

ON OUR SLEEVES[®]

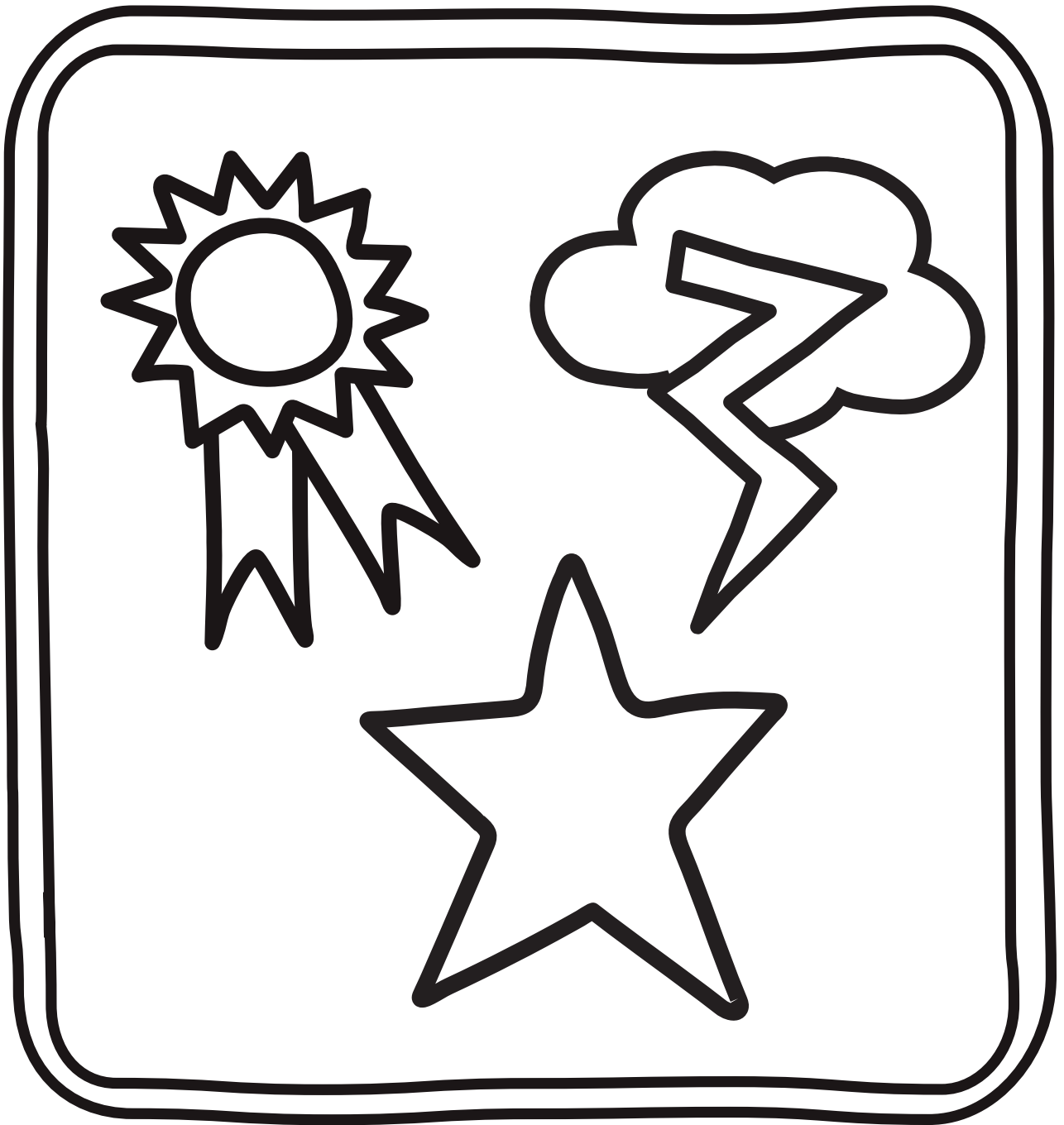
Coloring Book



Kids don't wear their thoughts on their sleeves. Let's give them a voice.

