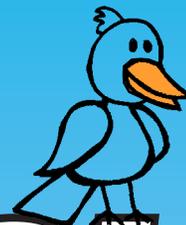


# HOW DO U FEEL?



KEESHA



HILLARY



WILL





This publication was made possible by grant number SM 52037-01 from the Substance Abuse and Mental Health Services Administration's Center for Mental Health Services.

The contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration's Center for Mental Health Services.

Community Connections for Families (CCF) is a system of care for families and their children with serious emotional disturbances in Allegheny County, funded in part by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) through the Center for Mental Health Services. The grant was awarded to the Allegheny County Department of Human Services in November 1998 for a 6-year implementation in five partner communities: East End, Hill District, McKeesport, Sto Rox, and Wilkinsburg.

At the heart of CCF is a strong family and community partnership that strives to bring families the services and supports that they need and want, not simply what is dictated by traditional services, contracts, funding, and institutional structures. The leadership gained from these families and communities helps direct CCF from program planning and implementation to evaluation.

CCF's goal is to improve coordination and service integration by overcoming the system fragmentation that impacts children and youth with serious emotional disturbances (SED) and their families. Hence, CCF service coordinators work with all child-serving systems, including Children, Youth and Families (CYF), education, juvenile justice, and mental health, to deliver a seamless, highly flexible array of service and support options to families.

CCF takes pride in the fact that it serves the entire family, not only the child with SED. This is accomplished by empowering families and communities through support groups and educational opportunities. CCF also incorporates informal supports (such as cultural/spiritual supports, community memberships, etc.) into the service planning process.

# HOW DO U FEEL?

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## COLORING & ACTIVITY BOOK

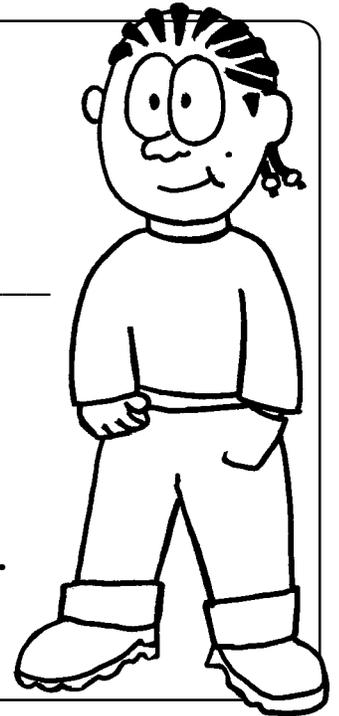


This book belongs to:

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I am in the \_\_\_\_\_ grade.

I am \_\_\_\_\_ years old.



### To Teachers & Parents/Caregivers:

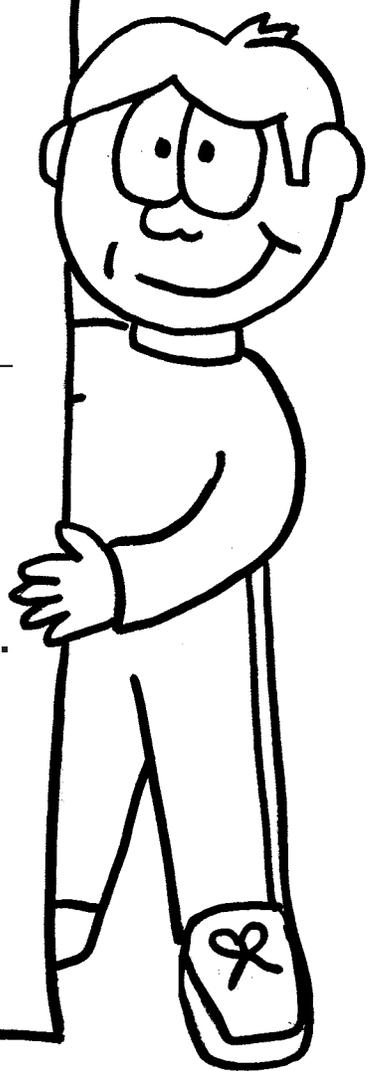
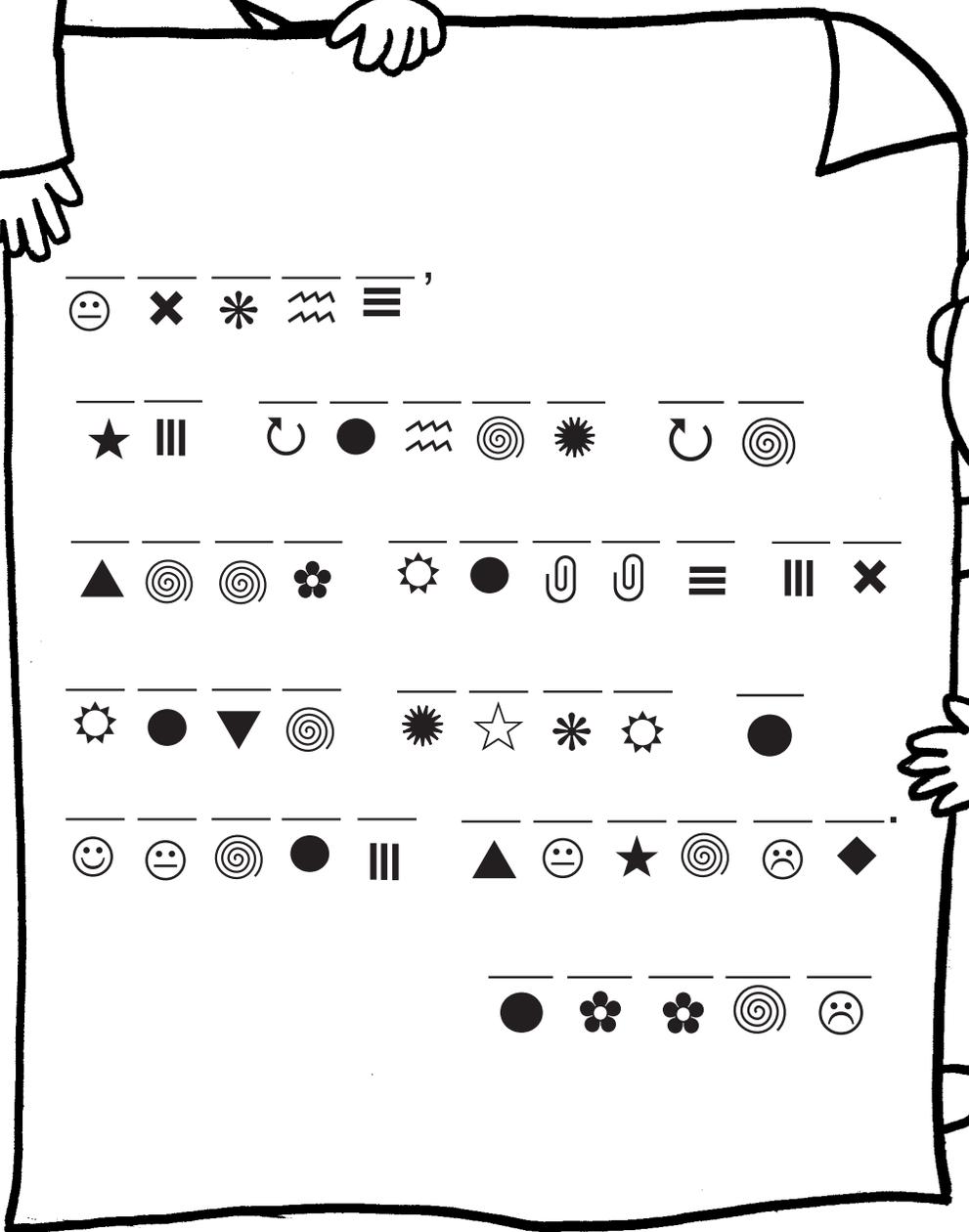
Mental health is how we think, feel, and act when facing life's situations. Like physical health, mental health is important at every stage of life.

