SURVIVOR

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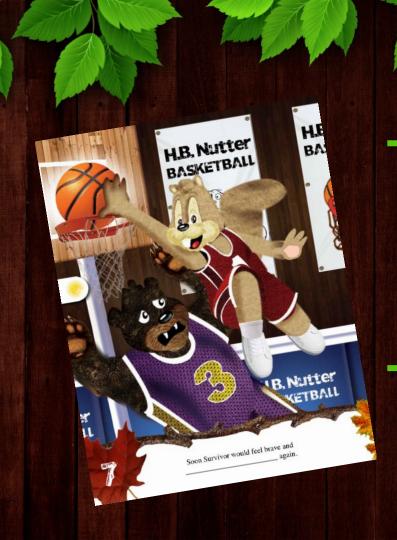
Welcome to Our Story!



FEELING WORDS Defeated Happy Hurt Brave Weak Loved Afraid Strong Embarrassed Confident Annoyed Surprised Mad Relieved Helpless Glad Overwhelmed Inspired Ashamed Determined Lonely Proud Discouraged Appreciated Scared Hopeful Frustrated Excited Angry Playful Sorry Wonderful Upset Silly Worried Overjoyed Jealous Curious Nervous Thankful Confused Calm Stressed Understood Relaxed

The purpose of Survivor is to help children express their thoughts and feelings and to understand the relationship between the two.





As they read the book, they're invited to fill in the blanks within the story to describe how they feel in various situations.





The illustrations throughout the book depict coping skills that can be utilized along with activities pages to write down their thoughts and feelings.









Be a SURVIVOR!

https://www.survivorbook08.com

