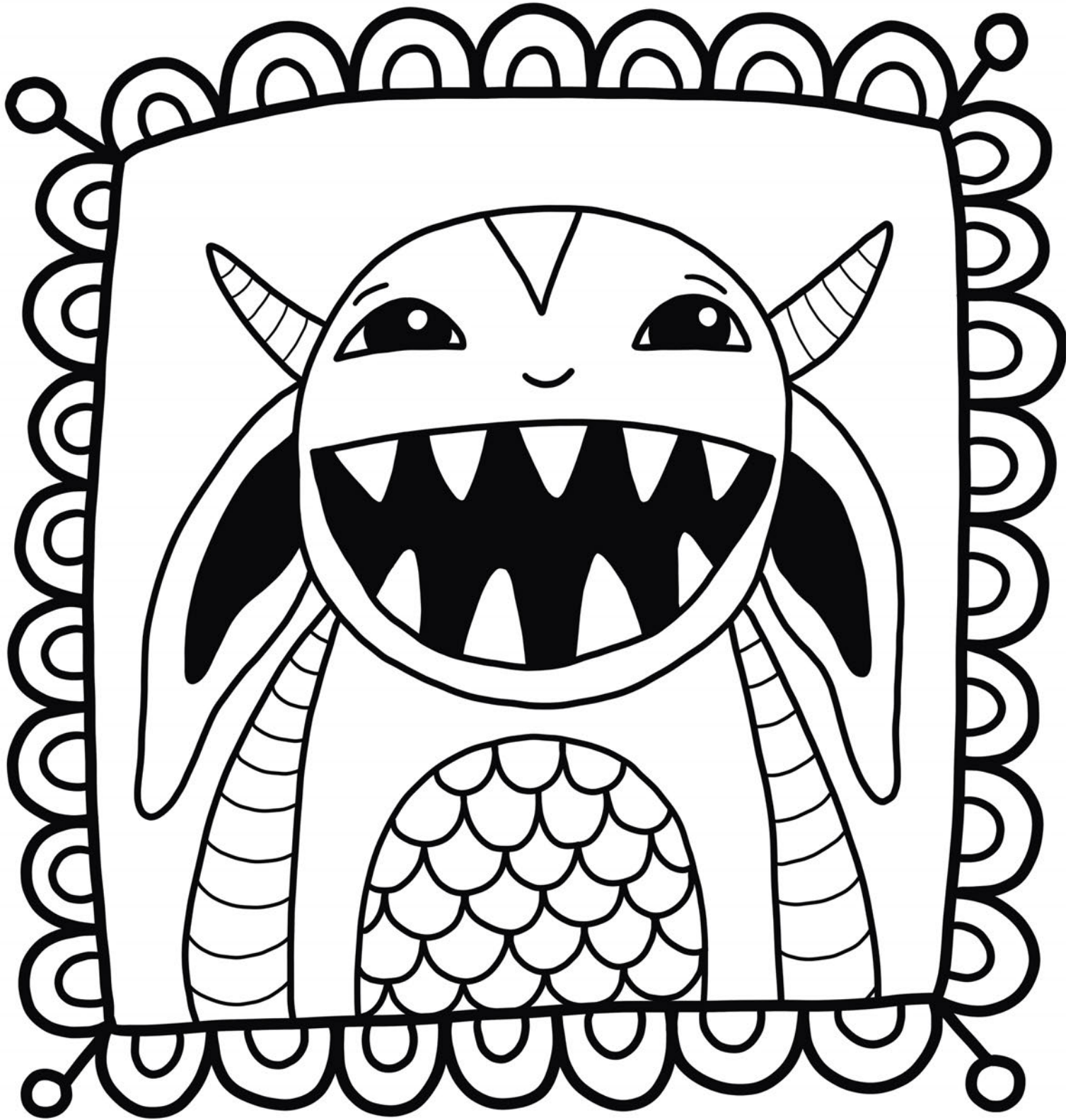


# MEET LITTLE MONSTER!



A COLORING AND ACTIVITY BOOK



### **NAMI's National HelpLine**

Open Monday – Friday, the NAMI HelpLine provides information and resources for those seeking support. Volunteers work to answer questions, offer support and provide practical next steps. Call 1-800-950-NAMI (6264), email [info@nami.org](mailto:info@nami.org) or chat on [nami.org/help](https://nami.org/help).

### **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline (the Lifeline) at 1-800-273-TALK (8255) has crisis workers to support you and are available 24/7.

### **Crisis Text Line**

You can text with a crisis counselor who is available to provide support 24/7 by texting 'NAMI' to 741-741.

### **NAMI Basics and NAMI Basics OnDemand**

NAMI Basics is a six-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. The program is free to participants and available in person in more than 40 states as well as online. Visit [nami.org/basics](https://nami.org/basics) for more information.

### **Navigating a Mental Health Crisis Guide**

NAMI's Crisis Guide provides important, potentially life-saving information for individuals and their loved ones experiencing mental health crises. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more. Visit [nami.org/crisisguide](https://nami.org/crisisguide) to read and download the guide.

### **Your Local NAMI**

There are more than 600 NAMI State Organizations and Affiliates across the country. NAMI Affiliates offer an array of free support and education programs and other ways to get involved. Visit [nami.org/local](https://nami.org/local) to find NAMI in your community.

## ACKNOWLEDGEMENTS:

The Meet Little Monster Coloring and Activity Book was developed by NAMI Washington as a tool for young people to express and explore their feelings in a fun, creative, and empowering way, and to foster dialogue between children and the safe adults in their lives. This project began in the summer of 2020 as a response to both the COVID-19 pandemic and the Black Lives Matter protests for racial justice after the murder of George Floyd. NAMI Washington recognized that young children — suddenly cut off from their friends, teachers, coaches, club leaders, and school counselors — were experiencing big and powerful feelings without the community support and reassurance that they had access to before quarantine. After some brainstorming, NAMI Washington reached out to Honor Heindl, a licensed clinical social worker by day and passionate illustrator by night, to help bring Little Monster to life. After several months of collaboration, Meet Little Monster made its debut for Children's Mental Health Awareness Day in 2021.

Meet Little Monster was written and designed by Sophia Nicholson Keener and illustrated by Honor Heindl.

NAMI would like to thank NAMI Washington for sharing this activity book and making it available to families, organizations, teachers, and young people across the country.

## OUR VISION:

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

## OUR MISSION:

NAMI's mission is to improve the quality of life for all those affected by any kind of mental health condition.

## OUR VALUES:

- Hope: We believe in the possibility of recovery, wellness and the potential in all of us.
- Inclusion: We embrace diverse backgrounds, cultures and perspectives.
- Empowerment: We promote confidence, self-efficacy and service to our mission.
- Compassion: We practice respect, kindness and empathy.
- Fairness: We fight for equity and justice.

## HOW TO USE THIS RESOURCE:

Color inside and outside the lines, try new color combinations and try out the brain teasers! This activity book is great for a solo coloring activity, but it's even more fun in groups. Do the whole thing or print out your favorite pages. Talk about your answers and the ways that you relate with Little Monster. Be honest about your feelings (Adults! This means you, too!) and make talking about your feelings a routine in your household. Practice asking for help and advice, just like Little Monster!