Children experience a wide range of feelings every day—most pleasant, some, or a few, worrisome. The It's All About U Campaign, a part of Community Connections for Families-Allegheny County Department of Human Services-Office of Behavioral Health, created this coloring and activity book to help young children better understand and recognize feelings, thus reducing their apprehension and stigma around mental health. The book also encourages children to share their feelings with caring adults.

Please use this book as a fun and comfortable way to introduce the topic of feelings and mental health to young children in your care. For more information visit [www.itsallaboutu.org](http://www.itsallaboutu.org).

Allen and Rocky sometimes pass notes to each other during recess. Decode this note from Allen to see what he has to say to Rocky.

|       |       |
|-------|-------|
| A = ● | N = ☹ |
| B = ■ | O = ✕ |
| C = * | P = 📎 |
| D = ◆ | Q = ▲ |
| E = ☉ | R = 😊 |
| F = ▲ | S = ☀ |
| G = 😊 | T =   |
| H = ☀ | U = ☆ |
| I = ★ | V = ▼ |
| J = ✓ | W = ♣ |
| K = ⚡ | X = ▭ |
| L = ☼ | Y = ≡ |
| M = ↻ | Z = + |



☹ ✕ \* ⚡ ≡ ,  
 ★ ||| ↻ ● ⚡ ☉ ☀ ↻ ☉  
 ▲ ☉ ☉ ☼ ☀ ● 📎 📎 ≡ ||| ✕  
 ☀ ● ▼ ☉ ☀ ☆ \* ☀ ●  
 😊 ☹ ☉ ● ||| ▲ ☹ ★ ☉ ☹ ◆  
 ● ☼ ☼ ☉ ☹

Allen, Keesha, and Libby are at a Pirates™ baseball game. They see the Pirate Parrot™. Allen laughs. Keesha hides. Libby hugs him. How do you think each of them feels?

\_\_\_\_\_

How does Keesha feel?



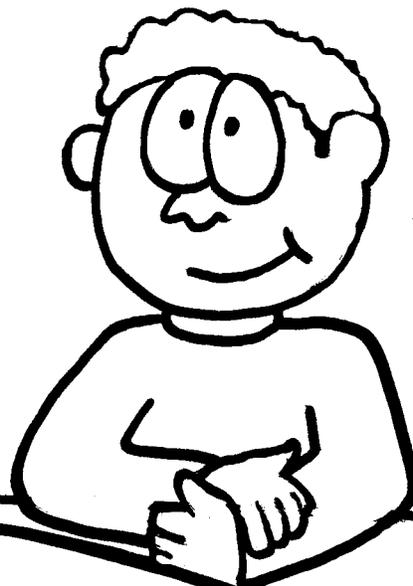
\_\_\_\_\_

How does Allen feel?

