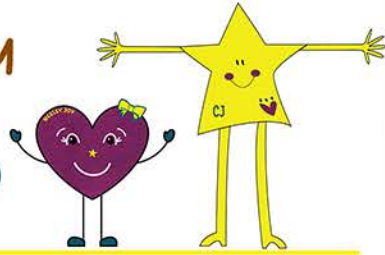


EVEN WHEN I'M HURTING, I CAN BE KIND



The Bible says, “[God] gives us comfort in all our troubles. Then we can comfort other people who have the same troubles.” (2 Corinthians 1:3b-4a NIV)

What does that mean? It means you know what makes *you* feel better, so you can help *someone else* feel better too!

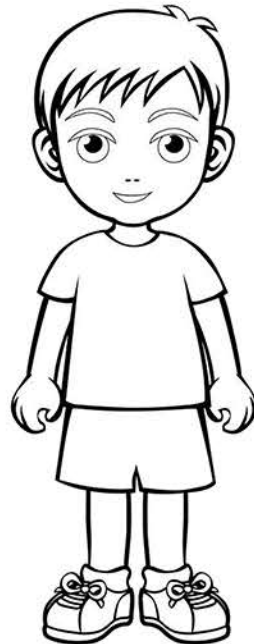
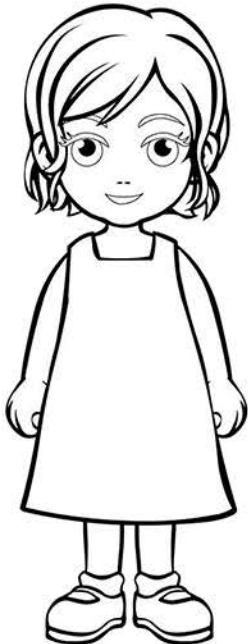
Color the friends below. Mark the places you sometimes hurt with red. Use your favorite color to fill in the hearts or stars next to the words that are true for you. Fill in the blank lines with your ideas.

WHERE I HURT

- ☆ Does your heart feel sad?
- ☆ Do your knees hurt?
- ☆ Do you have a headache?
- ☆ Do you miss someone?
- ☆ _____

I FEEL BETTER WHEN ...

- ♡ I share my toys and take turns.
- ♡ I hear a funny joke.
- ♡ I get a hug.
- ♡ I eat a special snack.
- ♡ _____



My Feel-Better Toolbox

It's time to build your Feel-Better Toolbox, filling it with all the things that make you feel better when you're hurting, like a blanket fort, playing with your friends, reading a book, listening to music, or building a puzzle.

Whatever makes you feel better on a hard day goes in the toolbox. Why? So that the next time you're hurting, you can pull out your toolbox and choose something to help make you feel better.

But guess what? Your Feel-Better Toolbox has another important purpose. When someone you love is hurting, you can pull out your toolbox and choose something special to help them feel better too!

Fill up your toolbox by drawing or writing your feel-better ideas. Then think about filling up a real box with things like a joke card, a favorite puzzle, a list of songs or ideas, or even a favorite book. Whenever you think of something new, add it to your real Feel-Better Toolbox.

