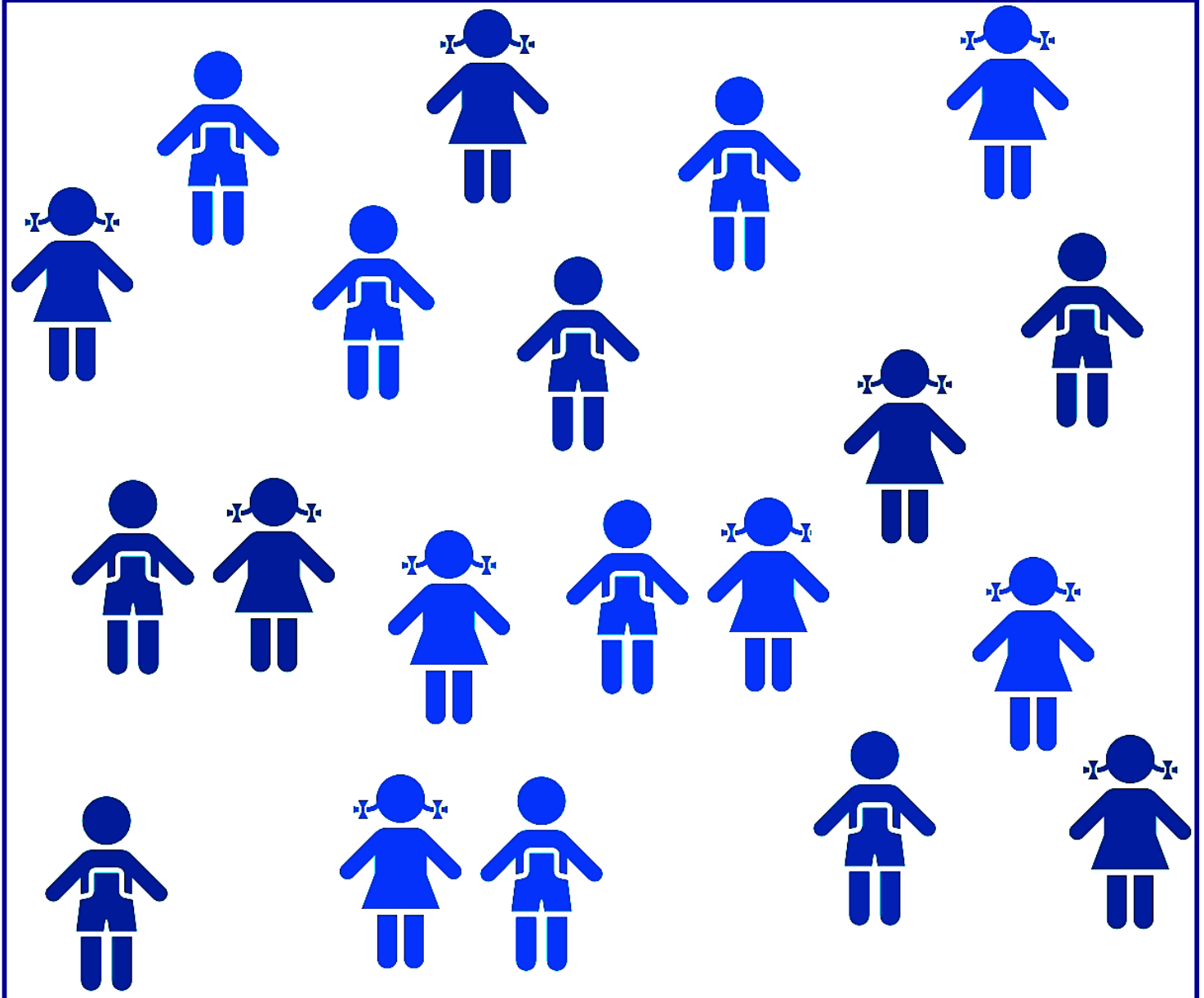




February Worksheet: It's Not Your Fault

You Are Not Alone

Directions: Using a colorful crayon, marker, or a pencil or pen, circle **5** of the **20** Kids in the box below.



The 5 children you circled above show the One in Four kids who have a Mom or a Dad who drinks too much; You Are Not Alone. Find a caring adult who will listen and help you deal with problems at home. Talking to them can really help. Remember there are lots of kids like you, and you are very special. Take good care of yourself.







Just 4 Kids

The Seven Cs

I didn't **cause** it.
 I can't **cure** it.
 I can't **control** it.
 I can help take **care**
 of myself by

Communicating
 My feelings,
 Making healthy **choices**,
 and
Celebrating me.

The Seven Cs Word Search

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

CAUSE
 CURE
 CONTROL
 CARE
 COMMUNICATING
 CHOICES
 CELEBRATING