**SKILL PRACTICES TO USE WITH COMFORT KITS**

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Skill #5: Feel Better – Write it Down or Draw it Out

What does this help? Everything ☺

What is it?

Write or draw about your life and experiences

What items do you need?

* A ***pencil and crayons***
* A ***notebook***
* ***Box*** and ***stickers*** to decorate for safe keeping

How to do it?

* Help yourself feel better by writing or drawing about your life and feelings
* Tell about things you have learned, both positive and negative
* Draw the pictures, colors, shapes you see in your imagination
* Perhaps put the pages in your box and decorate it with stickers

When to use it?

* Anytime, day or night!
* When you have things on your mind and would like to keep track of them
* When you want others to know what is going on with you
* When you want to write your own life story
* When you are bored
* When you are nervous or upset about something
* When you are excited or looking forward to something
* When something BIG is about to happen or has just happened