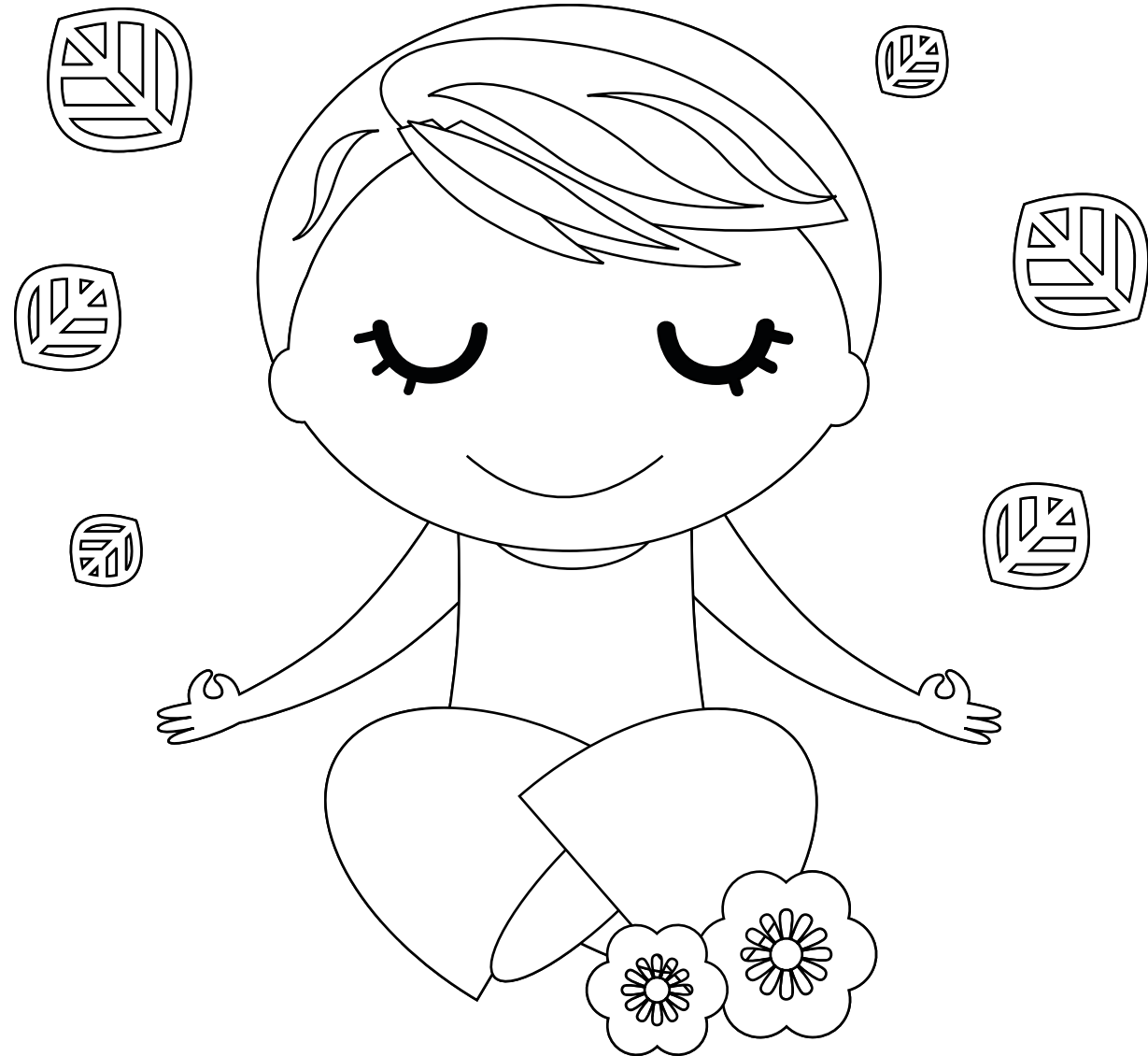


# ALL ABOUT STAYING CALM



Name: \_\_\_\_\_

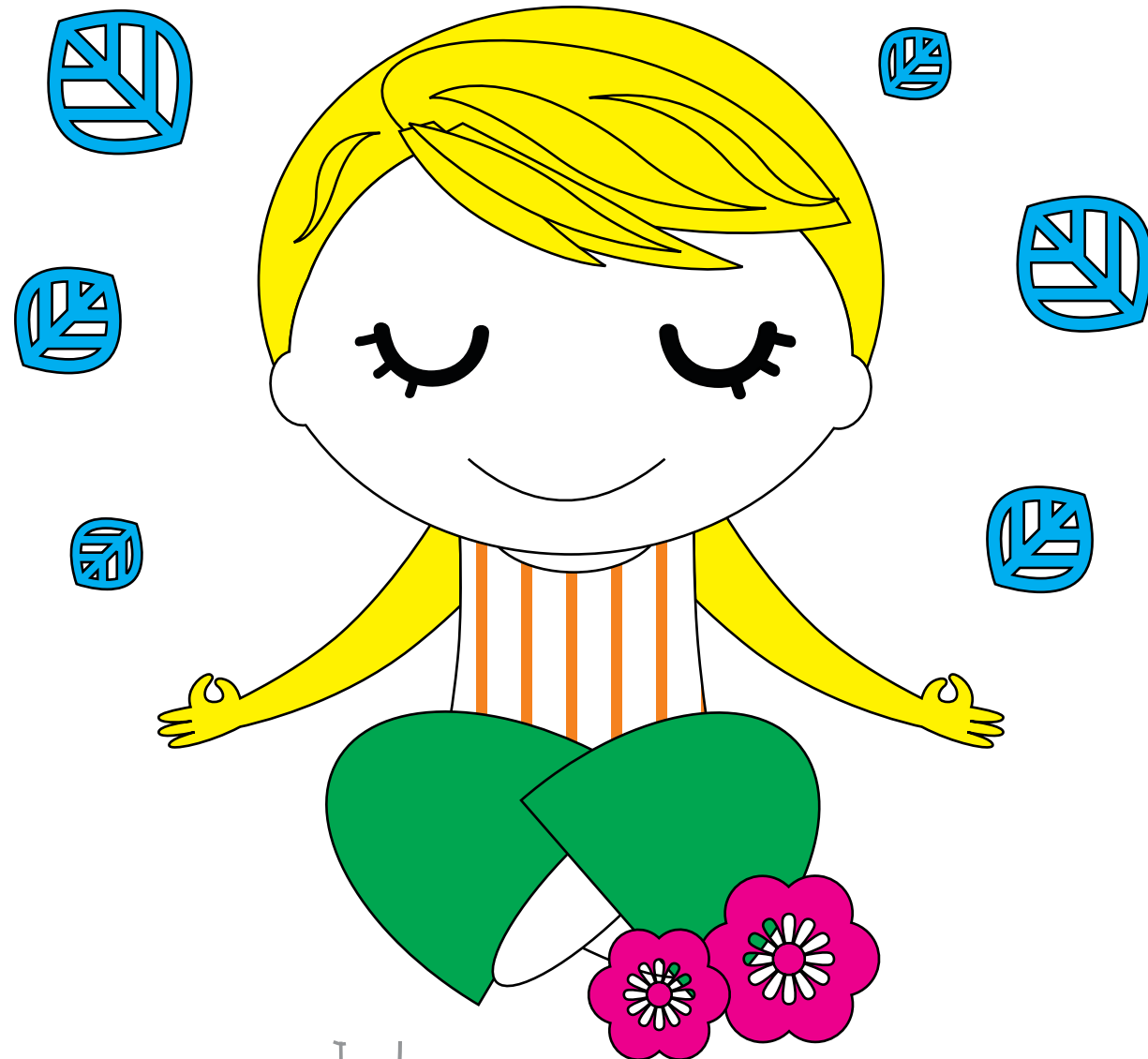
Directions:

WHAT DO YOU PREFER TO DO TO STAY CALM AND IN CONTROL?

1. Deep breathing? If yes, color the hair yellow. If no, color the hair brown.
2. Meditation? If yes, color the flowers pink. If no, color the flowers blue.
3. Write in a journal? If yes, draw dots on the shirt. If no, draw stripes on the shirt.
4. Listening to loud music? If yes, color the pants red. If no, color the pants green.
5. Going to a quiet place by yourself? If yes, color the leaves green. If no, color the leaves blue.
6. Exercise? If yes, color the arms yellow. If no, color the arms pink.

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# ALL ABOUT STAYING CALM



Name: John

Directions:

WHAT DO YOU PREFER TO DO TO STAY CALM AND IN CONTROL?

1. Deep breathing? If yes, color the hair yellow. If no, color the hair brown.
2. Meditation? If yes, color the flowers pink. If no, color the flowers blue.
3. Write in a journal? If yes, draw dots on the shirt. If no, draw stripes on the shirt.
4. Listening to loud music? If yes, color the pants red. If no, color the pants green.
5. Going to a quiet place by yourself? If yes, color the leaves green. If no, color the leaves blue.
6. Exercise? If yes, color the arms yellow. If no, color the arms pink.

# ALL ABOUT ME GLYPHS

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## ALL ABOUT ME

Name: \_\_\_\_\_

Directions:

1. Color in the eyes the same color as you.
2. What day is your birthday? If 1st-15th, mouth pink.
3. If your birthday is in the \_\_\_\_\_, Key: Winter - grey, Spring - green, SU.
4. How old are you? Write the number on \_\_\_\_\_.
5. Do you have any pets? If yes, color it.
6. Do you have any sisters? If yes, color it.

