





This Belongs To:

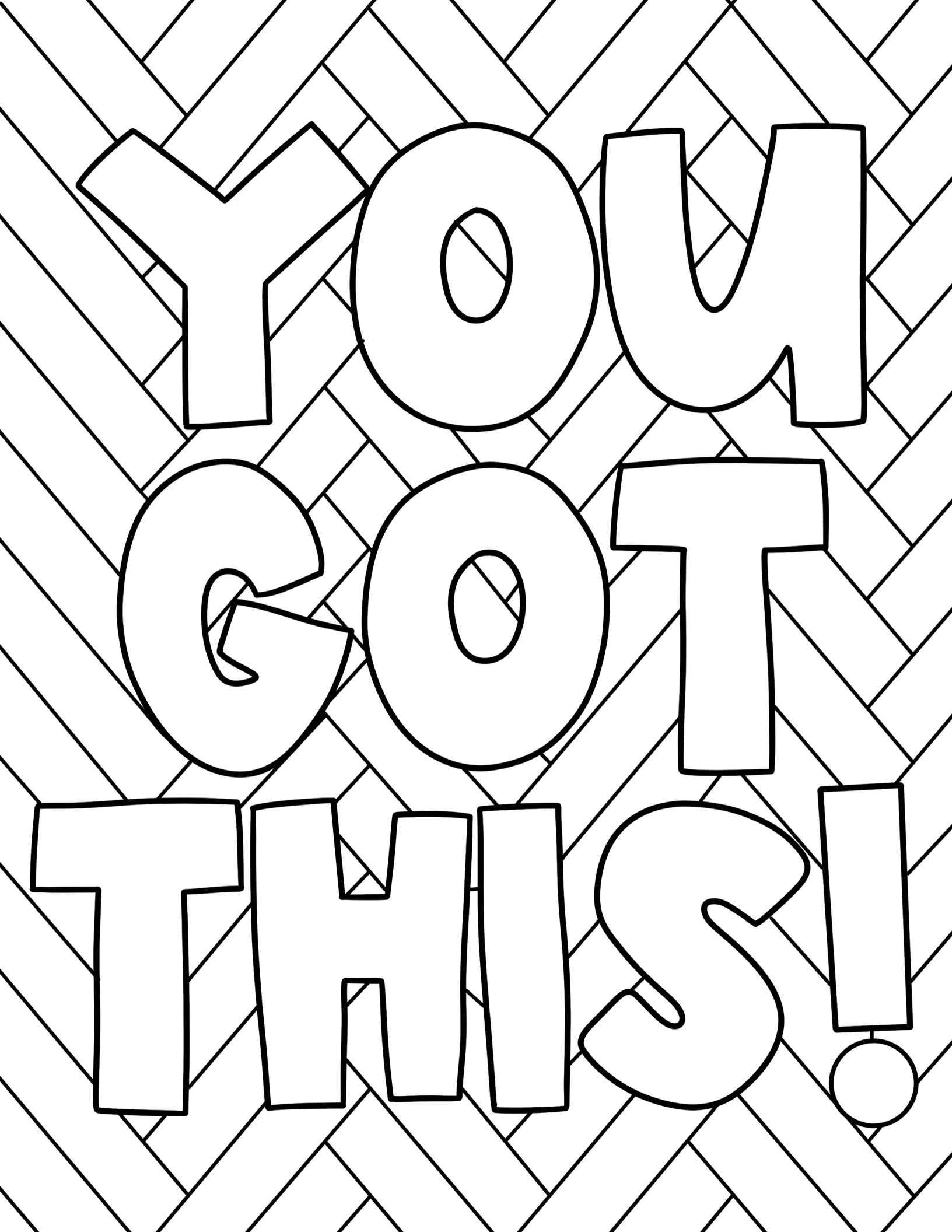
About Give an Hour

Give an Hour is a nonprofit that was established in 2005.

We empower individuals and communities on their mental health journeys by connecting them with the necessary resources they want, need, and deserve, so that they can thrive and become part of a collaborative, resilient community. Learn more at www.giveanhour.org

About this Coloring Book

This coloring book was created to support young minds. We know art is one of the ways to process and express feelings and emotions. We hope this coloring book is a useful tool too support your healing journey.