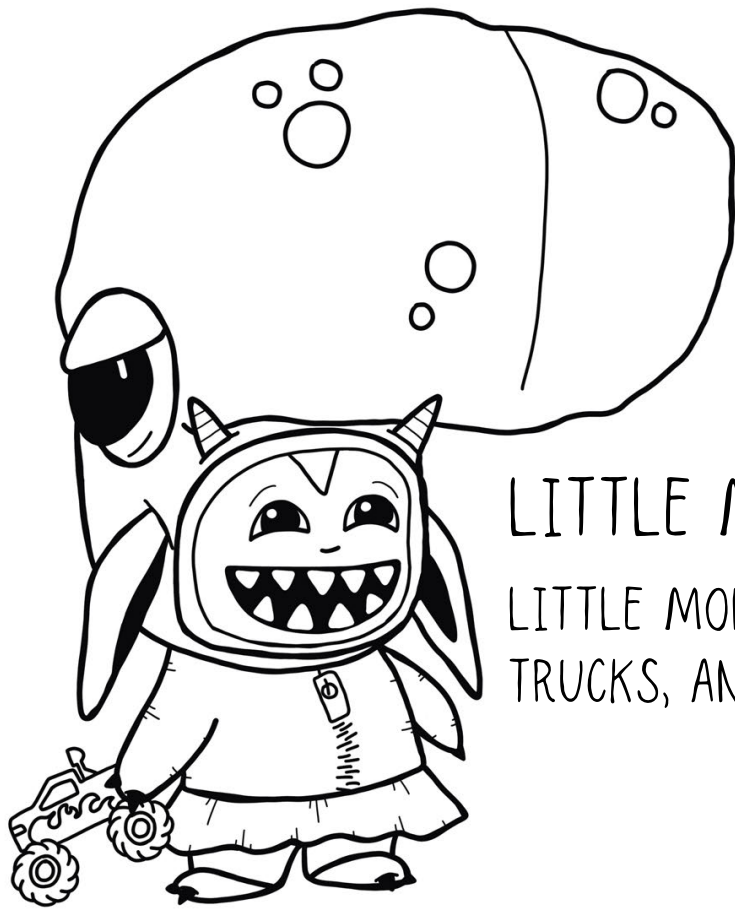
The cover pages of this activity book are meant to be printed out and kept as a resource. Make your Feelings Plan with Little Monster and keep the list of helpful community resources! Have fun!



### THIS PROJECT WAS ILLUSTRATED BY HONOR HEINDL !

Honor Heindl (she/her) is a clinical social worker who lives in Albuquerque, New Mexico, who currently works in an emergency department helping people access the services they need and in a school supporting students' social/emotional growth. Honor started drawing a few years ago as a way to process and heal and hold onto hope when the world felt extra lonely or scary. Honor hopes that wherever and however you are, you can find that special something that nourishes and comforts you the way doodling has for her. In her free time, Honor enjoys eating and drinking her way through new cities, making eye contact with animals, controlled spontaneity, spoken word, and riding bicycles in rainstorms.

Follow Honor on Instagram @AGIRLNAMEDHONOR

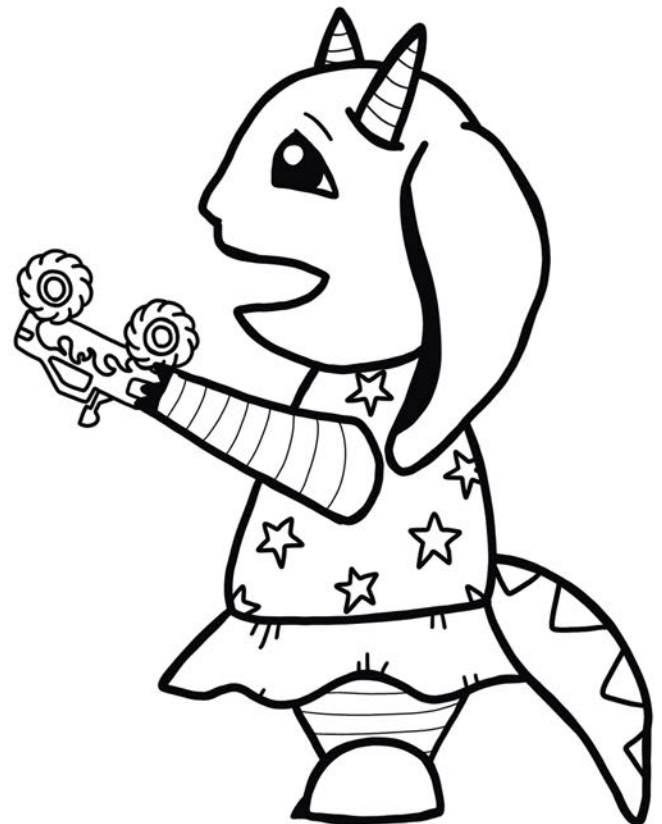


# MEET LITTLE MONSTER!

LITTLE MONSTER IS VERY FRIENDLY!

LITTLE MONSTER LIKES RAINBOWS, MONSTER TRUCKS, AND BALLET!

LITTLE MONSTER WANTS TO SHARE THEIR TOY WITH YOU! WOULD YOU LIKE TO BE FRIENDS WITH LITTLE MONSTER?



DRAW YOURSELF PLAYING WITH LITTLE MONSTER!



LITTLE MONSTER LOVES TO EAT! THEIR FAVORITE FOOD IS SPIDER GOULASH WITH EXTRA SWAMP SLIME AND MAYO (LITTLE MONSTER IS A MONSTER, AFTER ALL!)

WHAT IS YOUR FAVORITE FOOD?



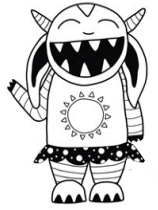
DRAW YOUR FAVORITE FOOD!

IT'S OKAY IF YOU DON'T LIKE SPIDER GOULASH WITH EXTRA SWAMP SLIME AND MAYO. SOMETIMES FRIENDS LIKE DIFFERENT THINGS, AND THAT'S OKAY!



DRAW YOURSELF HAVING A PICNIC WITH LITTLE MONSTER!