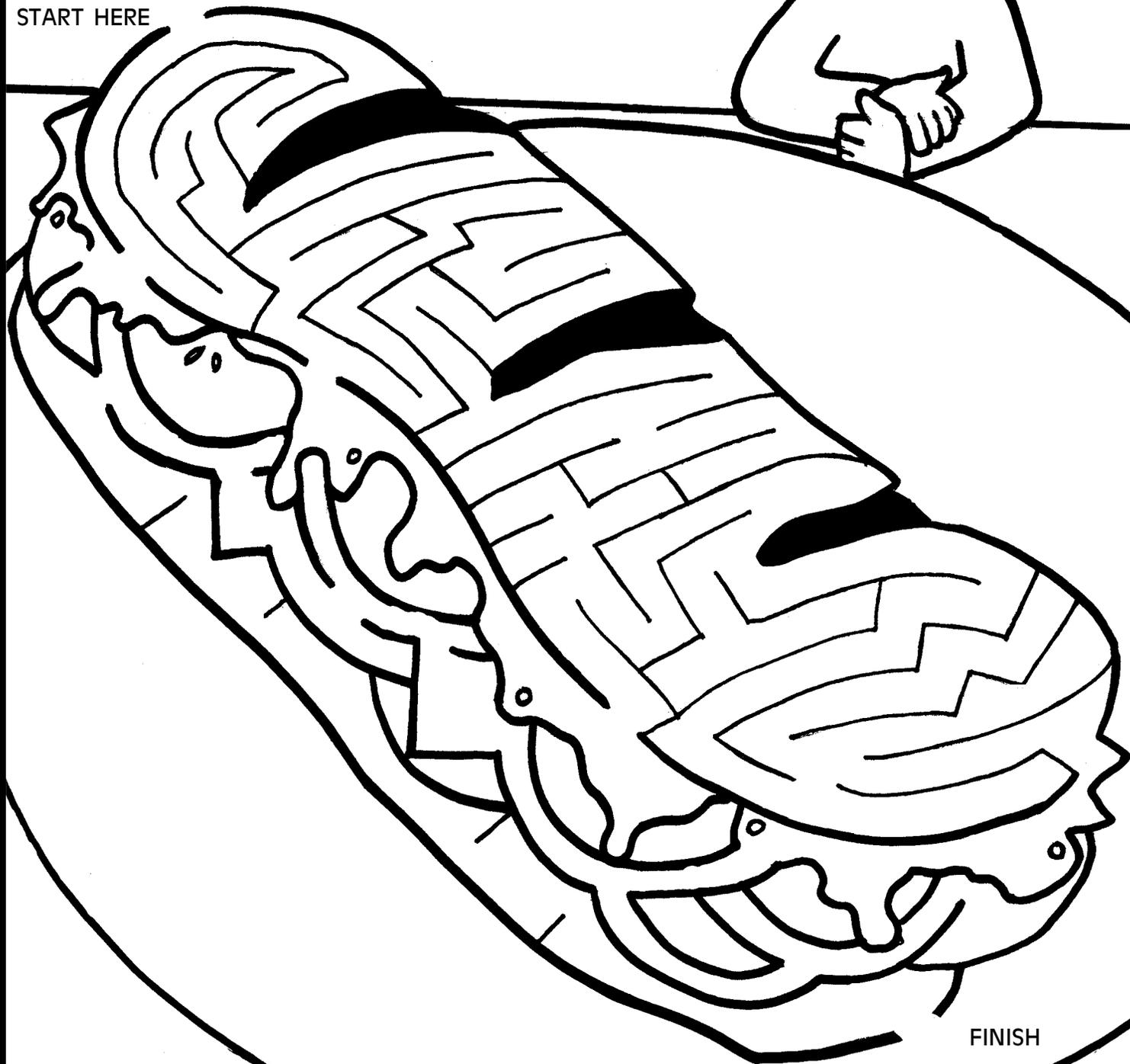
\_\_\_\_\_

How does Libby feel?

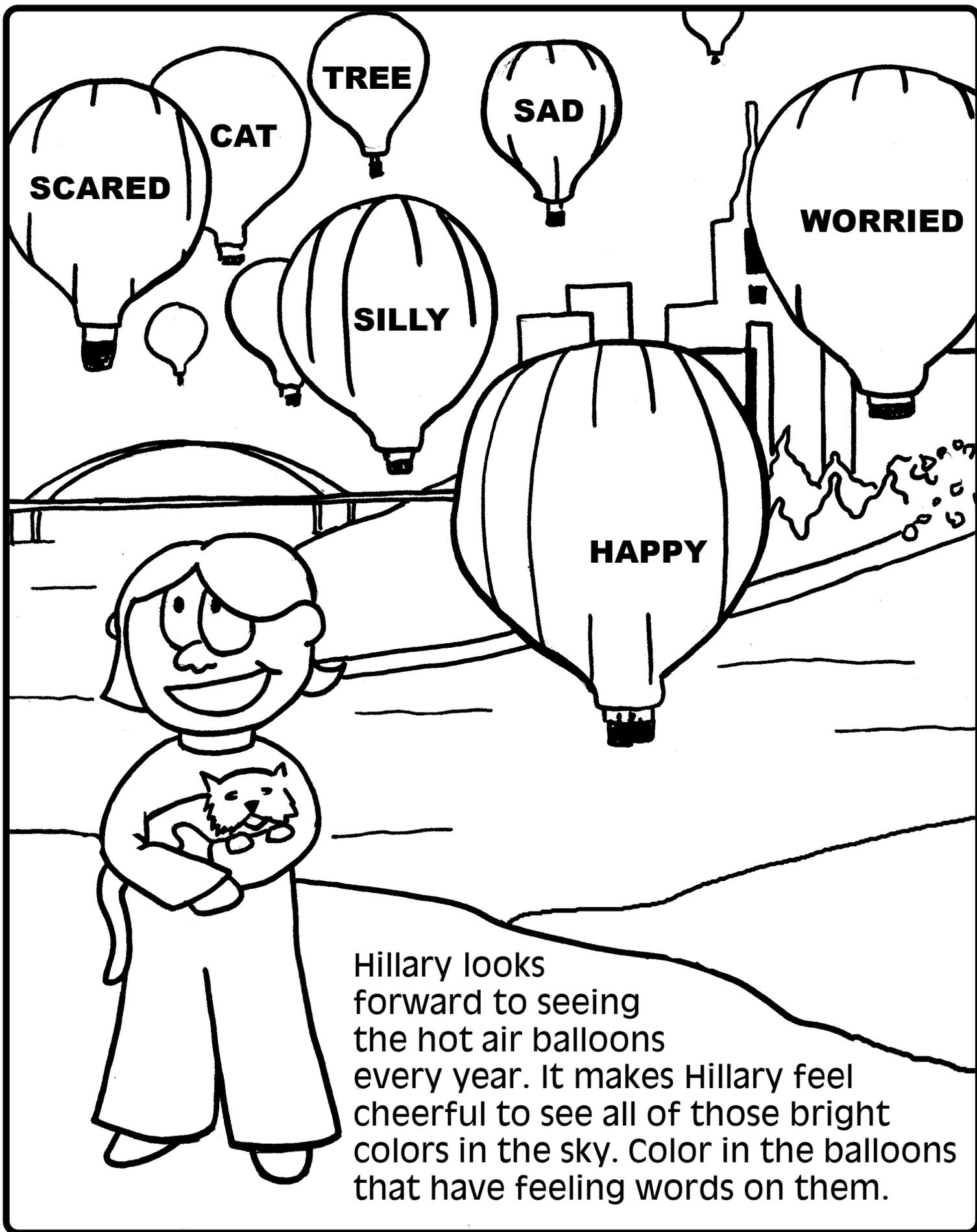
Sometimes Will and his family get hoagies after school. Spending time with his family makes Will feel happy. Help Will get to the end of his sandwich.



