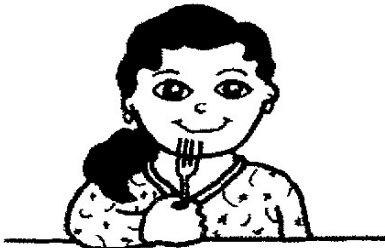
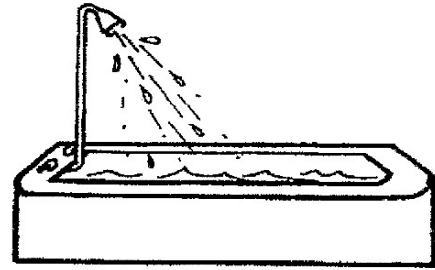
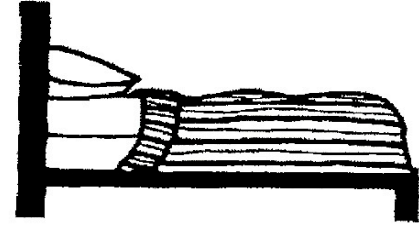




October Worksheet: Coping

I CAN BE HEALTHY MATCHING GAME

These Trick-Or-Treaters need your help! Draw a line to what each child needs to stay healthy. Remember that taking care of your body is an important part of self-care.

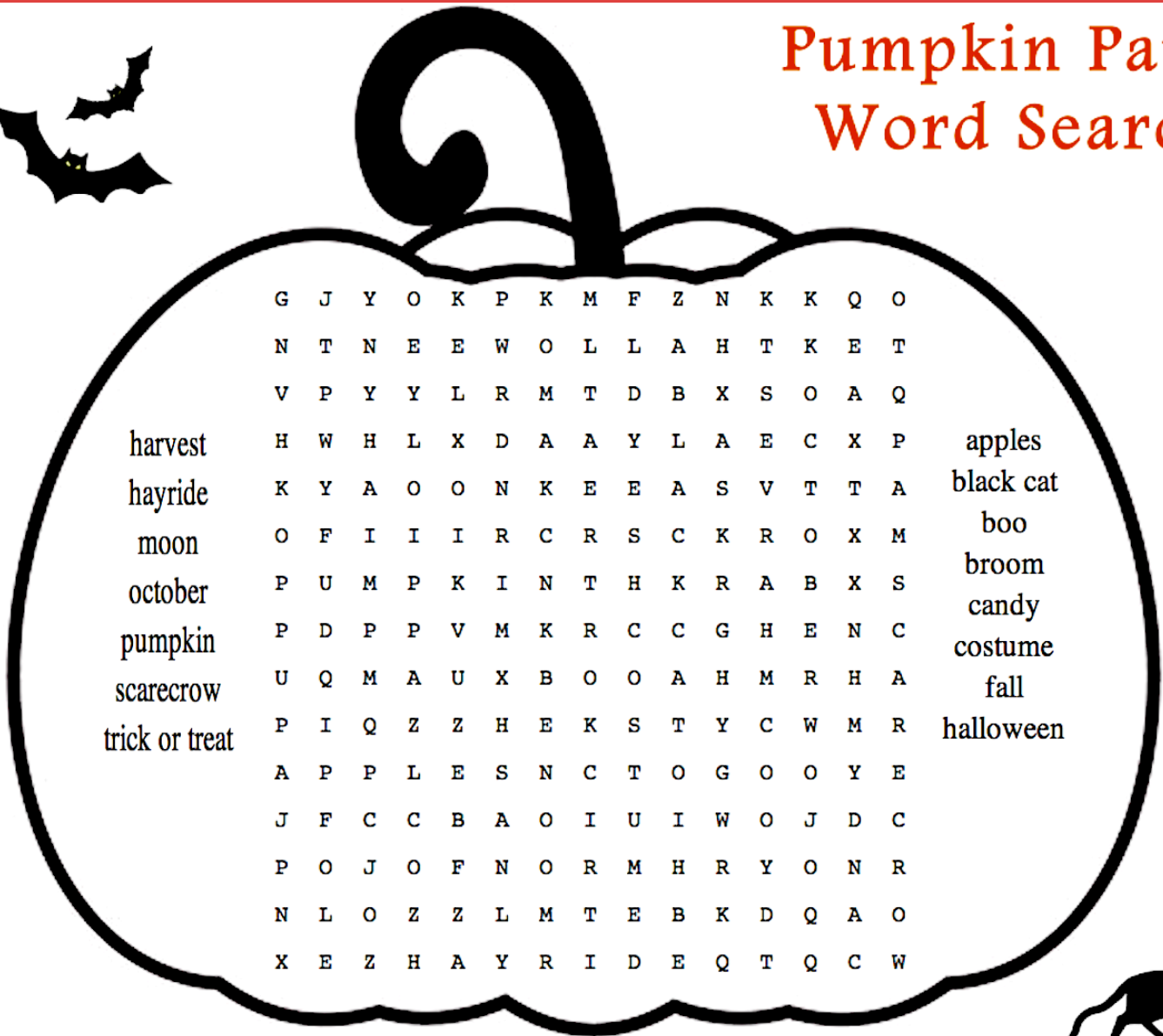


Growing up with parents who drink too much can be hard. But, there are ways that you can make tough times easier. First, think about areas in your life that make you worry. Second, remember that there are some things that only adults should worry about. It is important for you to always stay safe. You can also take small steps to work on self-care. You, like the children above, can keep your body healthy by eating good foods, brushing your teeth, washing your body, and getting plenty of sleep.





Pumpkin Patch Word Search



harvest
hayride
moon
october
pumpkin
scarecrow
trick or treat

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

apples
black cat
boo
broom
candy
costume
fall
halloween



6 Areas to Focus for Self-Care

Feelings: Talk with someone you trust.

Being a Kid: Play with friends.

Goals: Make plans to get something done (learn something new, do homework, do life planning)

Body:

Wash hands, brush teeth, exercise.

Mind:

Do homework, read, think about decisions.

Spirit:

Go to church/synagogue, read spiritual materials, pray, or meditate.