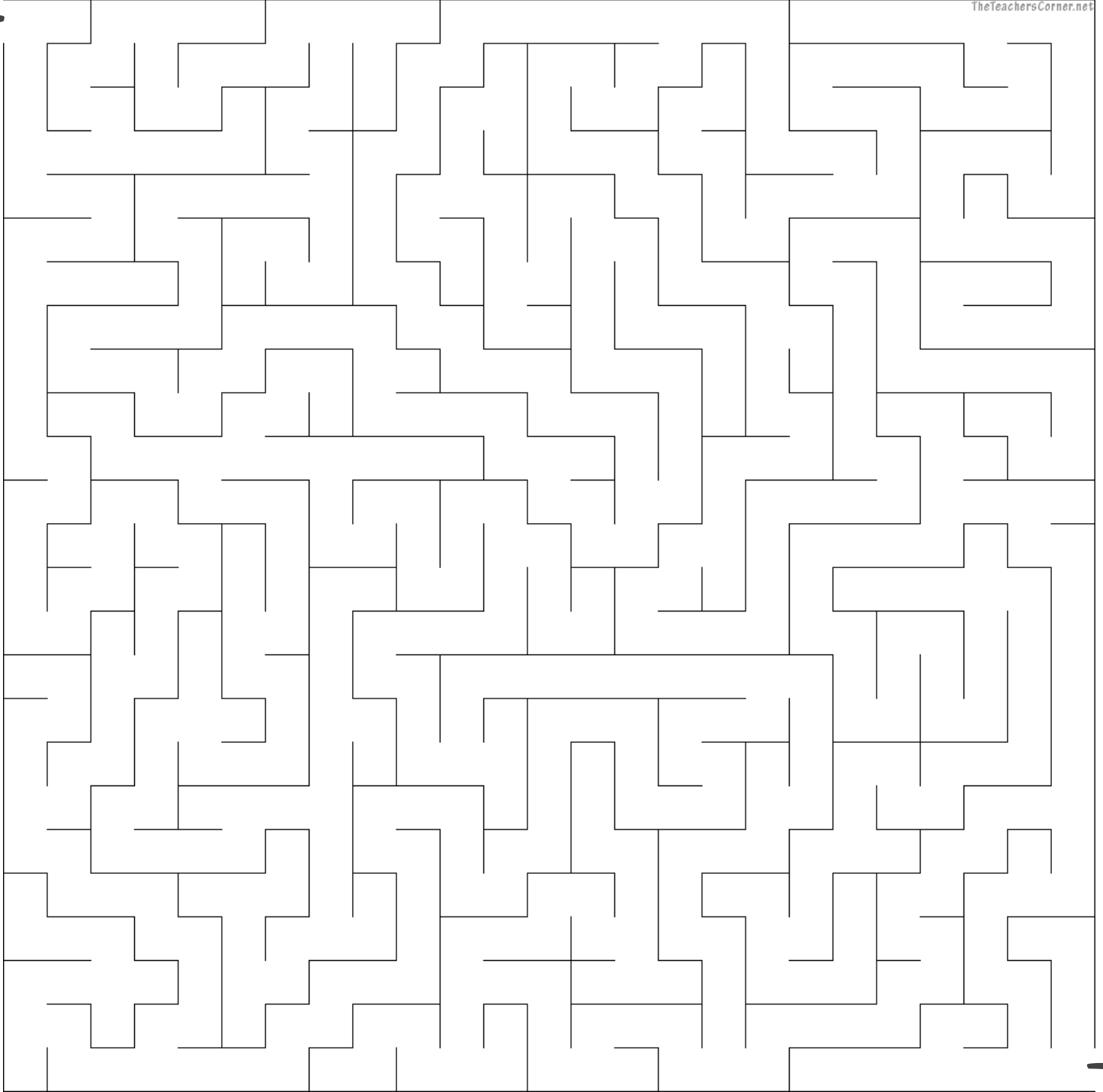
# OH NO! LITTLE MONSTER CAN'T FIND THEIR MONSTER TRUCK!



CAN YOU HELP THEM FIND IT? START HERE!