WolfsonChildrens.com/OnOurSleeves

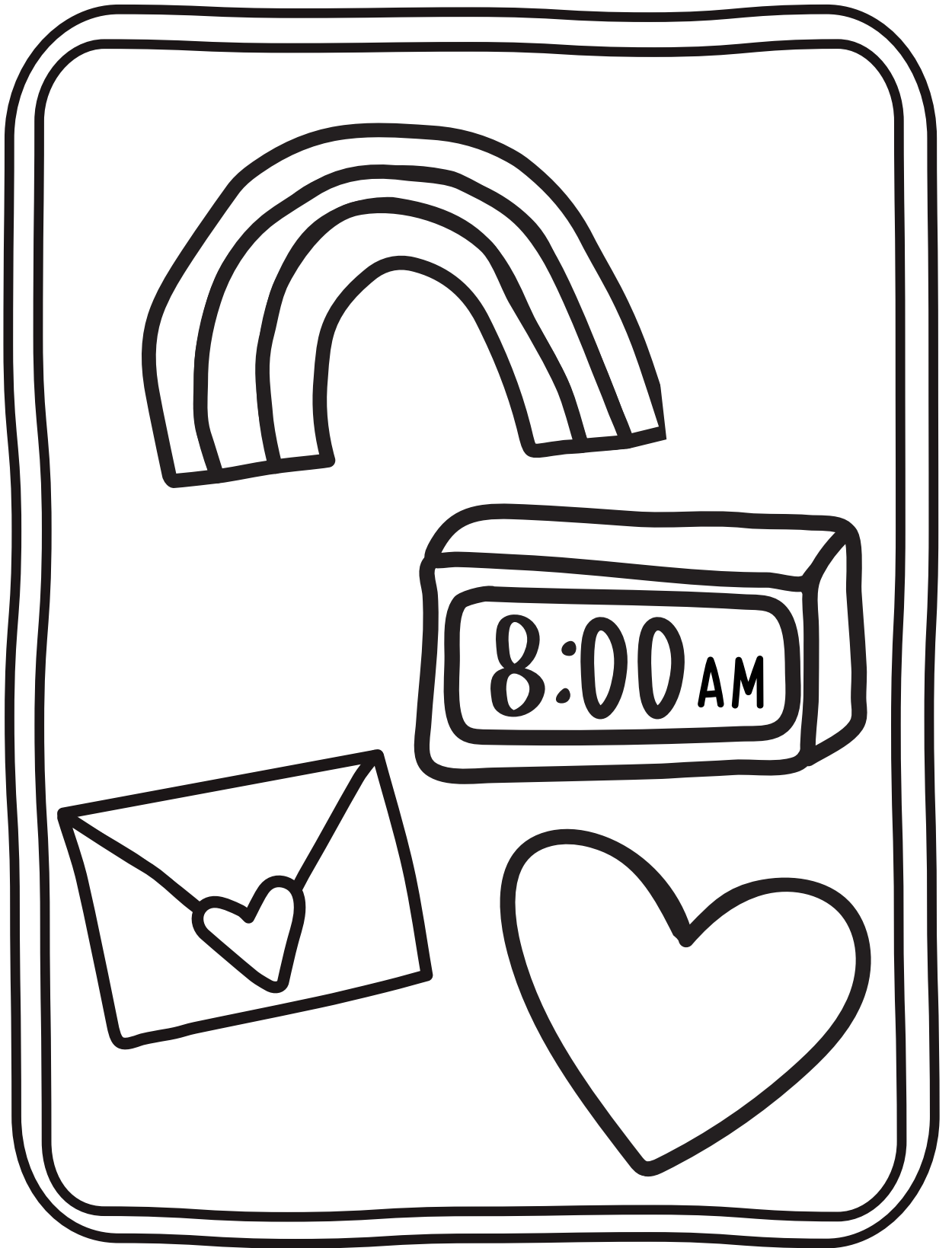

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Because children don't wear their thoughts on their sleeves, this coloring book uses illustrations to symbolize potential feelings. Use them to **start conversations** with family, friends and others and show that it's okay to talk about mental health!