My Daily Journal

I felt



The three things I am grateful for today are

What made me happy/sad/mad today

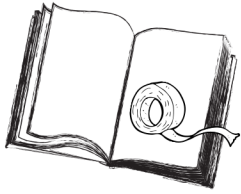
Today I learned

Today I helped



Donut
Stress





Thinking about my day



Add the words and pictures that come to mind.
Remember, you can keep it simple!

The best things that
happened today:

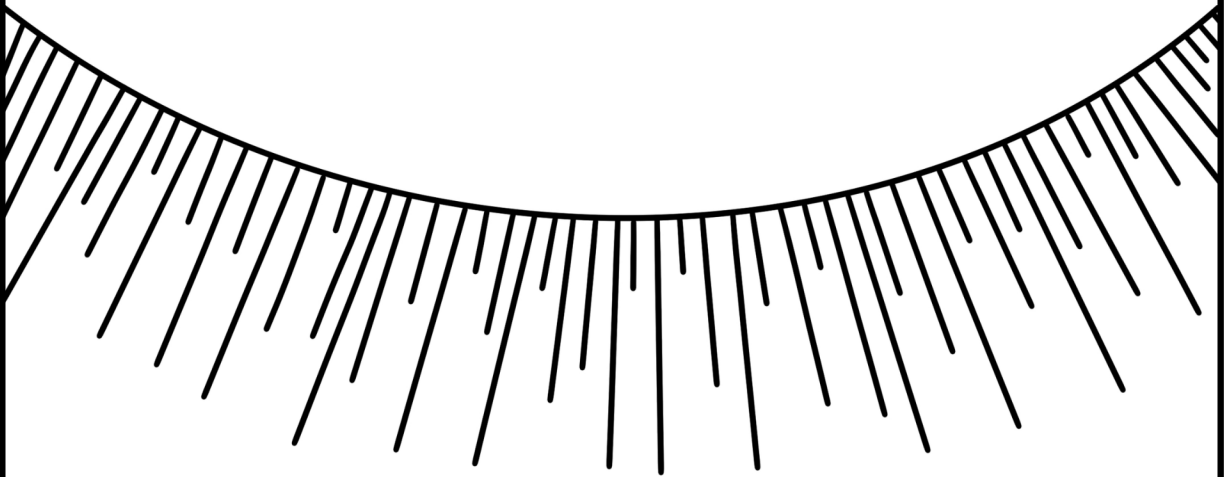
Things I wish I could
change about today:

I am proud of myself
today because...

I think I still need
to work on....



Stay Sweet



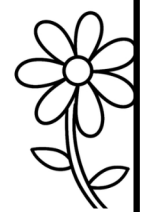
THERE



IS



HOPE





Gratitude & Cattitude



HERE
COMES
THE
SUN

Who loves me?

Write the name of someone who loves you in the box along with a memory of something you did together that made you feel loved! Add a picture.

Name: My Sister

I love playing Roblox with my sister.



