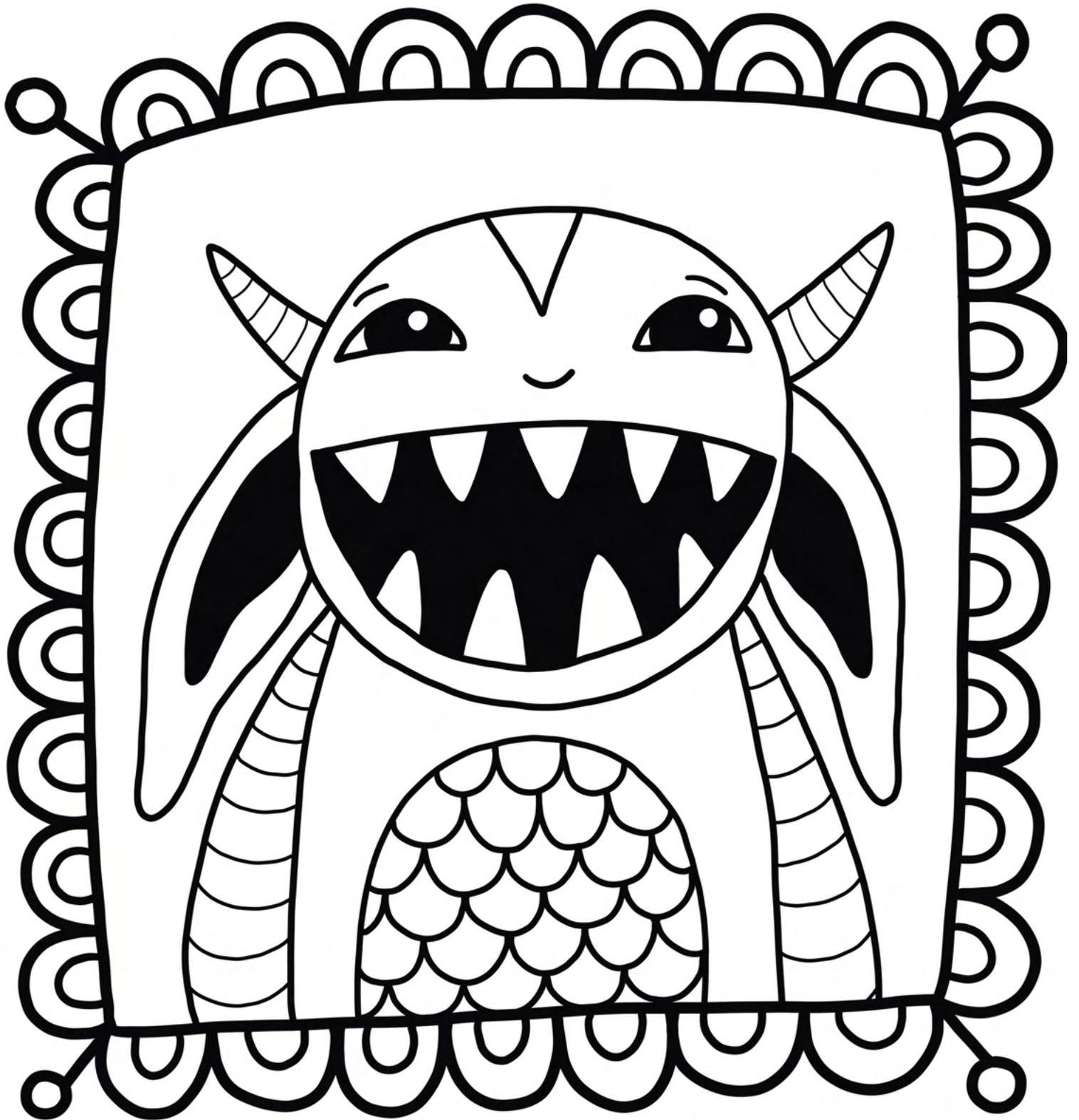


MEET LITTLE MONSTER!



A COLORING AND ACTIVITY BOOK FROM NAMI, WASHINGTON
ILLUSTRATIONS BY HONOR HEINDL



NAMI WASHINGTON

NAMI Washington's mission is to improve the quality of life for all those affected by any kind of mental health condition.

Contact NAMI Washington for even more resources and to be directed to your local affiliate.

office phone: 206-783-4288

website: www.namiwa.org

crisis chat line: text "NAMI" to 741-741

APPS

WHAT'S UP? -- A MENTAL HEALTH APP

What's Up -- A Mental Health App is a free app with coping strategies, an informational directory, a diary, mood tracker, and other resources. Available for Apple and Android.