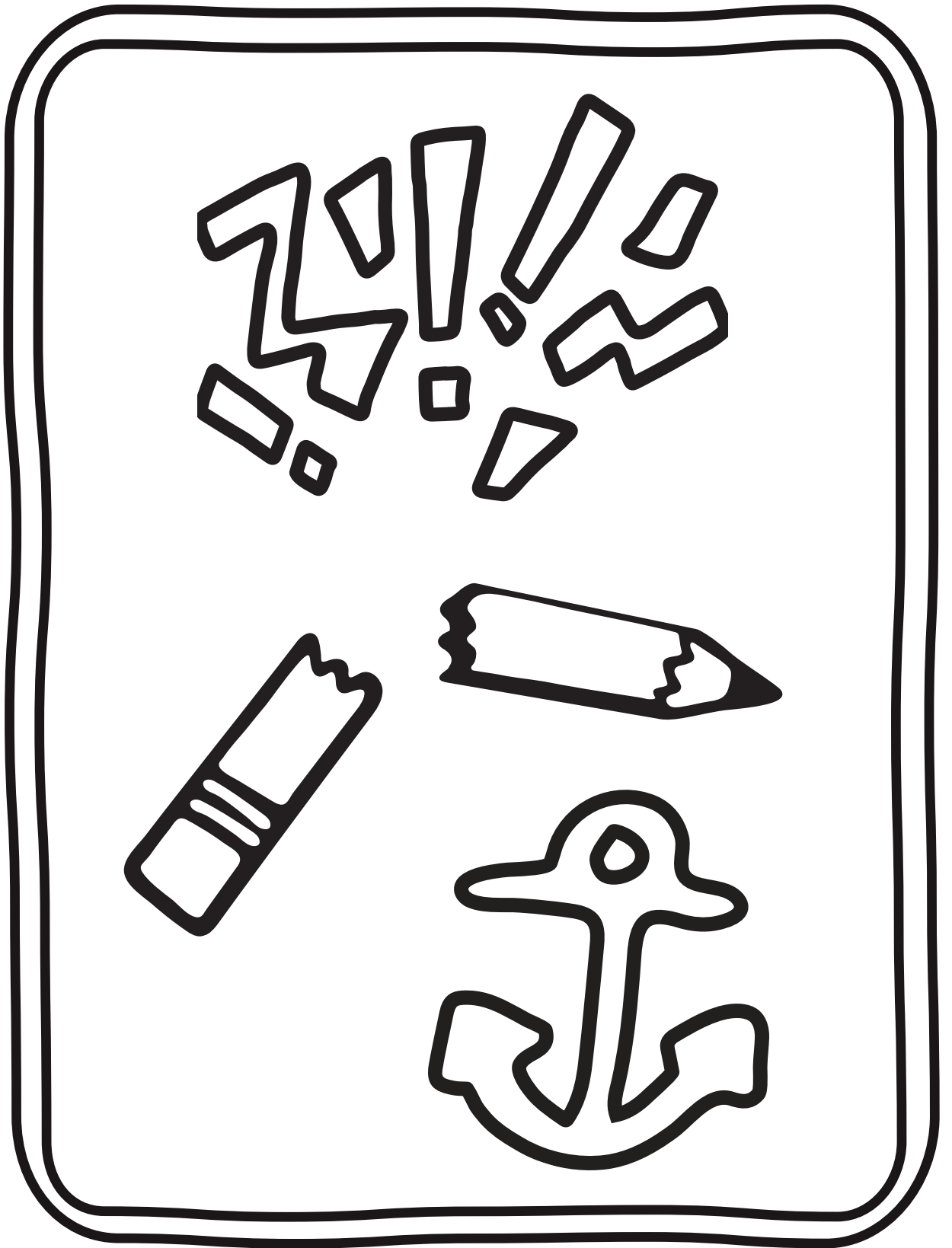
When you brighten someone's day,
you are a shining star!