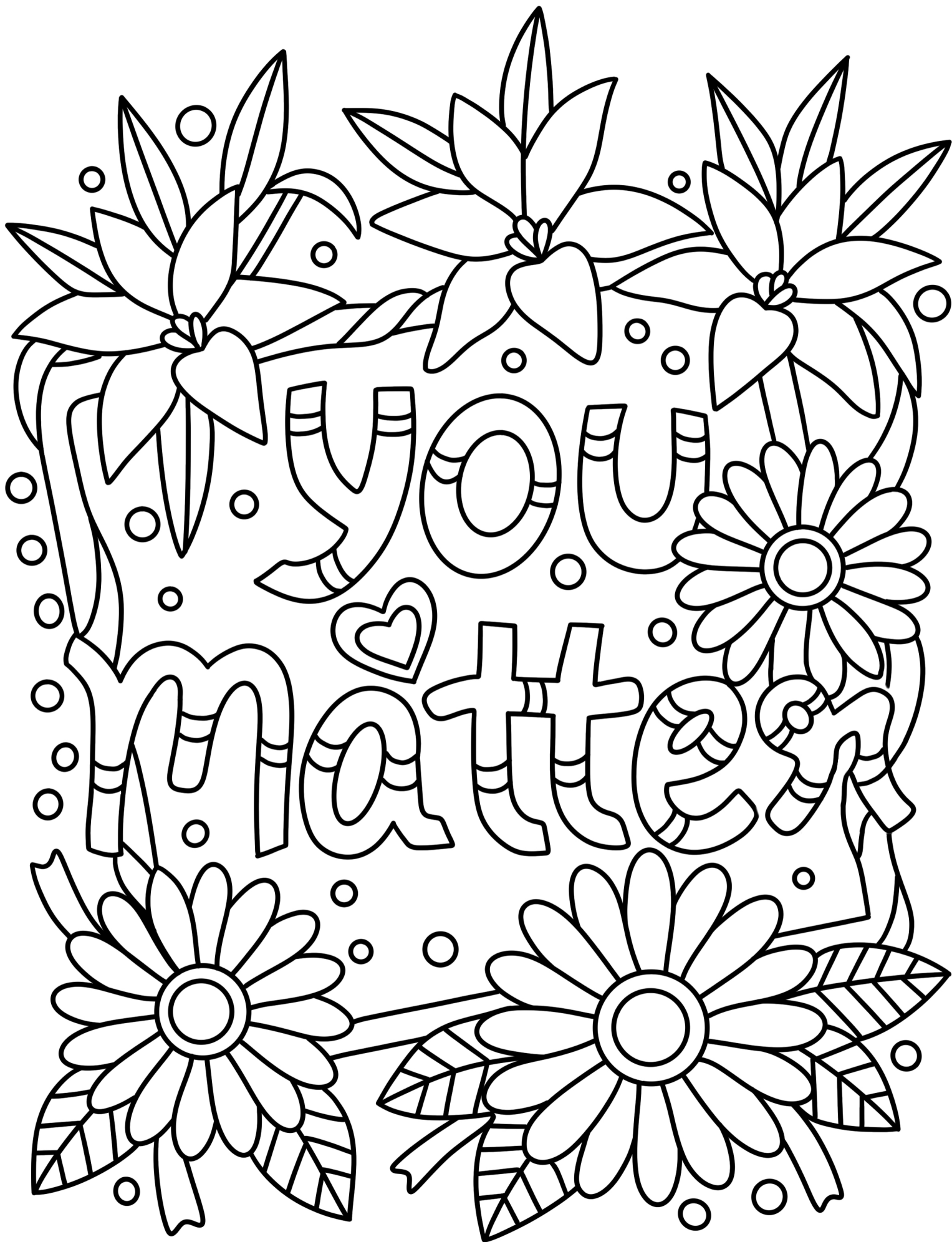
Name:

