

ACTIVITY FOR CHILDREN

1 Have you ever felt like you had to pretend to be okay when you weren't? Why?

2 What do you wish people could do for you in those times?

NOTES FOR PARENTS (AFTER ACTIVITY)

1. See the moments your child felt unheard in the activity above.
2. Think about those moments and how can you help the next time.
3. Always be open to talk and be careful to not try to diminish the child feelings.

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Talking About it Makes Us Stronger

It's Okay, not to be Okay!