TheTeachersCorner.net

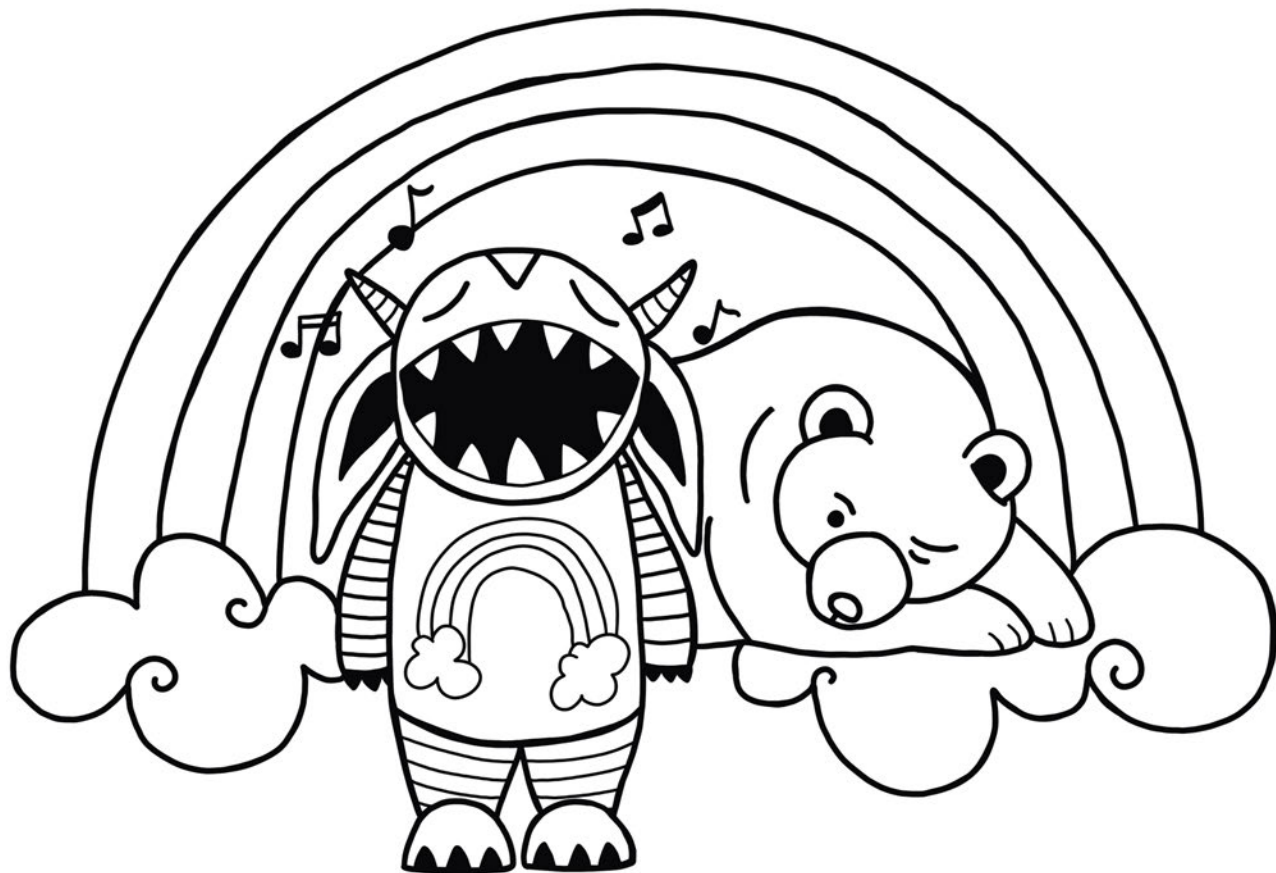


## YOU FOUND IT! GREAT JOB!



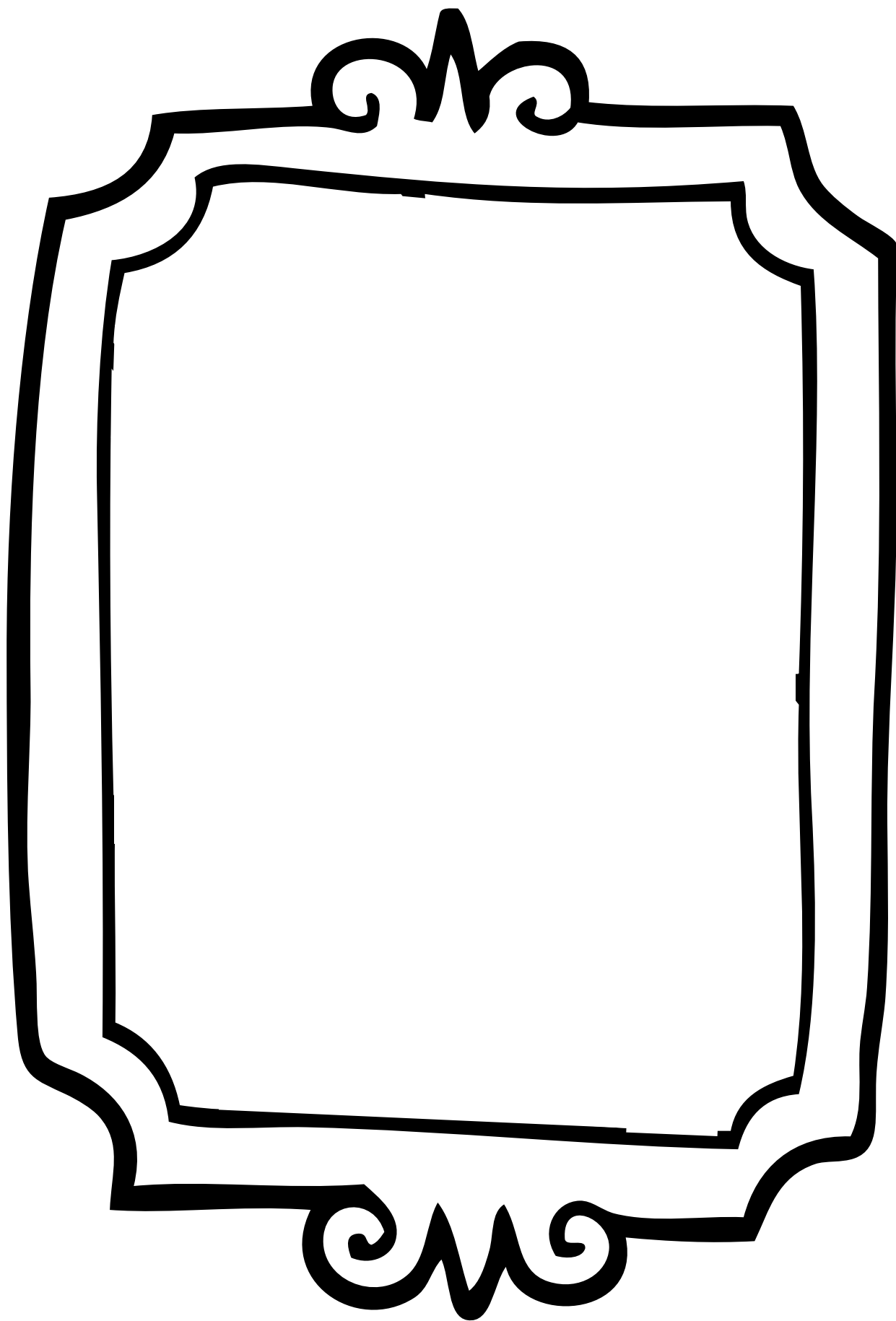
LITTLE MONSTER LIKES RAINBOWS AND JAZZ MUSIC.

RAINBOWS AND JAZZ MUSIC MAKE LITTLE MONSTER FEEL **HAPPY!**



WHAT ARE SOME THINGS THAT MAKE YOU FEEL HAPPY?

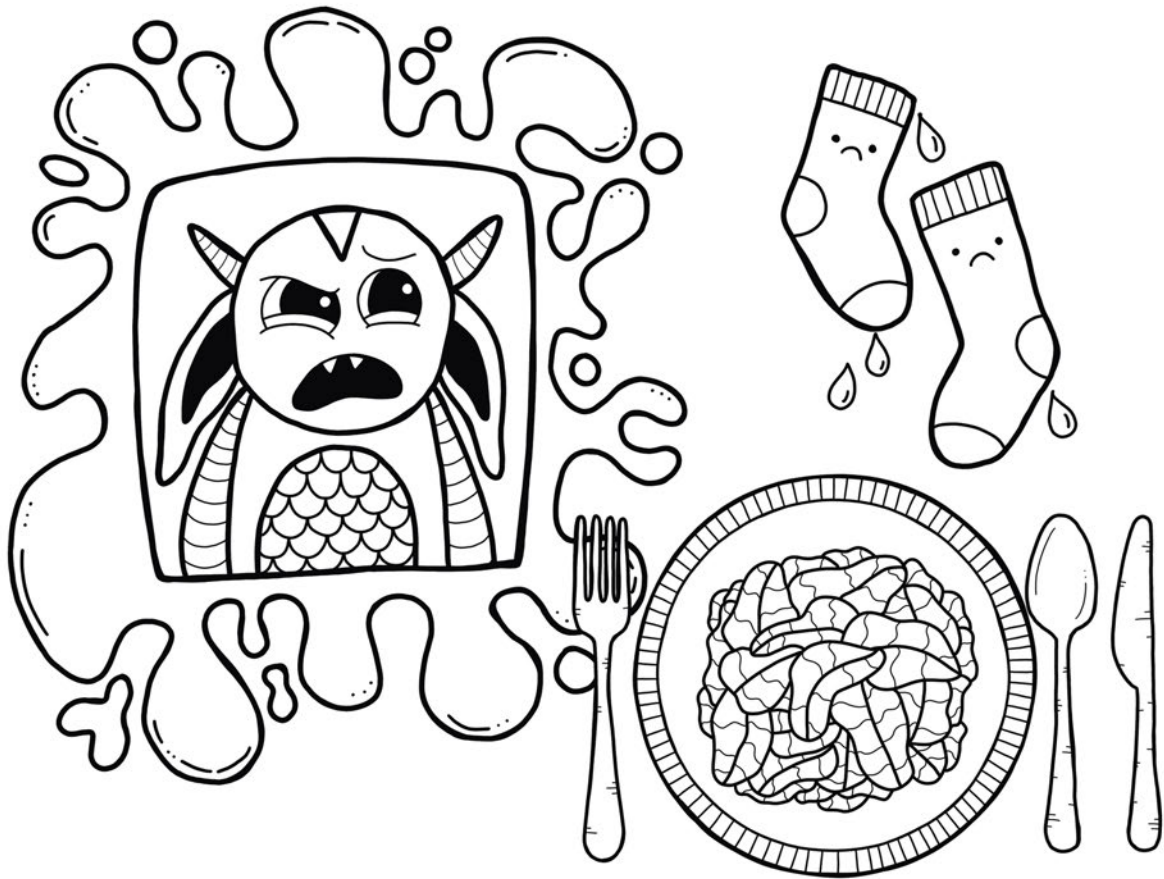
DRAW THREE THINGS THAT MAKE YOU FEEL HAPPY!