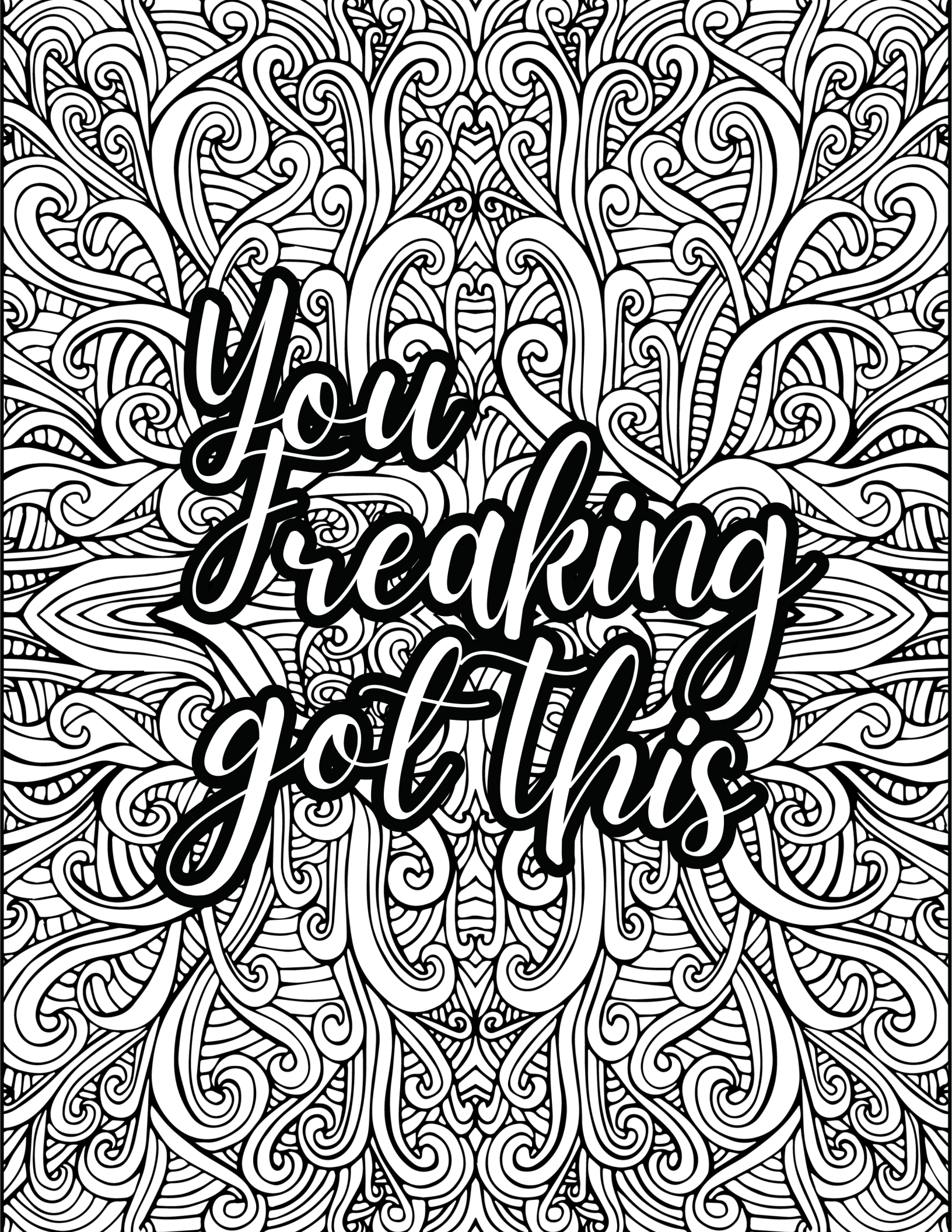
Name:

Name:



You're Pawfect

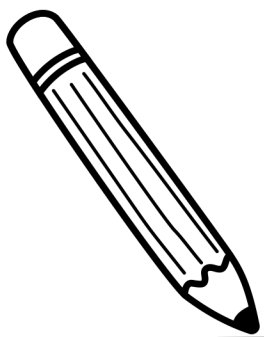




*You're
freaking
good at this*

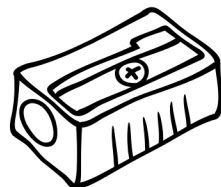


YOU
ARE
AMAZING



My Favorite Moments

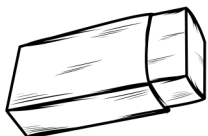
Draw and describe some of your best moments from this year!

A large, empty square box with a thin black border, intended for drawing a favorite moment.

A large, empty square box with a thin black border, intended for drawing a favorite moment.

A large, empty square box with a thin black border, intended for drawing a favorite moment.

A large, empty square box with a thin black border, intended for drawing a favorite moment.



A black and white line drawing of a mandala. The mandala is composed of multiple layers of stylized, overlapping leaf-like or petal-like shapes. Each shape contains internal line patterns, such as concentric arcs or radiating lines. The overall design is symmetrical and intricate. In the center of the mandala, the word "Unbothered" is written in a bold, rounded, sans-serif font. The text is white with a thick black outline, making it stand out against the background of the mandala.