START HERE

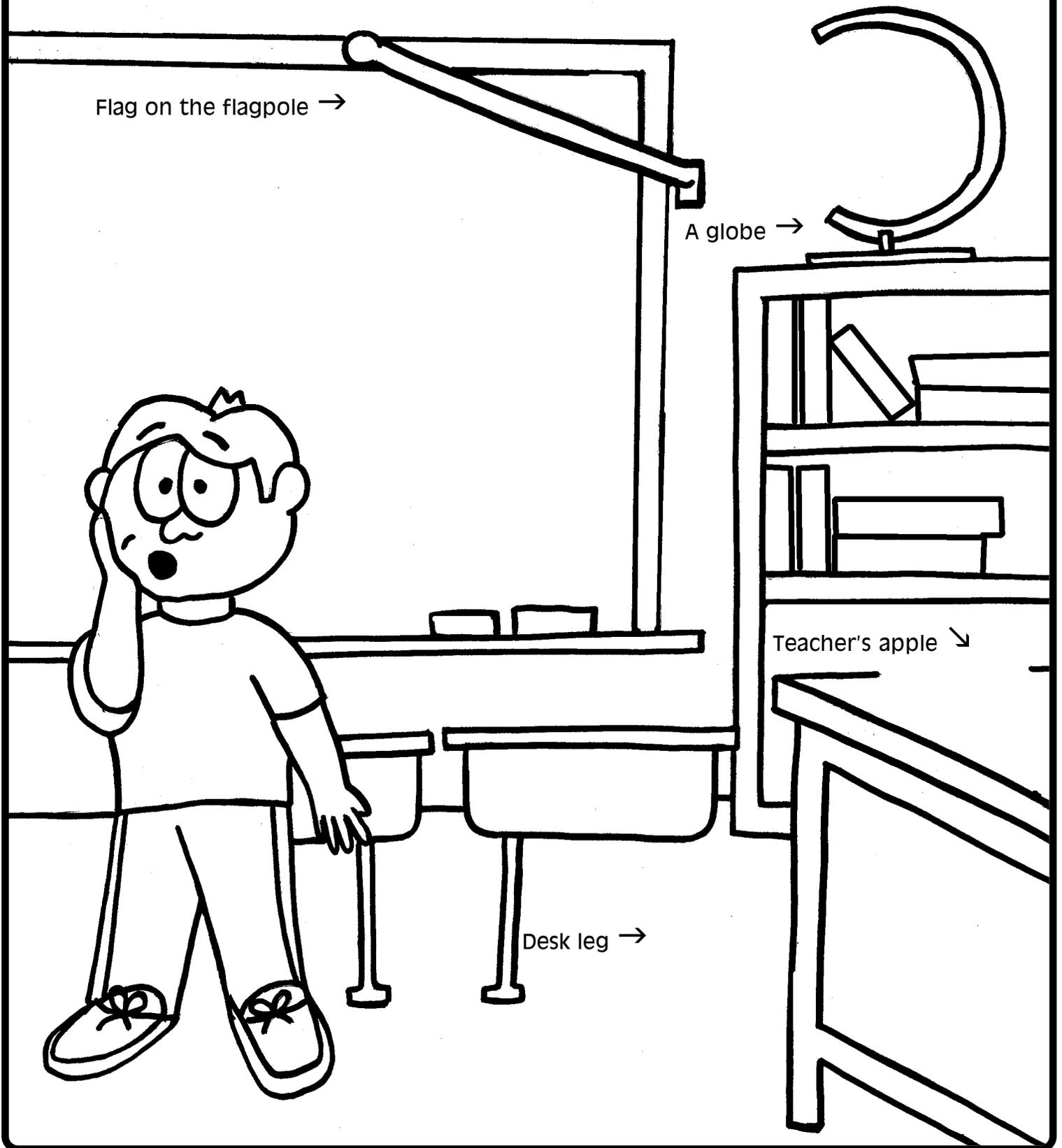


FINISH

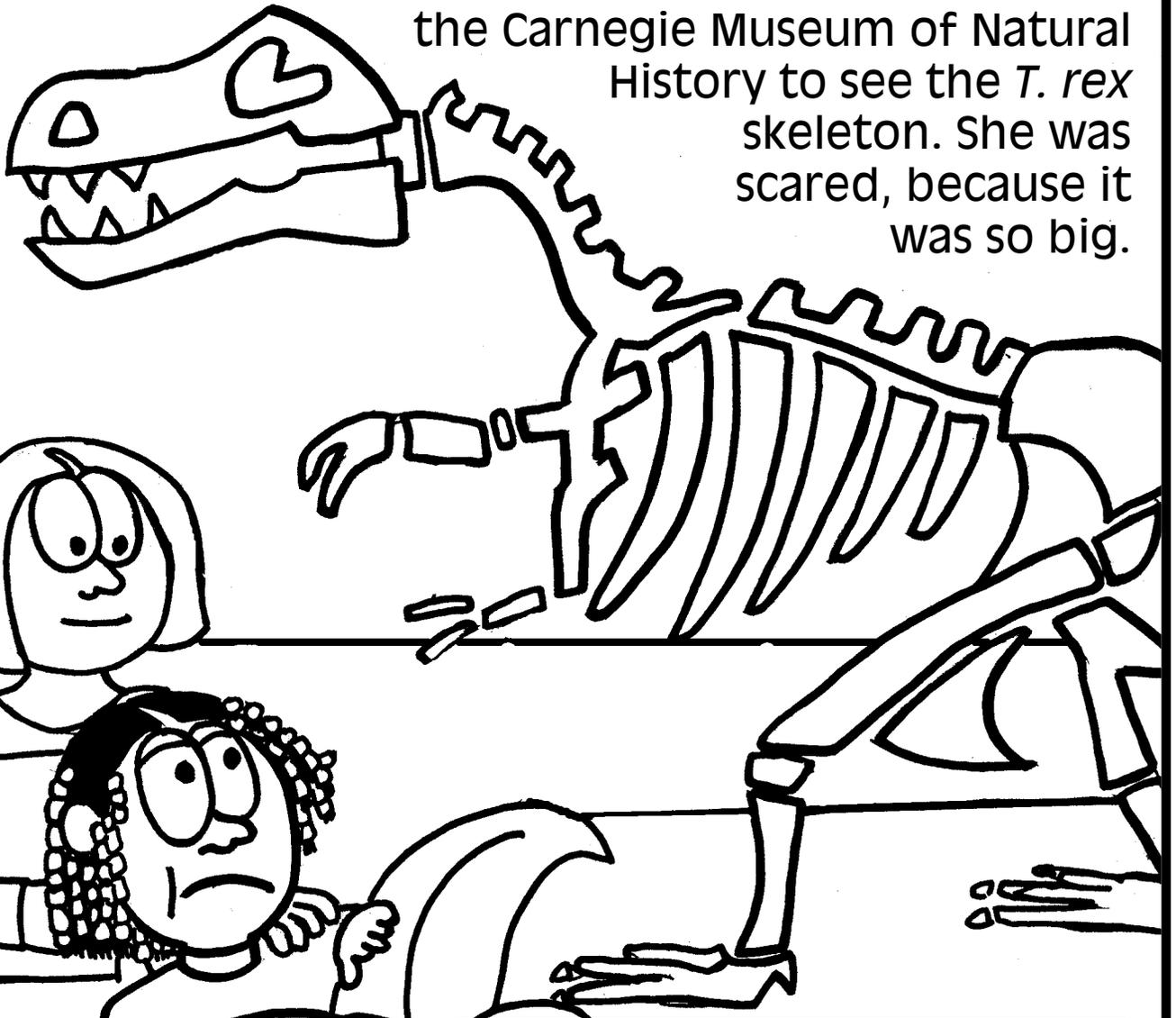


Hillary looks forward to seeing the hot air balloons every year. It makes Hillary feel cheerful to see all of those bright colors in the sky. Color in the balloons that have feeling words on them.