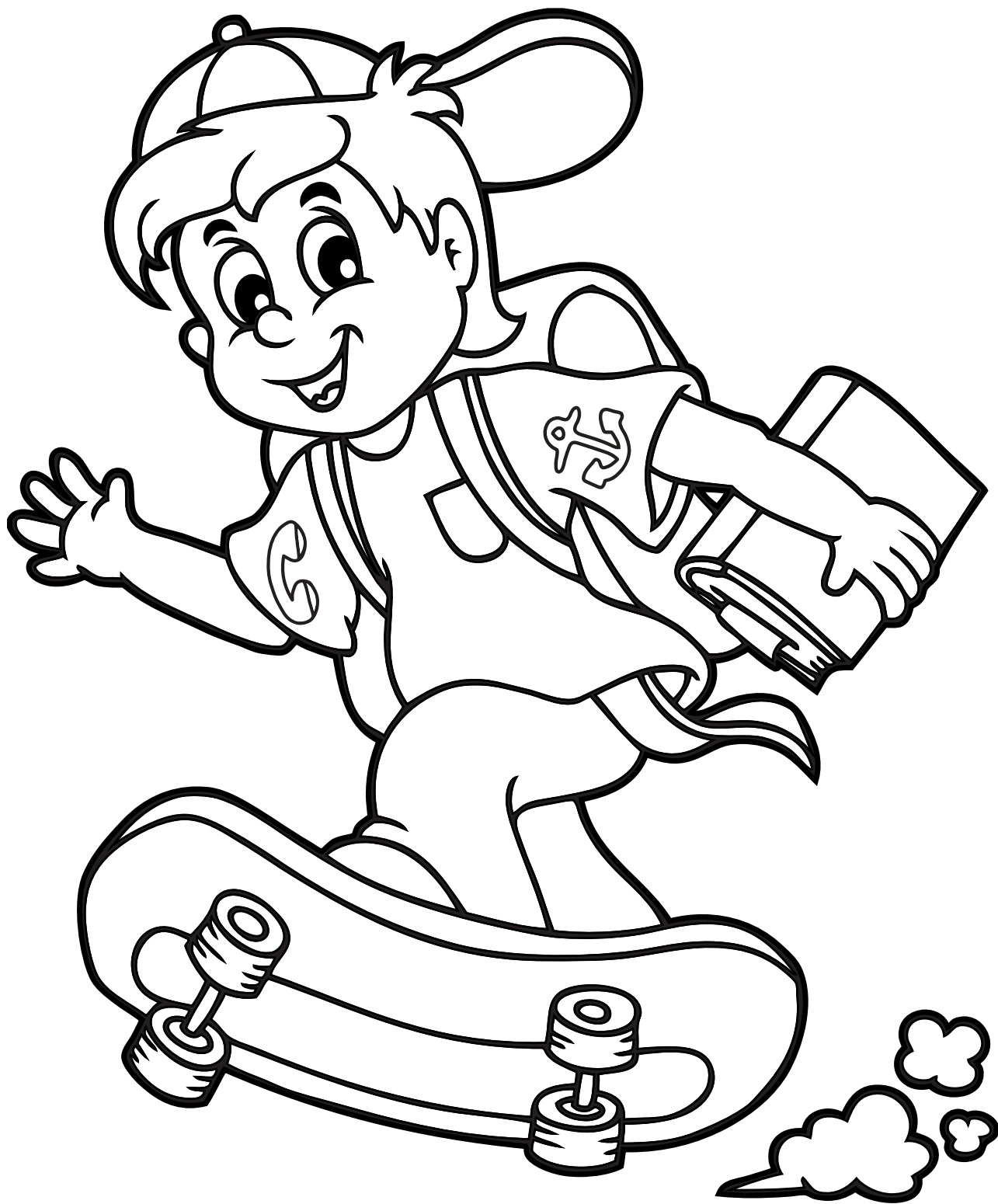
What's something you are looking forward to?