Unbothered

BE KIND

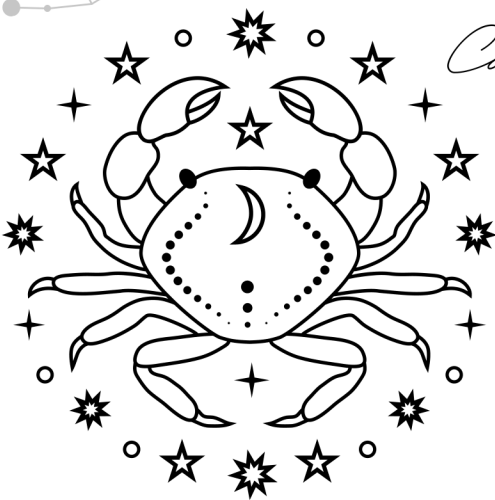
TO

YOURSELF

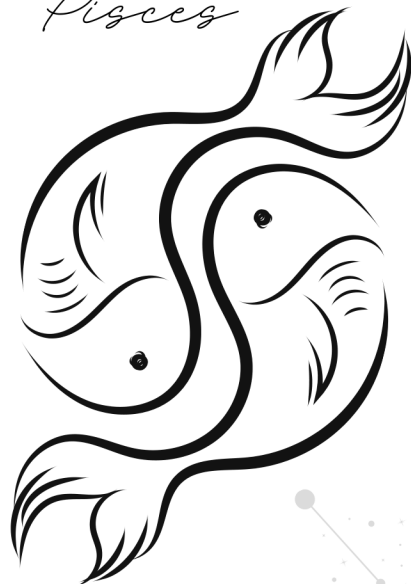
Sagittarius



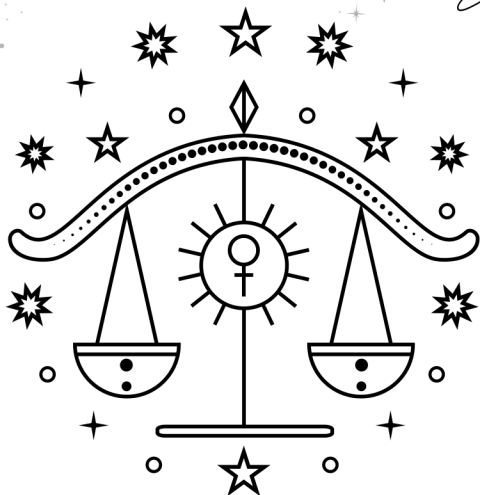
Cancer



Pisces



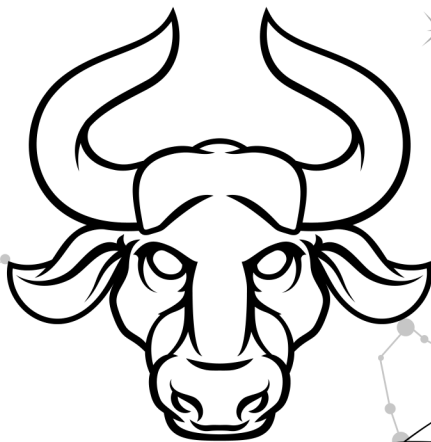
Libra



Gemini



Taurus



Aquarius



Virgo



Aries



Scorpio



Leo





What Helps Me *Feel Cared for*

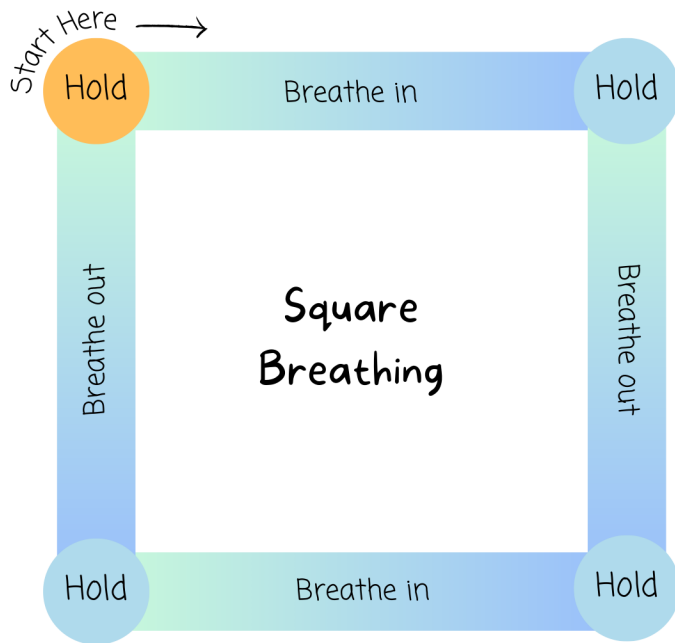
- ☐ Take slow, mindful breaths
- ☐ Drink a warm cup of water
- ☐ Rest and take a break
- ☐ Stretch
- ☐ Journal or color
- ☐ Listen to my favorite music
- ☐ Talk to someone I trust
- ☐ Get a hug
- ☐ Cuddle or play with a pet
- ☐ Use positive affirmations
- ☐ Use a stress ball
- ☐ Blow bubbles
- ☐ Make an artwork
- ☐ Hug or climb a tree
- ☐ Read a book or magazine
- ☐ Take a shower or bath



