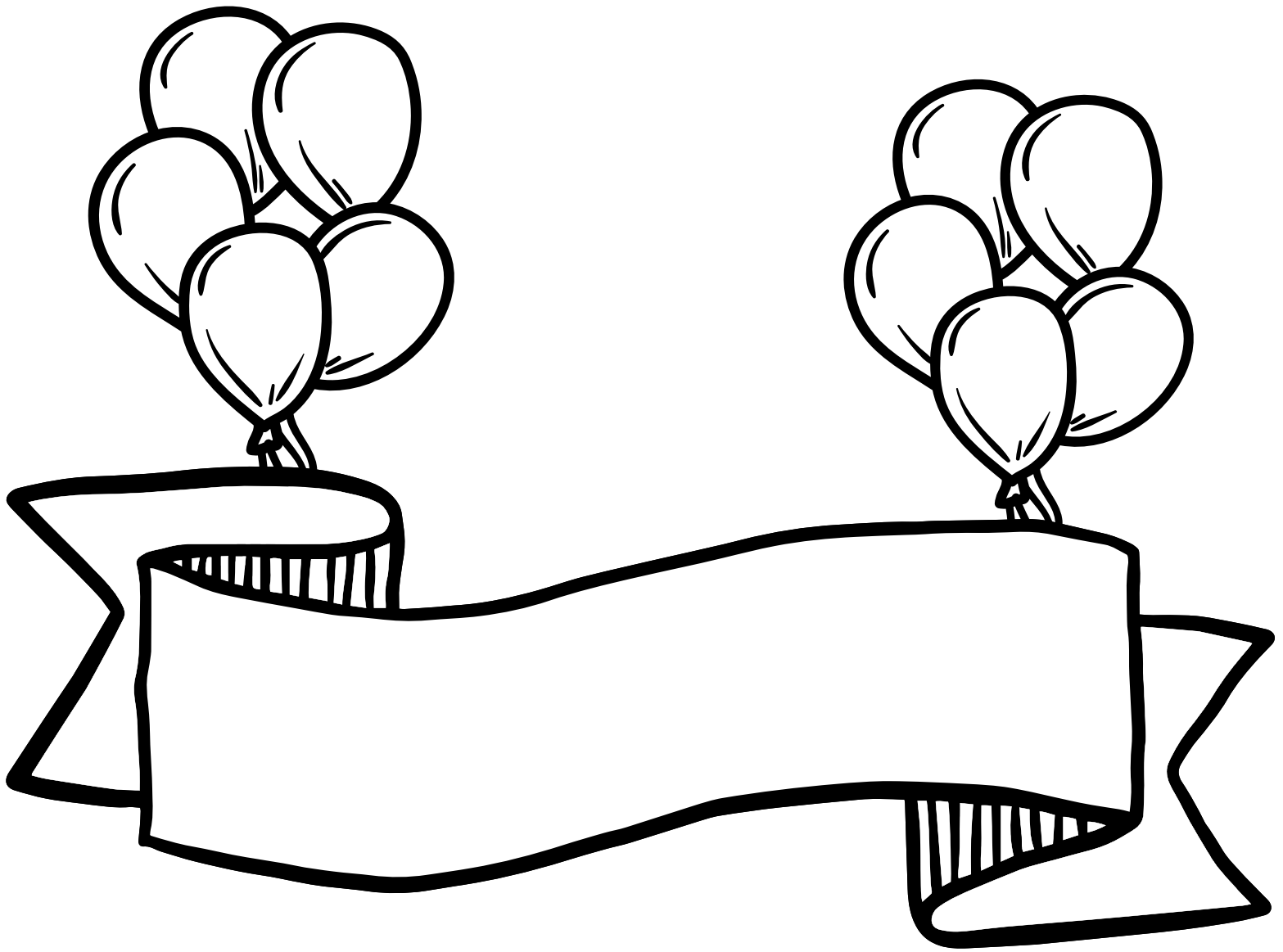


WAY
TO GO!

GREAT
JOB!