Rocky is worried because there are objects missing in his classroom. Be a friend, and help Rocky draw the missing objects.



Keesha and her class went to the Carnegie Museum of Natural History to see the *T. rex* skeleton. She was scared, because it was so big.



What makes you feel scared?

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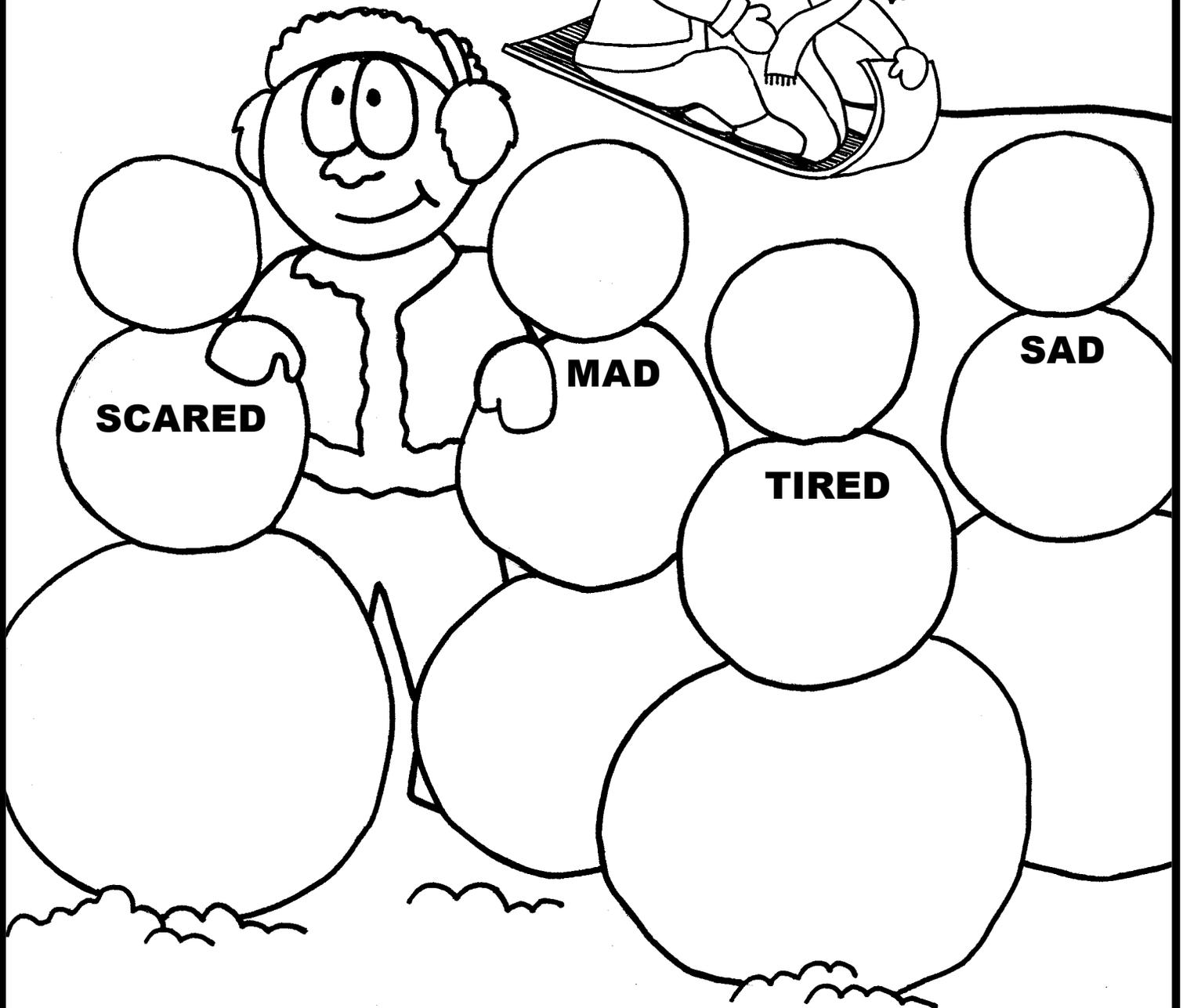
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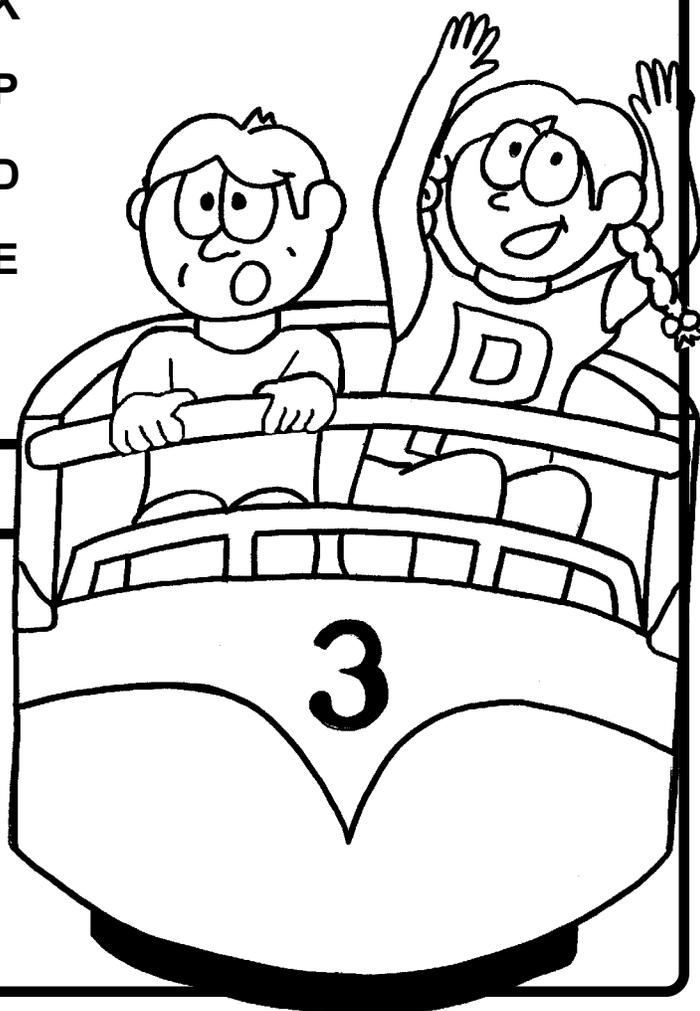
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Keesha and Allen love to go sledding. Will feels happy when he builds snowmen. Help finish Will's snowmen by drawing a face to match each feeling.