THIS MIRROR SHOWS US THE THINGS ABOUT OURSELVES THAT MAKE US UNIQUE  
AND WONDERFUL! CAN YOU DRAW YOUR REFLECTION IN THE MIRROR?



WET SOCKS AND SOGGY SPINACH MAKE LITTLE MONSTER FEEL **YUCKY!**

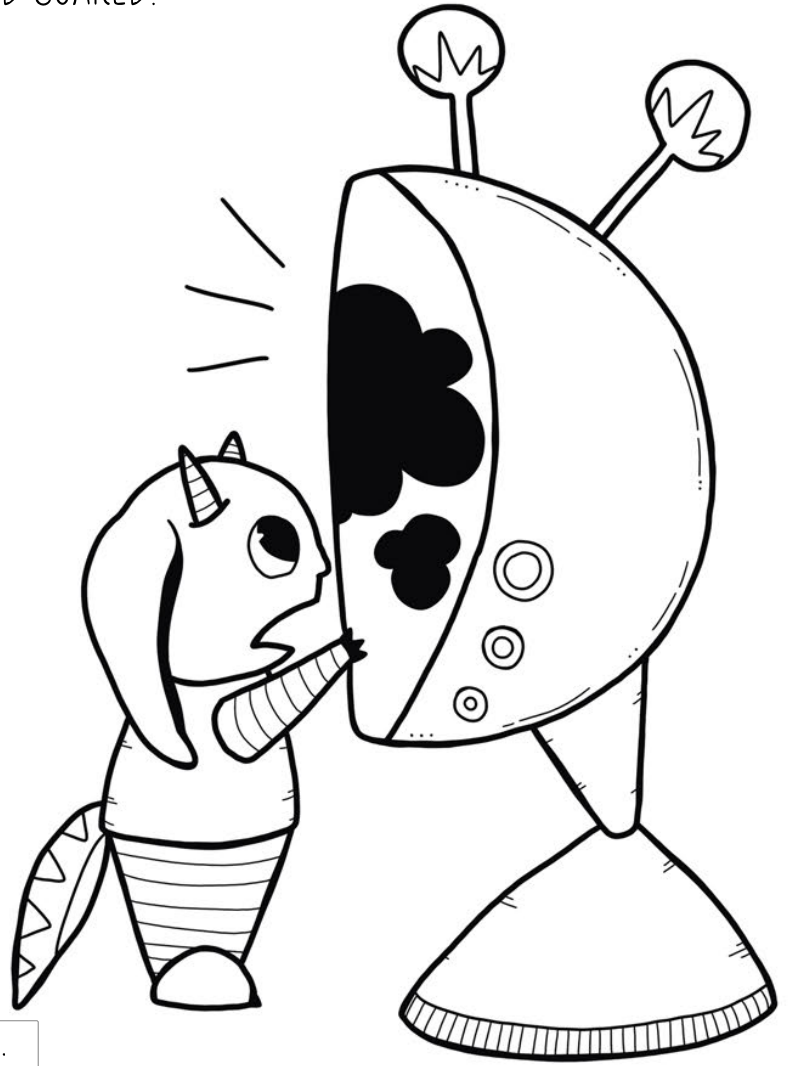


WHAT MAKES YOU FEEL YUCKY?

DRAW SOMETHING THAT MAKES YOU FEEL YUCKY!

LITTLE MONSTER SAW SOMETHING THAT MADE THEM FEEL SAD AND SCARED.

WHAT HAVE YOU SEEN THAT MADE YOU SAD AND SCARED?



DRAW SOMETHING THAT MADE YOU FEEL SAD OR SCARED.

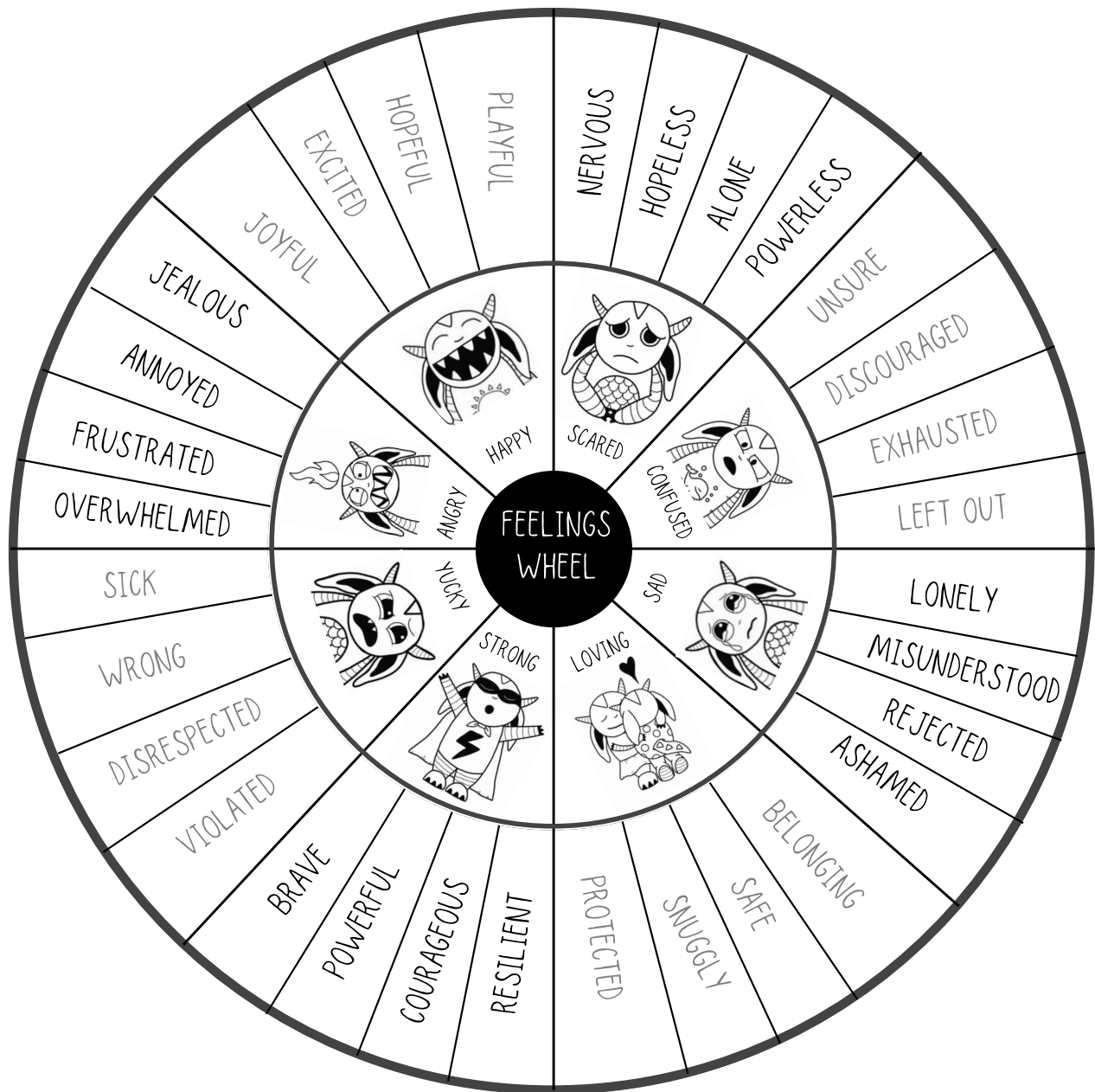
WHAT CAN LITTLE MONSTER DO WHEN THEY FEEL SAD OR SCARED?