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Directions: Write your name in block letters in the boxes below (one letter per box). Follow the key for how to decorate each letter. If you have a sport first name you can fill in the remaining boxes by following the key.

|  |                         |                               |                                |                               |
|--|-------------------------|-------------------------------|--------------------------------|-------------------------------|
| First Letter   | Second Letter           | Third Letter                  | Fourth Letter                  | Fifth Letter                  |
| Draw dots on the letter to make it look like your favorite school subject. | Color the first letter. | What animal do you like best? | What dessert do you like best? | What animal do you like best? |

KEY

Color the first letter.

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## ALL ABOUT MY FUTURE

Name: \_\_\_\_\_

Directions: WHEN YOU GET OLDER.....

1. Do you want to go to college? If yes, color it.
2. Do you want to have children? If yes, color it.
3. What job do you want? Write it down in the I.
4. Do you want to travel all over the world? If y color the gears purple.
5. Do you want to drive a car or a motorcycle? motorcycle color the wheels red.
6. Do you want to live in the city or the country? yellow. If in the country, color the buttons gr

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## ALL ABOUT MY FAVORITE FOODS

Name: \_\_\_\_\_

Directions:

1. Do you like to cook? If yes, color the I
2. Do you like to eat cupcakes? If yes, c cupcakes green.
3. Do you like to eat pizza? If yes, color 4.
4. Do you like to eat carrots? If yes, colo
5. If your favorite meal of the day is \_\_\_\_\_ Key: Breakfast - yellow; Lunch - green
6. Draw your favorite fruit on the apron.

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## MY FAVORITES

Name: \_\_\_\_\_

Pick your favorite school subject and draw those eyes.

Math - English - Science - Gym - Music - Art -

Pick what sport you like the best and draw that mouth.

Baseball - Golf - Basketball - Soccer - Gymnastics -

Write the name of your favorite food on the shirt. Draw a picture of it too.

Pick your favorite type of music and draw that type of hair.

Pop/Rock - short, curly hair  
Jazz - short, straight hair  
Country - long, curly hair  
Classical - long, straight hair

Color the hands your favorite color.

Pick the flavor ice cream you like best and draw that design on the pants - Vanilla: circles  
Chocolate: stripes  
Strawberry: hearts

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## ALL ABOUT EXERCISE

Name: \_\_\_\_\_

Directions:

1. Do you like to exercise? If yes, color bot eyes green.
2. If your favorite way to move is \_\_\_\_\_ Key: walking - yellow; running - green;
3. Do you like to go hiking? If yes, color bc hair black.
4. If your favorite outdoor game is \_\_\_\_\_ Key: tag - purple; hide and seek - blue;
5. Can you ride a bicycle? If yes, color bot boys' eyes blue.

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## ALL ABOUT MOTION

Name: \_\_\_\_\_

Directions:

1. Do you like to spin on a carousel or spinning no, color the stars blue.
2. Do you like to swing? If yes, put orange dots the shirt.
3. Do you like to go upside down? If yes, color 4.
4. Do you like to climb up high? If yes, color hi
5. Do you ever get sick riding in a car? If yes, c face yellow.
6. Do you like to go to the playground? Yes I L! Sometimes - draw stripes on the gloves. I do on the gloves.

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## ALL ABOUT THE SENSE OF TOUCH

Name: \_\_\_\_\_

Directions:

1. Do you like hugging and cuddling? If yes hearts red.
2. Do you like messy play such as mud, sar brown. If no, color the girl's dress blue.
3. Do you like to try new foods? If yes, color both of the mouths purple.
4. Do you like to take baths and/or showers color the boy's hair orange.
5. Do you like to wear socks? If yes, color it legs purple.
6. Do you like brushing your hair? If yes, cc girl's hair black.

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## ALL ABOUT BODY AWARENESS

Name: \_\_\_\_\_

Directions:

1. Do you maintain your personal space by keep yourself and your friends? - Yes all the time: o color the boy's shirt blue. No it is very hard: cc
2. Do you sit during group activities and keep you time: color all the arms pink. Sometimes: color the arms orange.
3. Do you love to rough house and participate in the legs green. If no, color all the legs blue.
4. Do you bump into people or objects often? Ye dresses. No: draw stripes on one of the girl's
5. Can you do a jumping jack? Yes: color all the 6.
6. Can you zip your coat? Yes: color all the mou

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## ALL ABOUT STAYING CALM

Name: \_\_\_\_\_

Directions: WHAT DO YOU PREFER TO DO TO STAY CALM AND IN CONTROL?

1. Deep breathing? If yes, color the hair yellow. If no, color the hair brown.
2. Meditation? If yes, color the flowers pink. If no, color the flowers blue.
3. Write in a journal? If yes, draw dots on the shirt. If no, draw stripes on the shirt.
4. Listening to loud music? If yes, color the pants red. If no, color the pants green.
6. Going to a quiet place by yourself? If yes, color the leaves green. If no, color the leaves blue.
6. Exercise? If yes, color the arms yellow. If no, color the arms pink.

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