

Welcome to
Our Story!



SURVIVORBOOKS



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



SURVIVORBOOKS



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



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



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TOOLBOX

How can you help yourself feel better using some of the tools that Survivor and Hope used in the story?


You have created your own unique story! 😊


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Sometimes they:


-  Made his favorite meal
-  Laid out his favorite clothes for him to wear
-  Gave him a great big hug
-  Spent some extra time with him


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 Write your *sad thoughts* in the clouds.

 How did you feel? _____

How did you feel?  _____

 How did you feel? _____

How did you feel?  _____

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Be a **SURVIVOR!**

<https://www.survivorbook08.com>



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