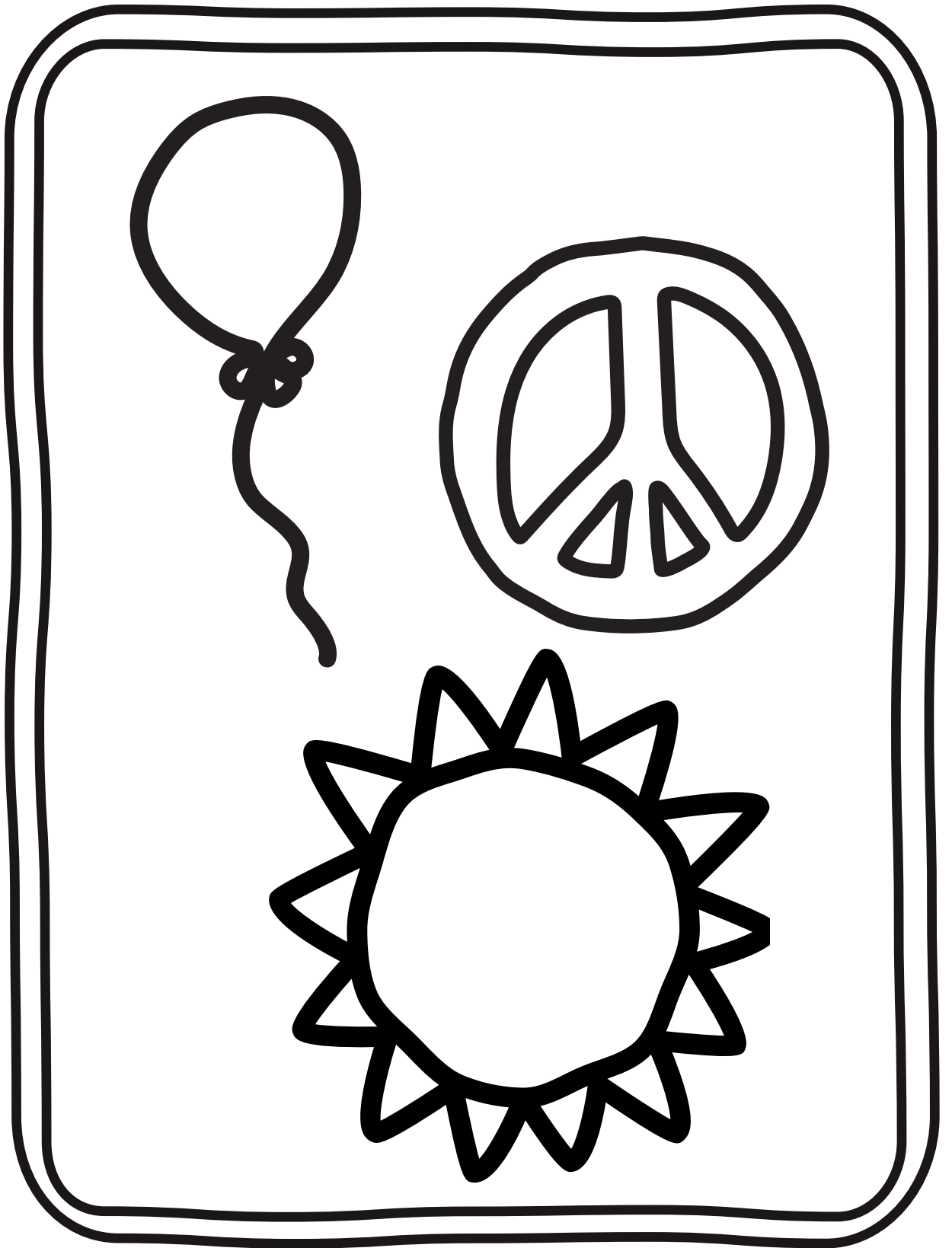
Have you ever gone through a big change?



