

SUPPORT ANIMAL

Learning how to talk to yourself, and especially sooth yourself is a skill. A support animal is a great starting point to practice positive self talk.

Directions: Draw a support animal inside the box. Imagine it however you like. Does it have features or tools to help you when you feel sad, or to make you laugh? Draw it all. What could the support animal do or say to make you feel better? How would you talk to it?

Purpose: At times when we are sad the best thing we can do is find comfort within ourselves. This might be a tricky concept, particularly for young kids. That's the point of a support animal, its all part of the imagination, and a part of themselves. The support animal partakes in roles to help self-sooth. The animal is there to talk to, to comfort you. It could be a plushie, a toy, an imaginary friend, or the drawing on this page. Whatever it may be, it is important to learn that you are never alone, and sometimes you need to look within for comfort and help.