DRAW SOMETHING TO MAKE LITTLE MONSTER FEEL BETTER!

# THE FEELINGS WHEEL

A FEELINGS WHEEL IS A TOOL THAT CAN HELP YOU TALK ABOUT YOUR FEELINGS. THERE ARE LOTS OF FEELINGS THAT GO TOGETHER. A FEELINGS WHEEL CAN HELP YOU EXPLAIN YOUR FEELINGS TO YOURSELF AND TO OTHERS.



LITTLE MONSTER HAS A LOT OF FEELINGS! EVEN THOUGH SOME EMOTIONS DON'T FEEL GOOD, ALL EMOTIONS ARE HEALTHY AND IMPORTANT.

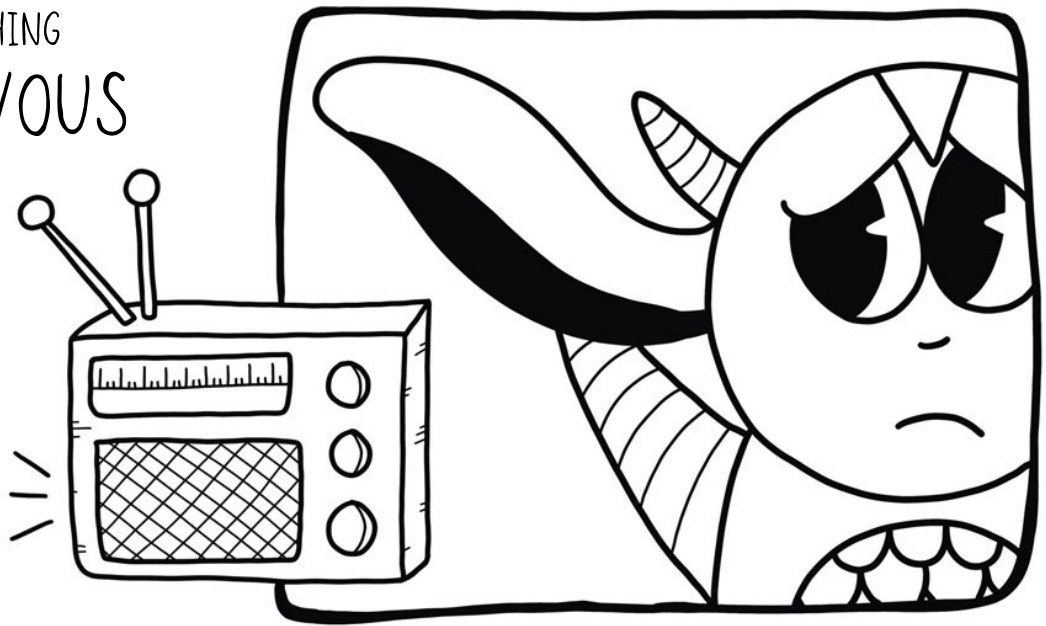
SOMETIMES LITTLE MONSTER USES A FEELINGS WHEEL TO HELP TALK ABOUT THEIR FEELINGS. THIS IS EXTRA HELPFUL WHEN LITTLE MONSTER FEELS MANY THINGS ALL AT ONCE. THE FEELINGS WHEEL ALSO HELPS LITTLE MONSTER THINK ABOUT PATTERNS IN THEIR FEELINGS.

HOW MANY FEELINGS ON THE FEELINGS WHEEL HAVE YOU FELT BEFORE?  
COLOR THEM IN!

LITTLE MONSTER HEARD SOMETHING  
THAT MADE THEM FEEL **NERVOUS**  
AND **WORRIED**.

WAS THERE A TIME WHERE YOU  
FELT NERVOUS AND WORRIED?

TELL LITTLE MONSTER ABOUT IT



-----

-----

-----

-----

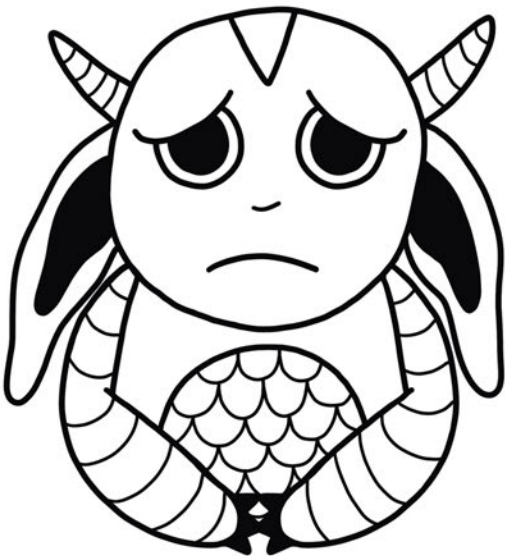
-----

-----

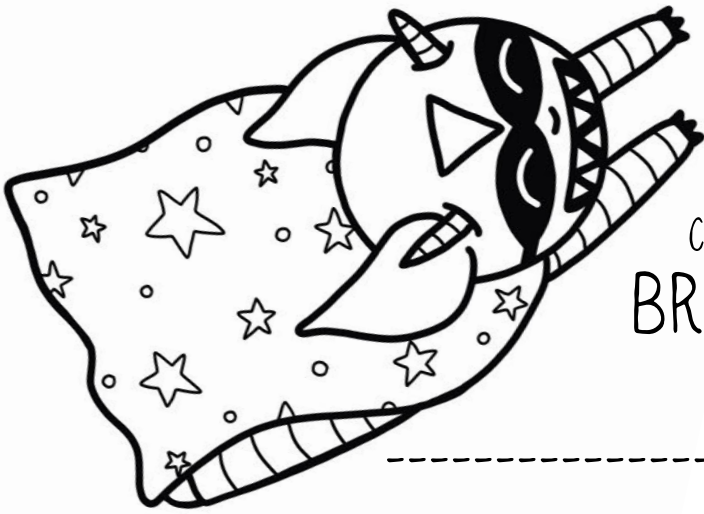
-----

-----

WHAT CAN LITTLE MONSTER DO WHEN THEY FEEL NERVOUS AND WORRIED?



DRAW SOMETHING TO MAKE LITTLE MONSTER FEEL BETTER!