Rocky and Libby went to Kennywood™. The rides scared Rocky. Libby felt happy on the rides. How many feelings can you find hidden here? The words go in all directions—even backwards!

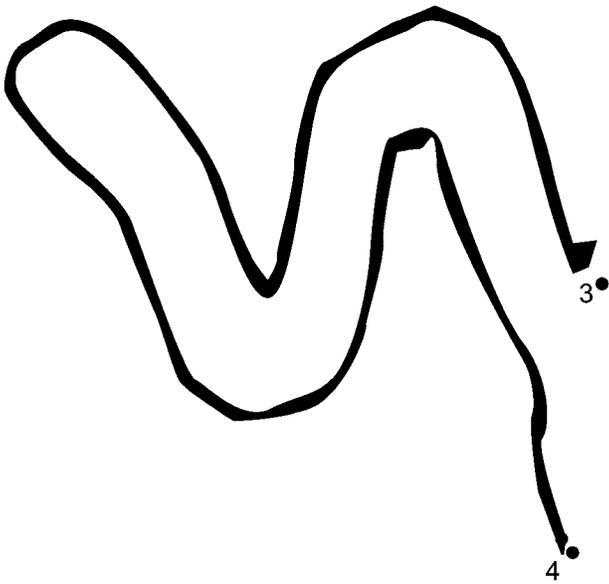
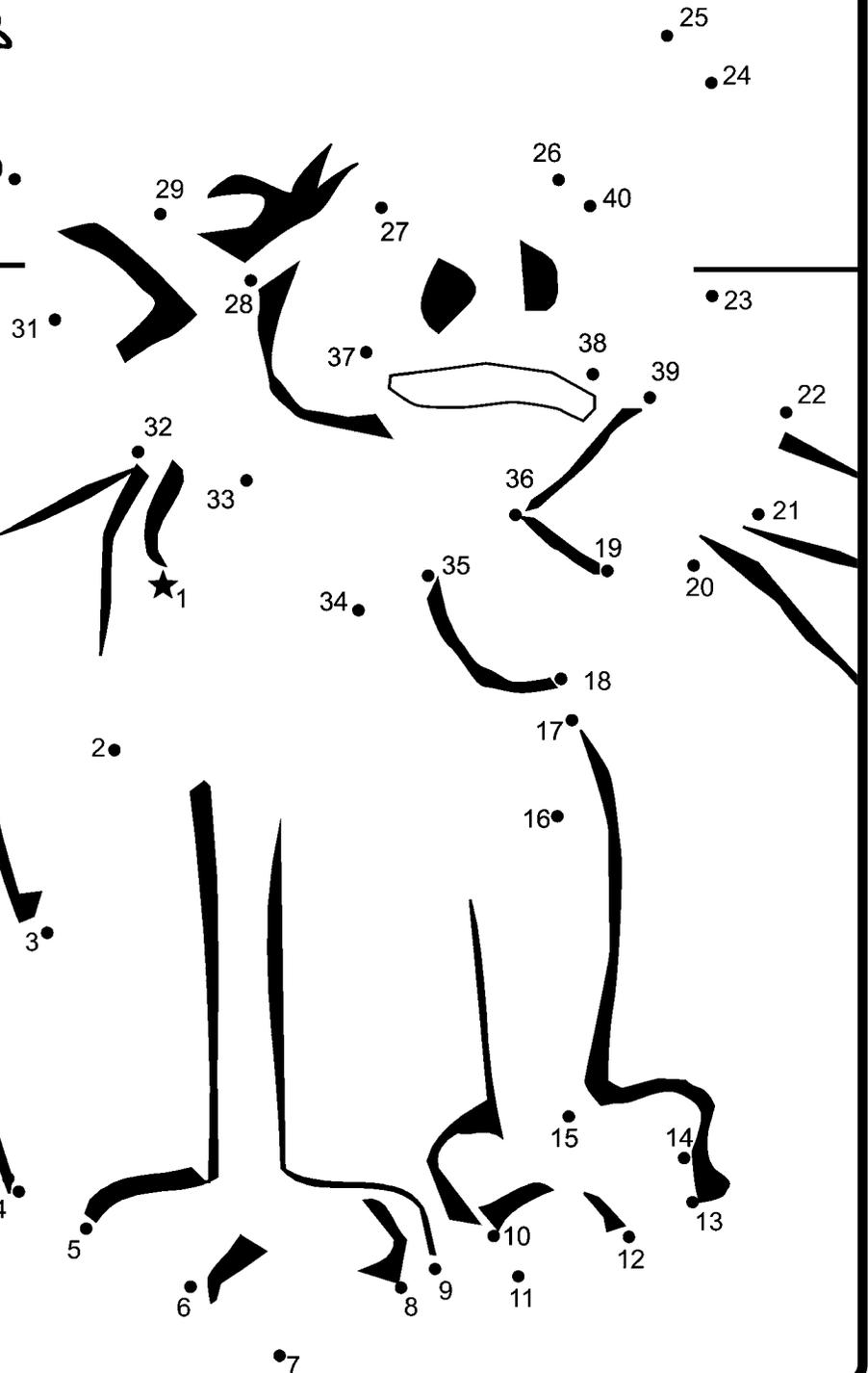
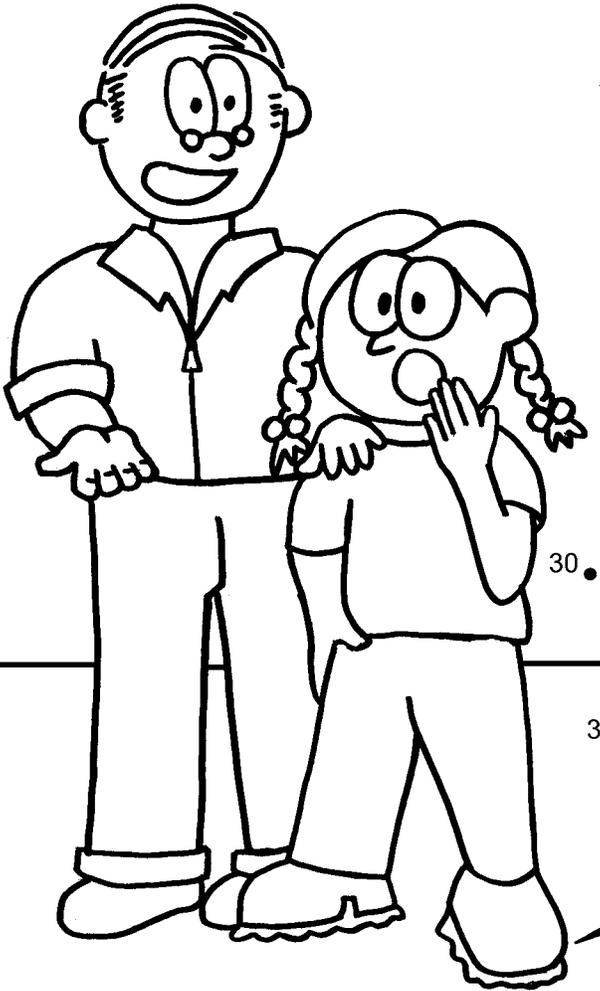
W G W **H A P P Y** P P Y D A S O E R D Y  
 O M O B I D O L U S R W Q U I G J E O  
 R A R A R G L L S M A R T C N L L R T  
 R A R T D F R I E N D L Y C Q A P A I  
 M Q I A T E R S K I D E R I T D A C R  
 A K E N L Y W A F U N N Y M C O F S E  
 D C D R S O C F T F K  
 T I S M A R N E M L P  
 M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