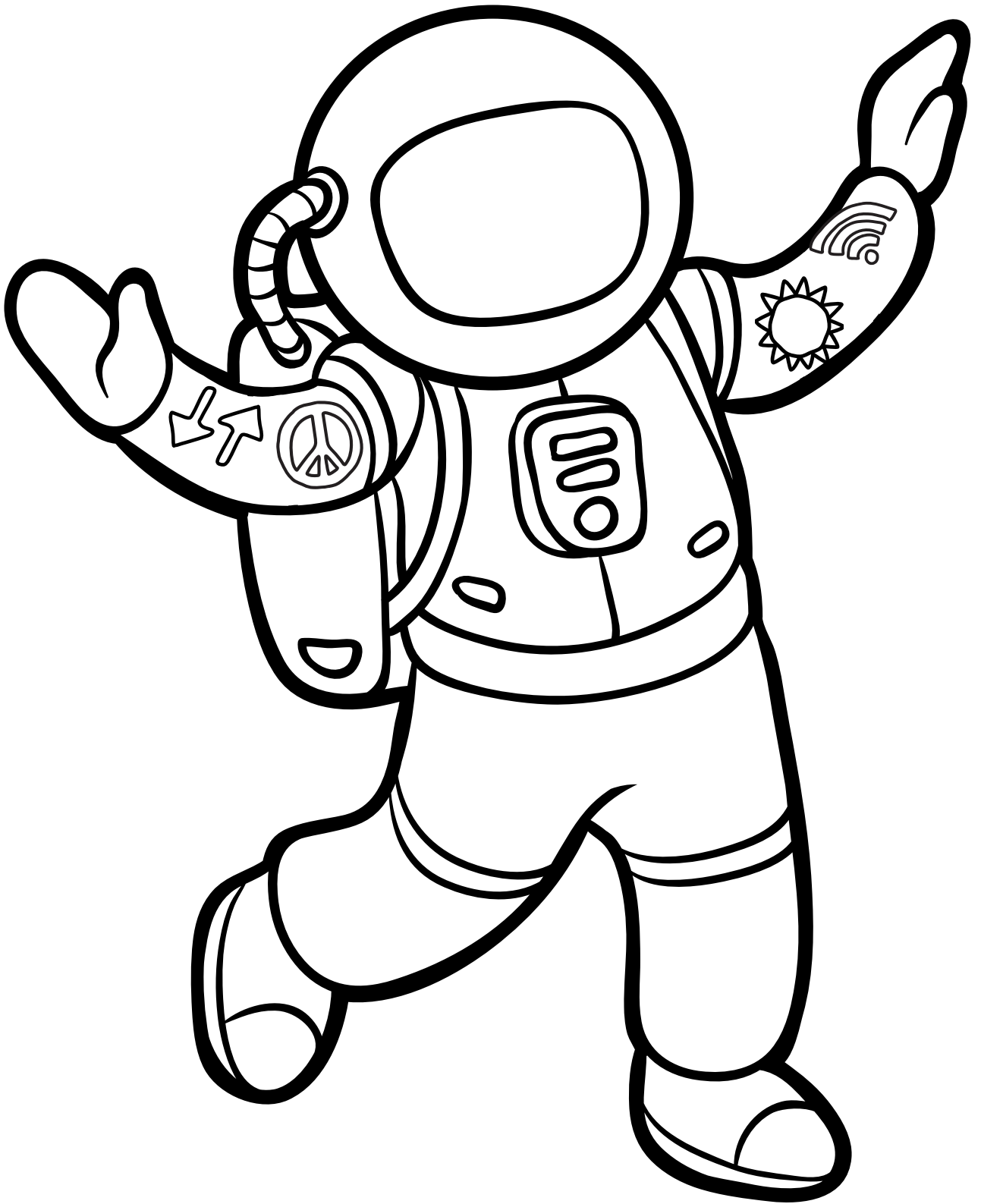
How do you deal with frustration?



What brings you joy?



What brightens your day?