LITTLE MONSTER KNOWS THAT THEY ARE  
**BRAVE** AND **STRONG!**

CAN YOU WRITE ABOUT A TIME WHEN YOU WERE  
**BRAVE** AND **STRONG?**

-----

-----

-----

-----

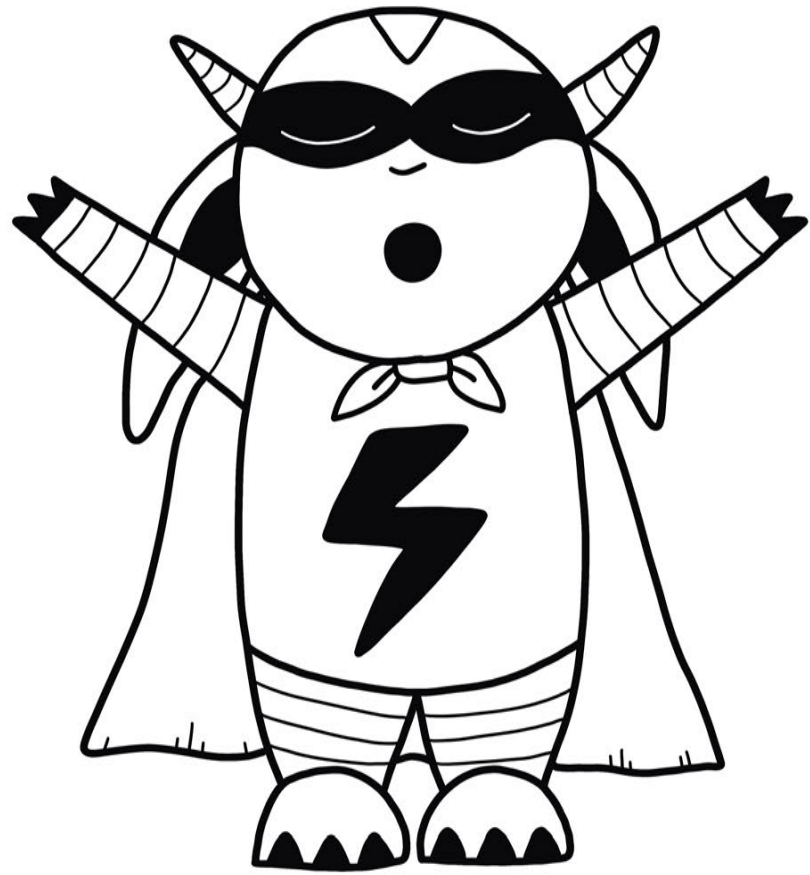
-----

-----

-----

-----

YOU ARE SO COURAGEOUS AND STRONG!



DRAW YOURSELF AS A SUPERHERO!



# FIND THE FEELINGS!

HOW MANY WORDS FROM THE FEELINGS WHEEL CAN YOU FIND IN THE WORD SEARCH PUZZLE?

- ANGRY
- ANNOYED
- BRAVE
- EXHAUSTED
- COURAGEOUS
- HOPELESS
- JEALOUS
- JOYFUL
- LEFTOUT
- LOVING
- MISUNDERSTOOD
- NERVOUS
- PLAYFUL
- POWERFUL
- RESILIENT
- SAFE
- STRONG
- OVERWHELMED

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

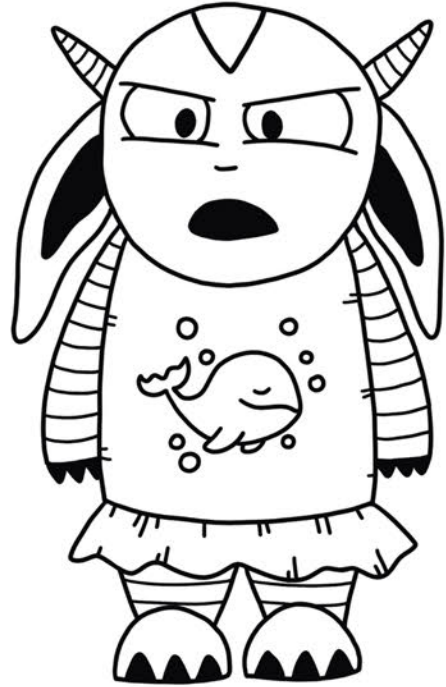
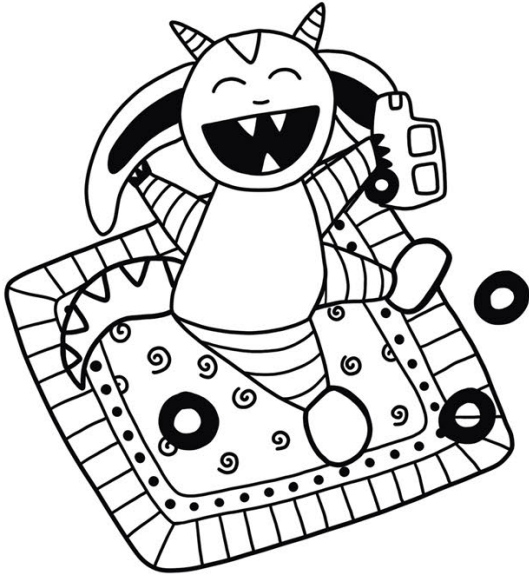
SOMETIMES IT CAN BE DIFFICULT TO FIND THE RIGHT WORDS TO DESCRIBE OUR FEELINGS.

THAT'S NORMAL!

WITH HARD WORK, PATIENCE, AND PRACTICE,  
TALKING ABOUT OUR FEELINGS GETS EASIER  
AND EASIER.



OH NO! BABY MONSTER BROKE LITTLE MONSTER'S  
MOST FAVORITE THING !



LITTLE MONSTER IS VERY, VERY, VERY ANGRY!!!

WHAT MAKES YOU VERY, VERY, VERY ANGRY?



DRAW SOMETHING THAT MAKES YOU VERY VERY ANGRY!

LITTLE MONSTER IS STILL ANGRY WITH BABY MONSTER FOR  
BREAKING THEIR FAVORITE THING!



