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.
YOU
GOT
THIS!
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
YOU
ARE
SO
LOVED
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...
There is Hope
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 matter
You Freaking got this
YOU ARE AMAZING
My Favorite Moments

Draw and describe some of your best moments from this year!
Unbothered
BE KIND TO YOURSELF
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
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