### Word List

- |                  |        |         |
|------------------|--------|---------|
| <del>Happy</del> | Silly  | Worried |
| Sleepy           | Glad   | Funny   |
| Sad              | Safe   | Mad     |
| Sick             | Scared | Smart   |
| Friendly         | Quiet  | Tired   |
| Lonely           |        |         |

Sometimes Libby feels lonely, so her grandpa got her a surprise. Connect the dots to see Libby's new friend.



Will likes to draw. He feels proud when people say nice things about his drawings. Sometimes Will feels silly and draws goofy pictures. Using the words below, draw a silly picture.

From box 1 choose a word and write it on the line numbered 1. Then, from box 2 choose a word and write it on the line numbered 2. Then draw a picture of this silly thing.



**DANCING**  
**SHY**  
**HAPPY**  
**CRYING**

**LAUGHING**  
**SLEEPY**  
**MAD**  
**SHAKY**

**JUMPING**  
**SINGING**  
**SCARED**  
**FUZZY**

**2** **PICKLE**  
**DONUT**  
**BIRD**  
**TRUCK**

**TREE**  
**FLOWER**  
**DOG**  
**FROG**

**SHOE**  
**ICE CREAM**  
**CAT**  
**LIZARD**

Hillary and her brother Rocky do not always get along. Sometimes Rocky hides Hillary's stuff. Hillary feels mad when he does this. Help her feel better by finding her hidden stuff.