WHAT ARE THREE WAYS LITTLE MONSTER CAN CALM DOWN?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

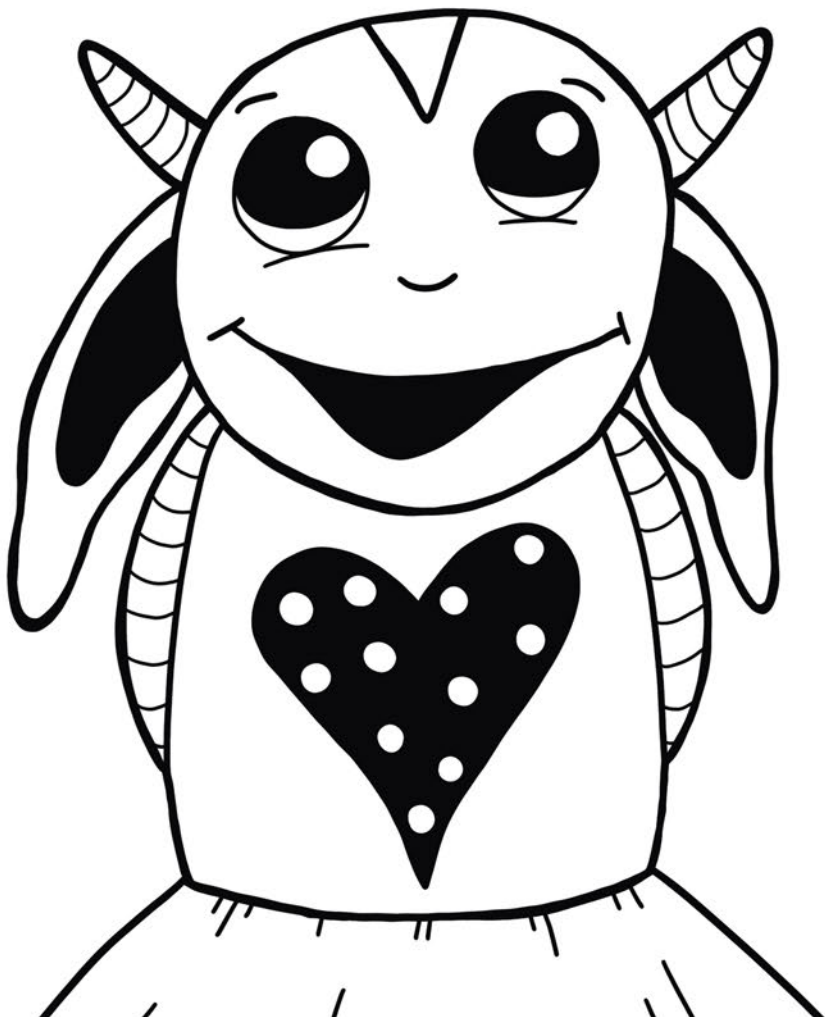


YOUR ADVICE

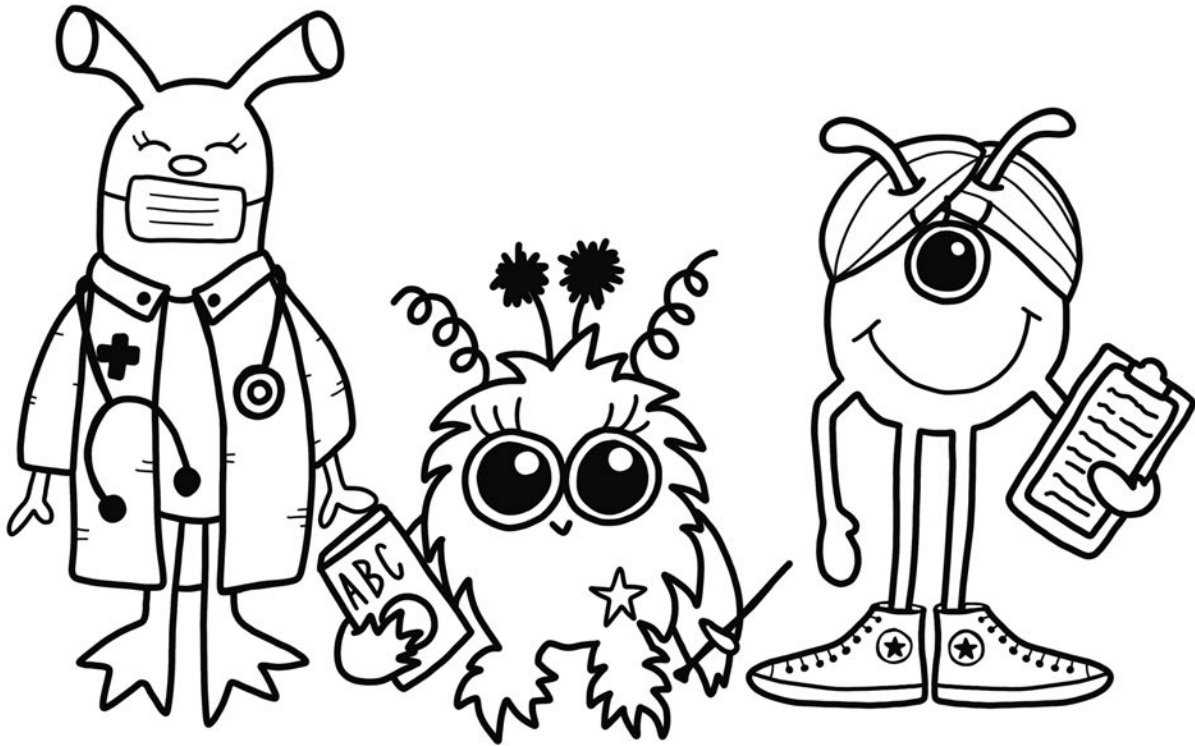
WORKED!

LITTLE MONSTER AND  
BABY MONSTER ARE HAPPY  
FRIENDS AGAIN!

YOU'RE SO GOOD AT GIVING ADVICE! WHO ARE SOME FRIENDS THAT  
YOU GO TO FOR ADVICE ? DRAW THEM HERE WITH LITTLE MONSTER!



SOMETIMES LITTLE MONSTER HAS PROBLEMS THAT ARE CONFUSING, COMPLICATED, OR PRIVATE. WHEN LITTLE MONSTER HAS THOSE KINDS OF PROBLEMS, LITTLE MONSTER TALKS TO A HELPFUL ADULT!



LITTLE MONSTER TALKS TO TEACHER MONSTER, DOCTOR MONSTER, AND COMMUNITY LEADER MONSTER WHEN THEY NEED EXTRA ADVICE. LITTLE MONSTER LIKES TALKING TO THEM BECAUSE THEY ARE GOOD LISTENERS AND MAKE LITTLE MONSTER FEEL SAFE AND STRONG!

WHO ARE **THREE ADULTS** THAT MAKE YOU FEEL **SAFE AND STRONG**?

DRAW THE ADULTS THAT MAKE YOU FEEL SAFE AND STRONG!

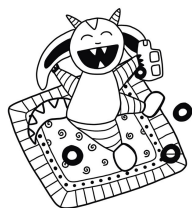
# MY FEELINGS PLAN

IT'S OKAY TO FEEL ANGRY! IT'S NOT OKAY TO BE MEAN TO PEOPLE WHEN YOU FEEL ANGRY. WHAT ARE THREE THINGS THAT YOU CAN DO THE NEXT TIME YOU FEEL SO, SO, SO, ANGRY?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

SOMETIMES PEOPLE HURT OUR FEELINGS OR MAKE US MAD, EVEN IF IT'S NOT ON PURPOSE. WHAT ARE THREE CALM WAYS YOU CAN LET SOMEONE KNOW THAT THEY HURT YOUR FEELINGS?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

BEING A GOOD FRIEND MEANS BEING A GOOD LISTENER! WHAT ARE THREE WAYS YOU CAN BE A GOOD LISTENER FOR YOUR FRIENDS AND FAMILY?

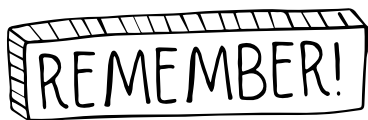


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

IT'S OKAY TO FEEL SAD AND SCARED! WHAT ARE THREE THINGS YOU CAN DO WHEN YOU FEEL SAD AND SCARED?

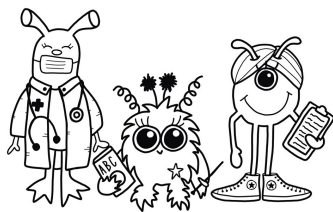


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



YOUR COMMUNITY IS FULL OF ADULTS THAT ARE GOOD LISTENERS WHO YOU CAN TALK TO ABOUT YOUR FEELINGS!

WHO ARE THREE ADULTS THAT MAKE YOU FEEL SAFE AND STRONG?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