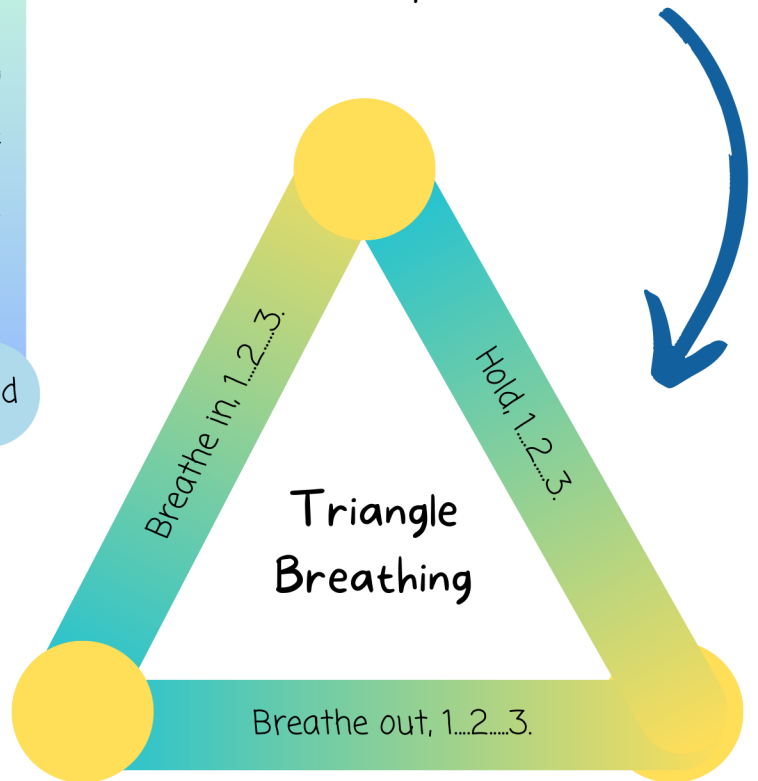
Prove
them
Wrong



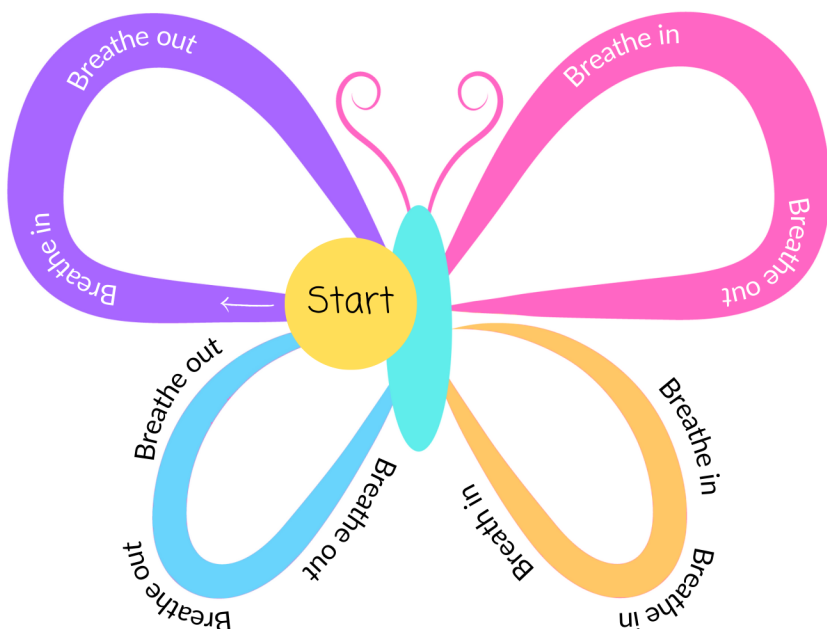
Mindful Breathing



Trace with
your finger!