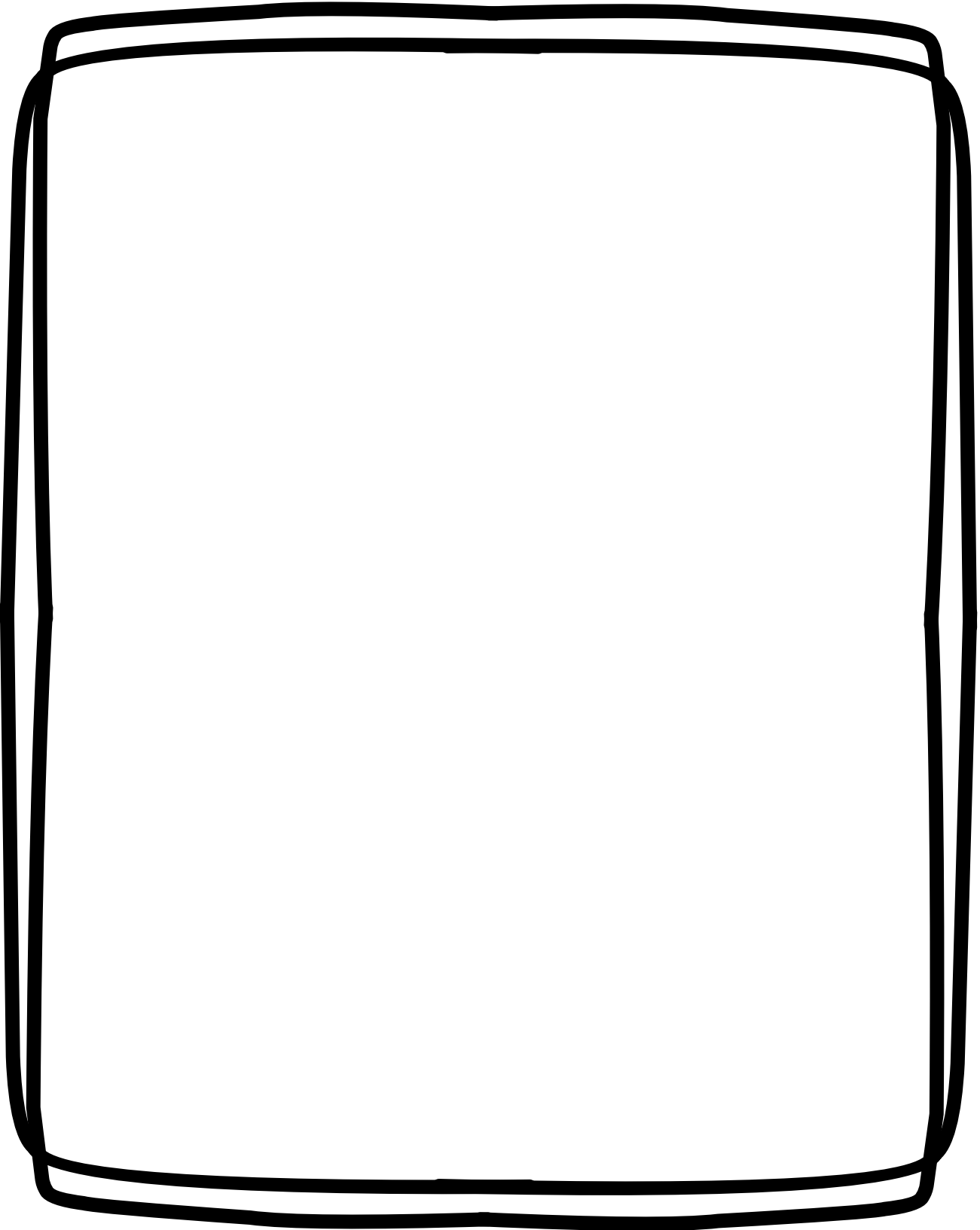
CELEBRATE ME



**Celebrate something you love about yourself!
What are you proud of?**

MY FAMILY

Draw a picture of your family doing a favorite activity.



FAMILY COUPON BOOK

Color and cut out the tickets to give to your family members for fun times together!