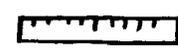
Lunch



Jacket



Pencil



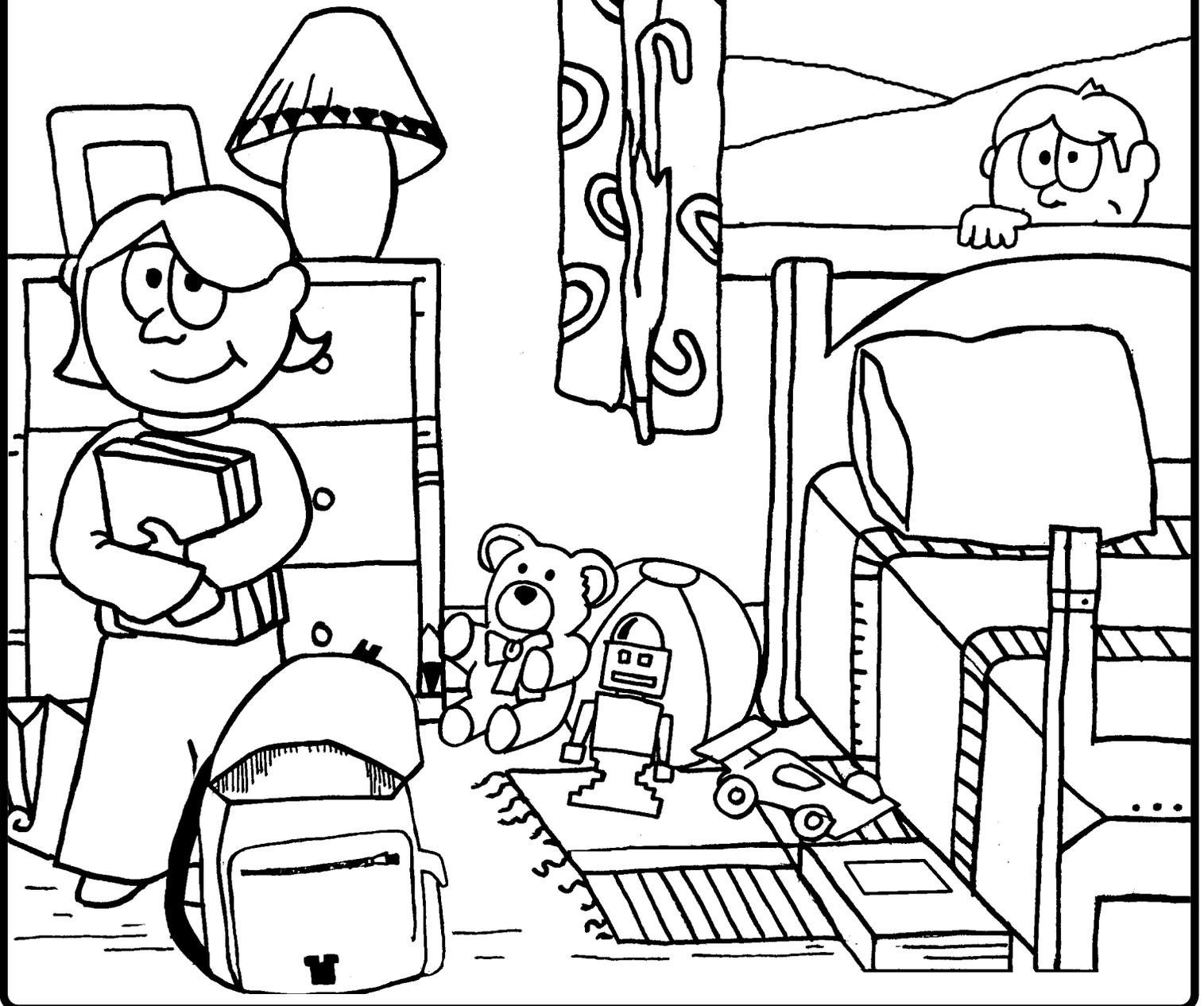
Ruler



Book



Umbrella



**ANSWERS:**

**Pg.2-Decode the Message**

**ROCKY,  
IT MAKES ME  
FEEL HAPPY TO  
HAVE SUCH A  
GREAT FRIEND.  
ALLEN**

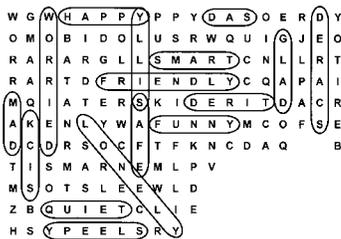
**Pg.4-Hoagie Maze**



**Pg.5-Balloon Feelings**



**Pg.9-Feelings Word Find**



**Pg.10-Connect the Dots**

**It's a Cat!**

**Pg.12-Room Find**

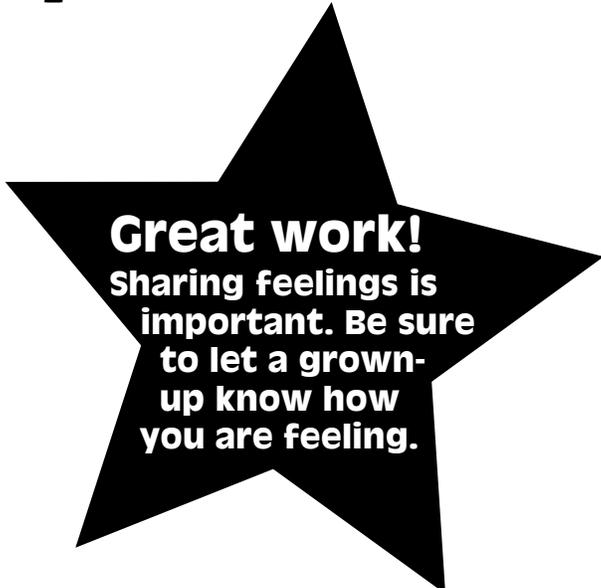
Lunch: next to Hillary's leg; Pencil: on side of dresser; Book: on rug; Jacket: at end of bed; Ruler: on bedspread; Umbrella: in curtain.

# HOW MUCH WERE U paying ATTENTION?

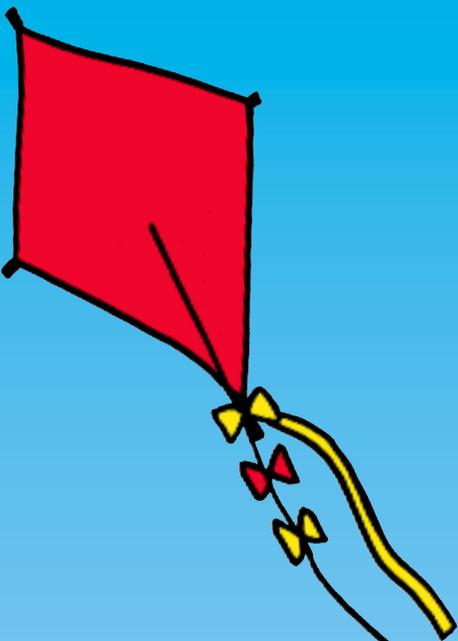
**How many of the questions can you answer?**

(Answers are upside-down on the bottom of this page.)

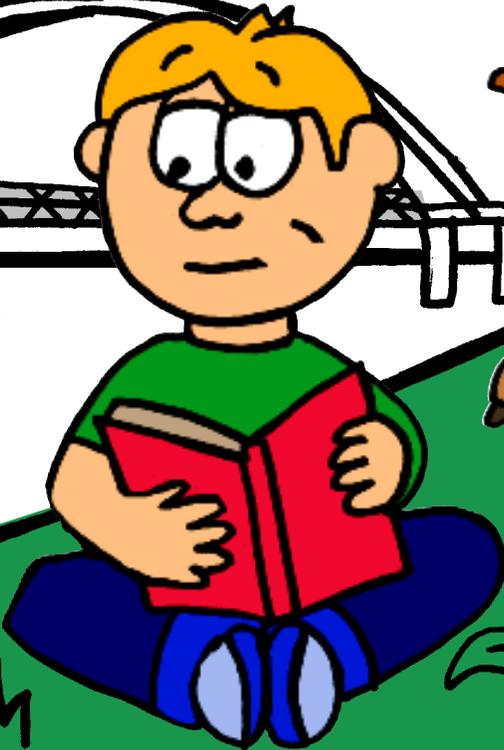
- 1** How many times does Allen appear in the book? \_\_\_\_\_
- 2** Who is holding a cat? \_\_\_\_\_
- 3** What letter appears on Libby's shirt? \_\_\_\_\_
- 4** How many times is Keesha scared? \_\_\_\_\_
- 5** What number is on the Kennywood™ ride? \_\_\_\_\_
- 6** How many times does somebody wear a hat? \_\_\_\_\_
- 7** Who gets a cat as a gift? \_\_\_\_\_



**How Much Were U Paying Attention? Answers:**  
**1.** Allen appears **5 times** if you count the cover.  
**2. Hillary** is holding a cat.  
**3.** The letter **P, 4, 2 times** (at the baseball game and at the museum).  
**5.** The number **3, 6, 4 times** (Keesha and Allen when sledging, the Pirate Parrot™ and the dancing pickle).  
**7. Libby** gets a cat as a gift.



LIBBY



ALLEN



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)