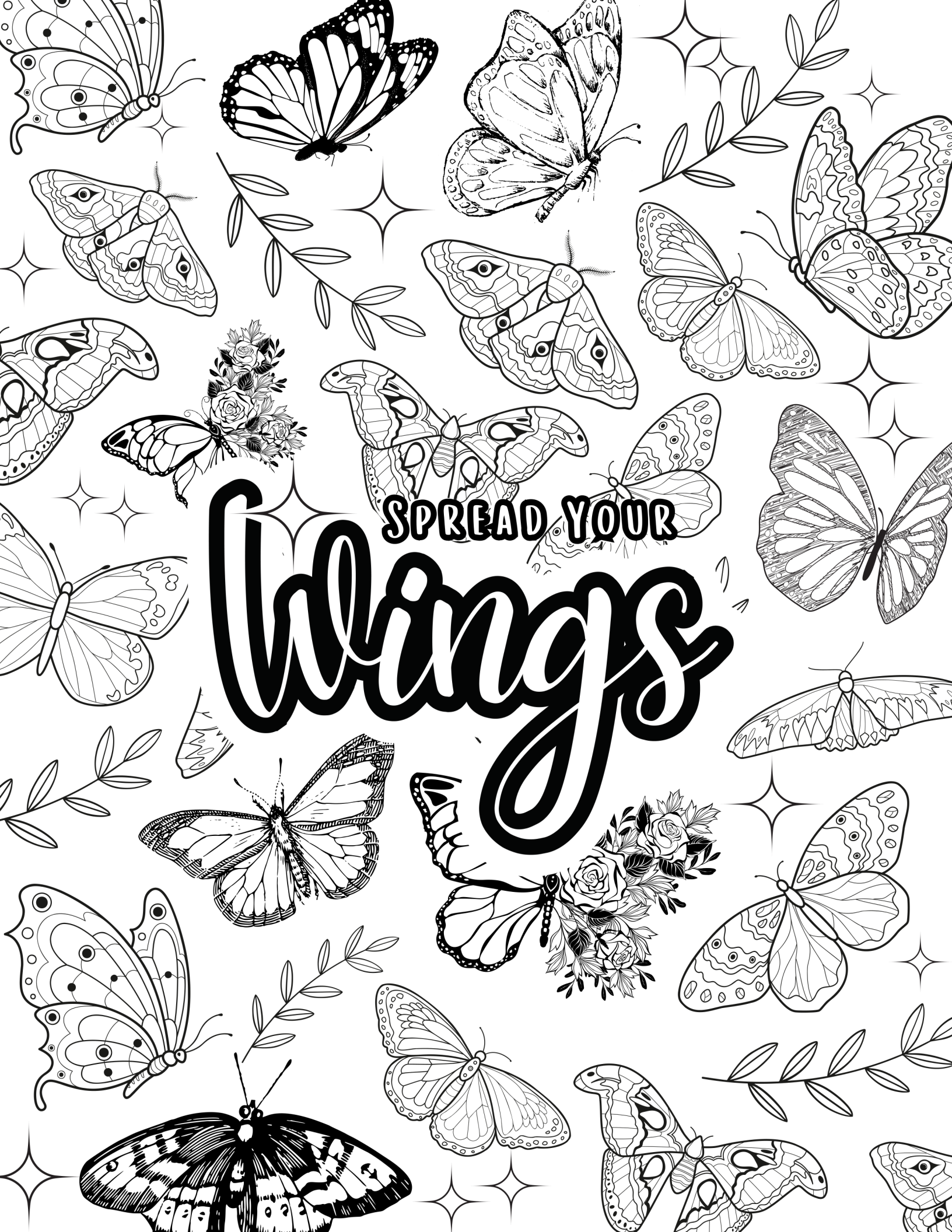
Butterfly Breathing





Let Your
Colors

Shine



SPREAD YOUR
Wings

It's Okay to get
Help

Help Lines for Immediate *Support*



- SAMHSA: 1-800-662-HELP (4357)
- Crisis Text Line: Text SIGNS to 741741
- Suicide Prevention Lifeline:
1-800-273-TALK (8255);
Veterans press 1
- Suicide & Crisis Lifeline
<https://988lifeline.org/> Dial 988 TTY:
1-800-799-4889