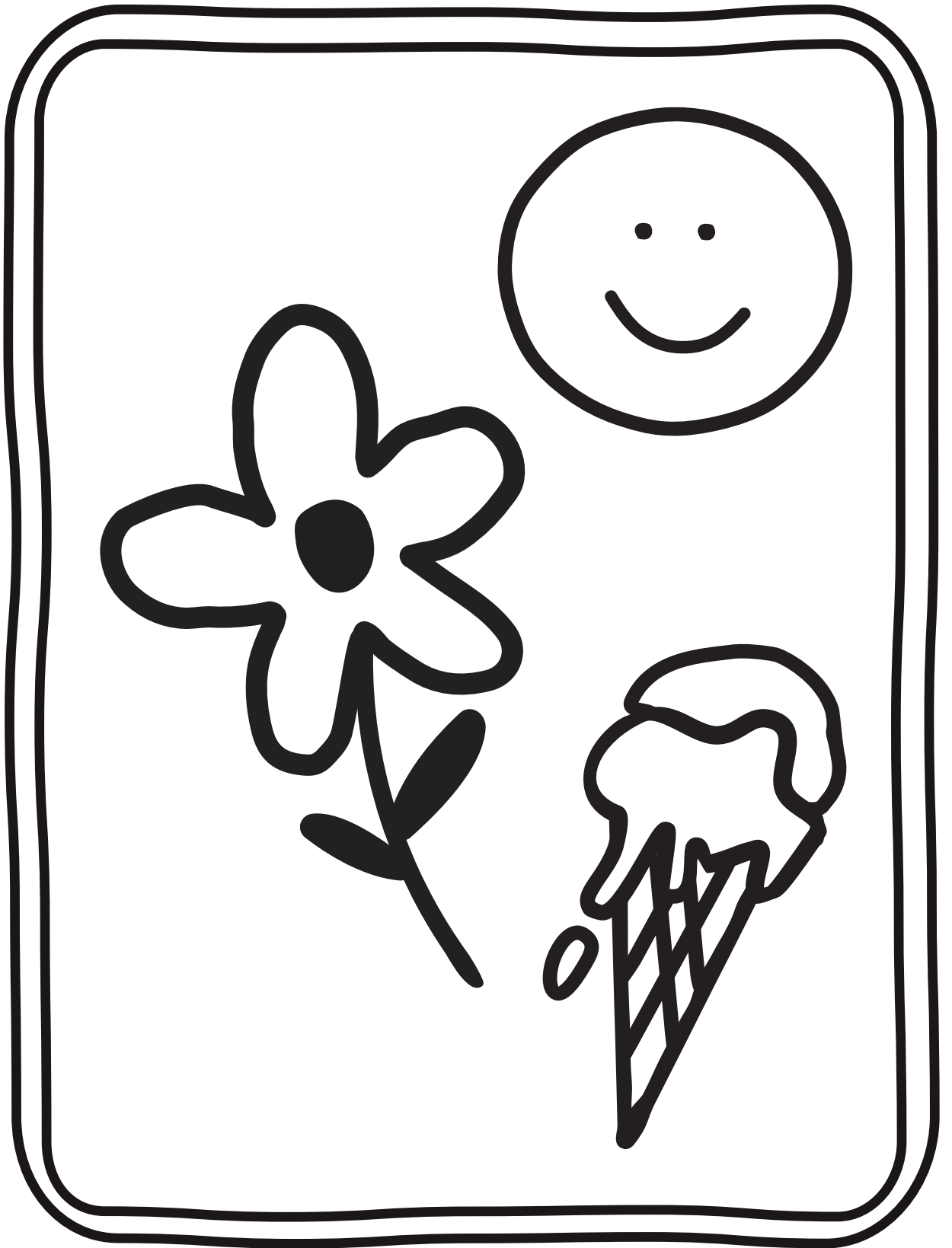


Do you like to explore new things?

Spread kindness today.
Write a message to someone you love.



TO:
FROM:



What are you grateful for?

ON OUR SLEEVES[®]

The Movement for
Children's Mental Health

Your feelings matter.

If things don't feel right,
reach out to a trusted adult.

#ONOURSLEEVES

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24/7 Helpline:
Call **904.202.7900**
or text **LIFE** to **741741**

For free, easy-to-use
resources and tools, visit:
WolfsonChildrens.com/OnOurSleeves