**FAMILY MOVIE
NIGHT**



**BREAKFAST FOR
DINNER**



**VISIT THE
LIBRARY**



**KITCHEN DANCE
PARTY**

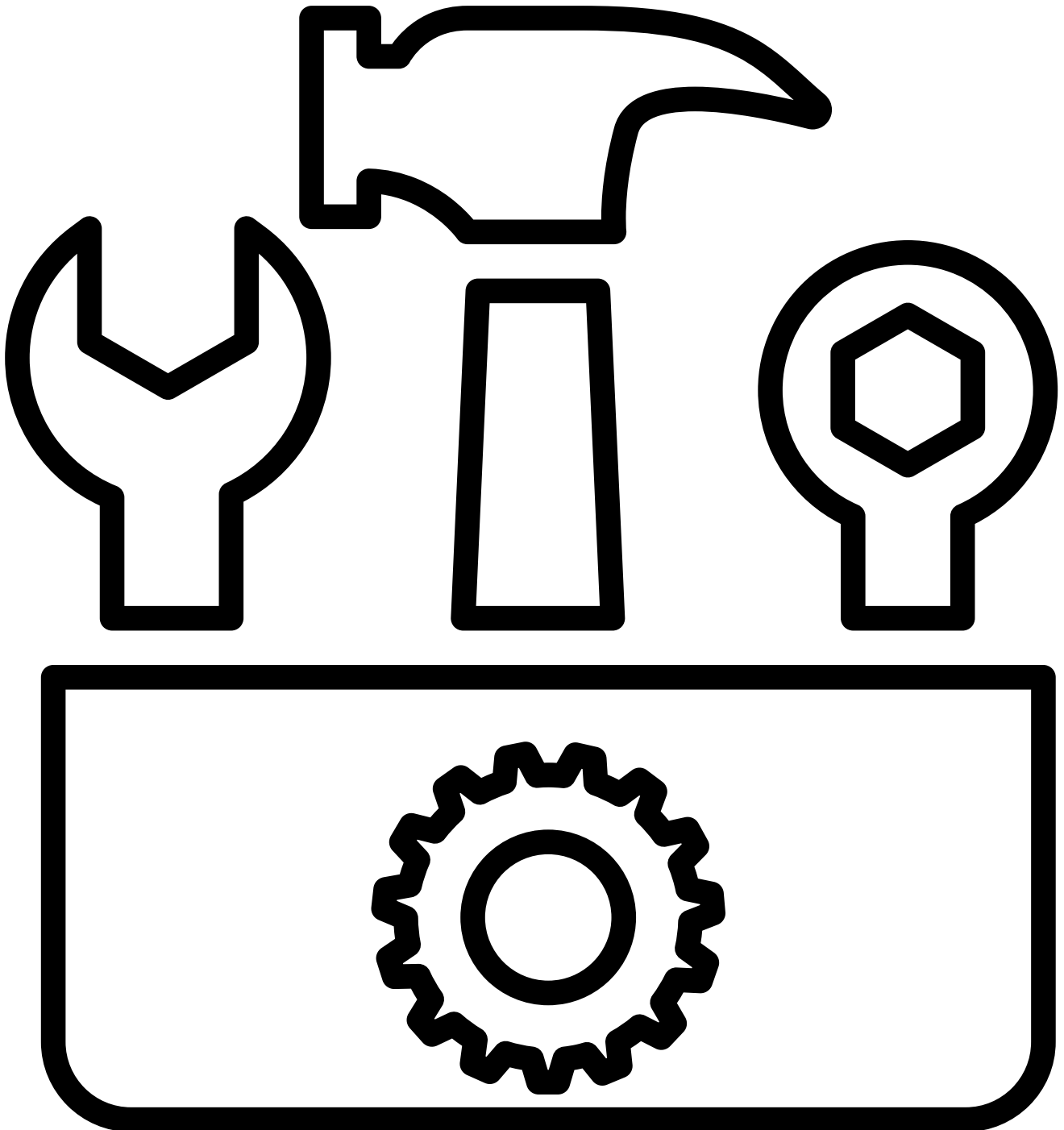


**FAMILY GAME
NIGHT**



CREATE YOUR OWN!

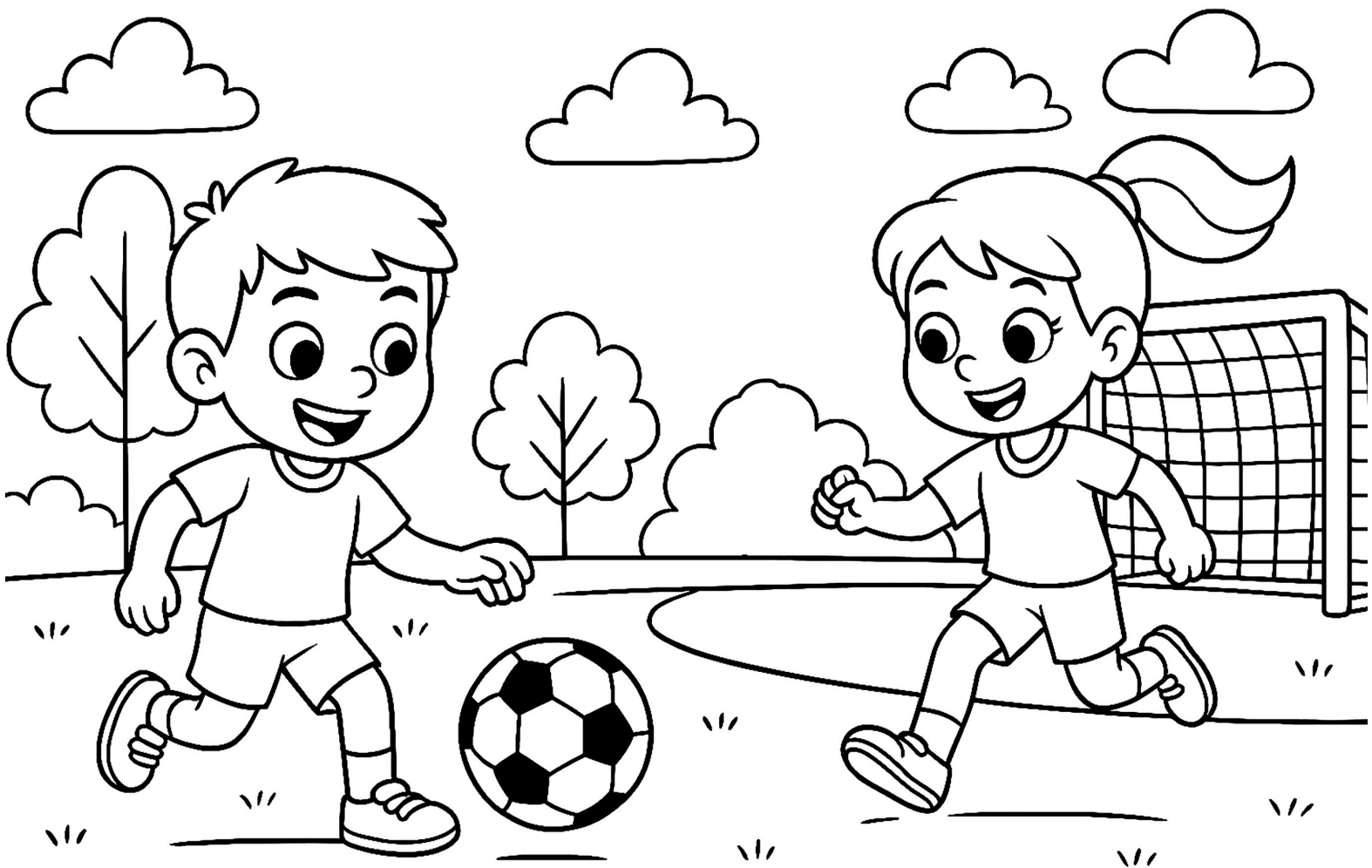
HOW TO COPE



HOW TO COPE



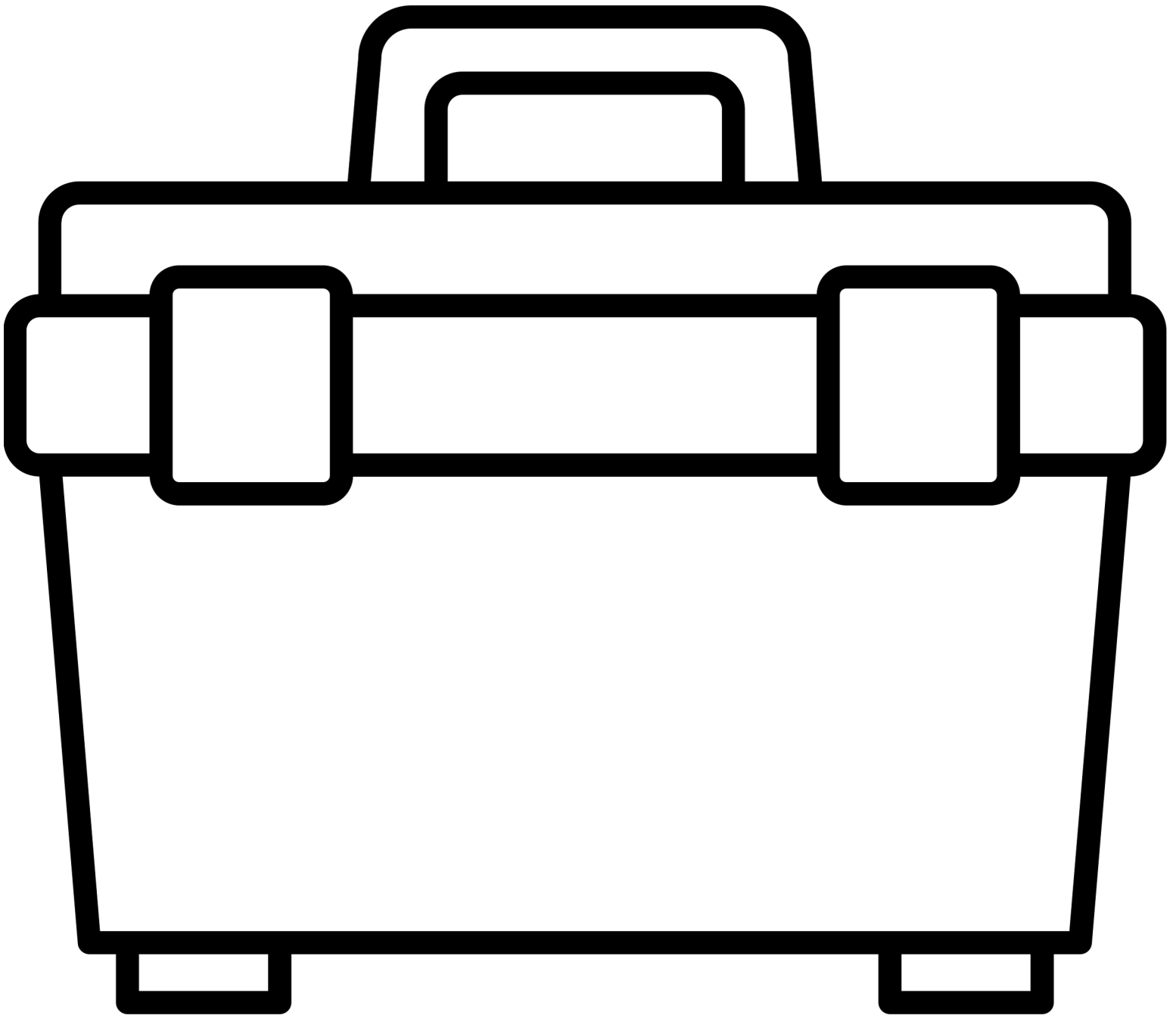
HOW TO COPE



COPING TOOLS

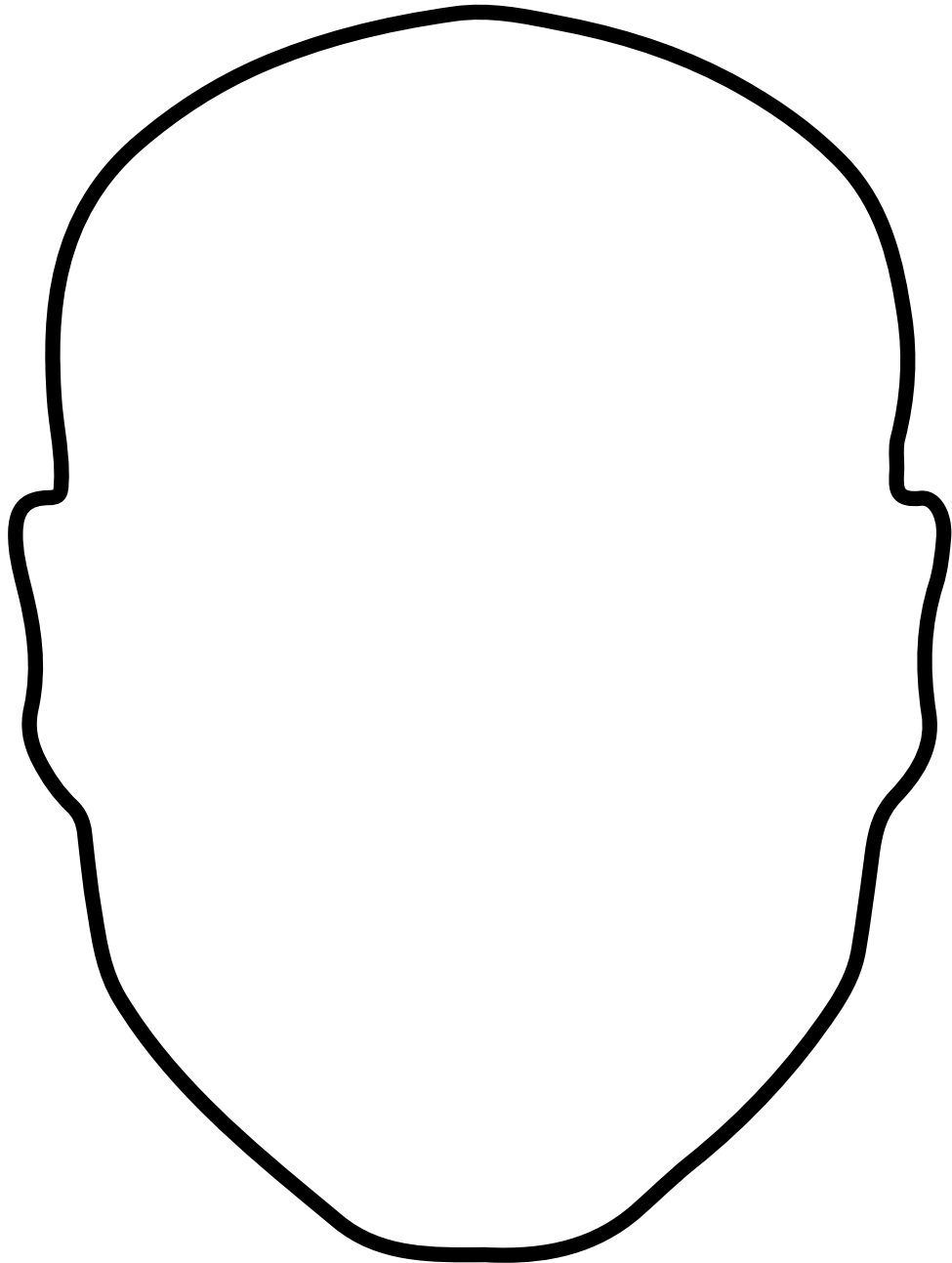
Draw or write what tools you use to cope in the toolbox below.

Examples: Exercise, giving someone a hug, building something,
talk to someone, play a game



WHEN I GROW UP

Draw or color what you will look like in 20 years!



MY FUTURE



Directions:

Everyone has dreams for the future!

Think about what makes you excited and hopeful.

- In the cloud, draw or write your dreams.
- Your dream can be anything—what you want to learn, places you'd like to go, things you'd like to try, how you want to help others, or even the kind of person you want to be.
- Color and decorate your dream cloud to make it bright and full of hope!