CALM HARM

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It's private and password protected. Available for Apple and Android.

website: www.calmharm.co.uk

PHONE NUMBERS, CHATLINES, AND WEBSITES

CRISIS TEXT LINE

Text "HOME" to 741741

CRISIS SUPPORT AND SUICIDE PREVENTION LINE WITH DEAF AND HARD-OF-HEARING OPTIONS, 24/7

1-800-799-4889

CRISIS CONNECTIONS 24HR HOTLINE

206-461-3222
7-1-1 WA Relay

24-HR CRISIS SUPPORT AND SUICIDE PREVENTION HOTLINE

1-800-273-8255

LÍNEA DIRECTA DE PREVENCIÓN DEL SUICIDIO Y APOYO DE CRISIS DE 24/7

1-888-628-9454

TEEN LINK

www.teenlink.org | 866-833-6546

THE NATIONAL DOMESTIC VIOLENCE HOTLINE, DEAF SERVICES 24/7

1-855-812-1001 (videophone)
1-800-787-3224 (TTY)

THE NATIONAL SEXUAL ASSAULT HOTLINE

800-656-HOPE (4673)
chat: <https://hotline.rainn.org/online>

THE NATIONAL DOMESTIC VIOLENCE HOTLINE, 24/7

1-800-799-SAFE (7233)
1-800-787-3224 (TTY)

TEEN DATING VIOLENCE HOTLINE, 24/7

1-866-331-9474 (call + text)

ABOUT NAMI WASHINGTON

NAMI Washington is the State office of the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health conditions. We work with local affiliates in communities around the state to improve the quality of life for all those affected by mental health conditions. What started as a small group of families gathered around a kitchen table in 1979, has blossomed into the nation's leading voice on mental health. Today, we are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.

NAMI Washington currently has 19 affiliates throughout the state of Washington. Our education programs ensure that hundreds of thousands of families, individuals, and educators get the support and information that they need. We help shape public policy for people with mental illness and their families and provide volunteer leaders with the tools, resources and skills to protect those affected by mental health conditions. We lead public awareness events and activities to foster understanding and fight stigma.

OUR VISION:

NAMI Washington envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

OUR MISSION:

NAMI Washington's mission is to improve the quality of life for all those affected by any kind of mental health condition.

OUR VALUES:

- Hope: We believe in the possibility of recovery, wellness and the potential in all of us.
- Inclusion: We embrace diverse backgrounds, cultures and perspectives.
- Empowerment: We promote confidence, self-efficacy and service to our mission.
- Compassion: We practice respect, kindness and empathy.
- Fairness: We fight for equity and justice.

HOW TO USE THIS RESOURCE

Color inside and outside the lines, try weird color combinations, and struggle with the brain teasers! This activity book is great for a solo coloring activity, but it's even more fun in groups. Do the whole thing or print out your favorite pages. Talk about your answers and the ways that you relate with Little Monster. Be honest about your feelings (adults! This means you too!) and make talking about your feelings a routine in your household. Practice asking for help and advice, just like Little Monster!

The cover pages of this activity book is meant to be printed out and kept as a resource. Make your Feelings Plan with Little Monster and keep the list of helpful community resources!

Have fun!

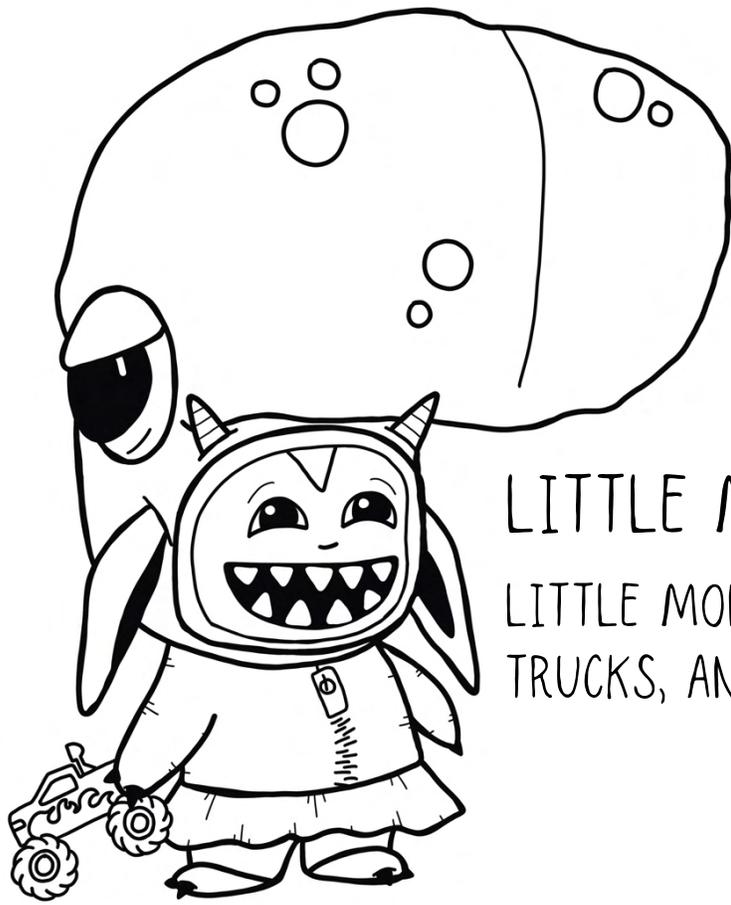
BE KIND
TO YOUR MIND.



THIS PROJECT WAS ILLUSTRATED BY HONOR HEINDL !

Honor Heindl (she/her) is a clinical social worker who lives in Albuquerque, New Mexico who currently works in an emergency department helping people access the services they need and in a school supporting students' social/emotional growth. Honor started drawing a few years ago as a way to process and heal and hold onto hope when the world felt extra lonely or scary. Honor hopes that wherever and however you are, you can find that special something that nourishes and comforts you the way doodling has for her. In her free time, Honor enjoys eating and drinking her way through new cities, making eye contact with animals, controlled spontaneity, spoken word, and riding bicycles in rainstorms.

Follow Honor on Instagram @AGIRLNAMEDHONOR

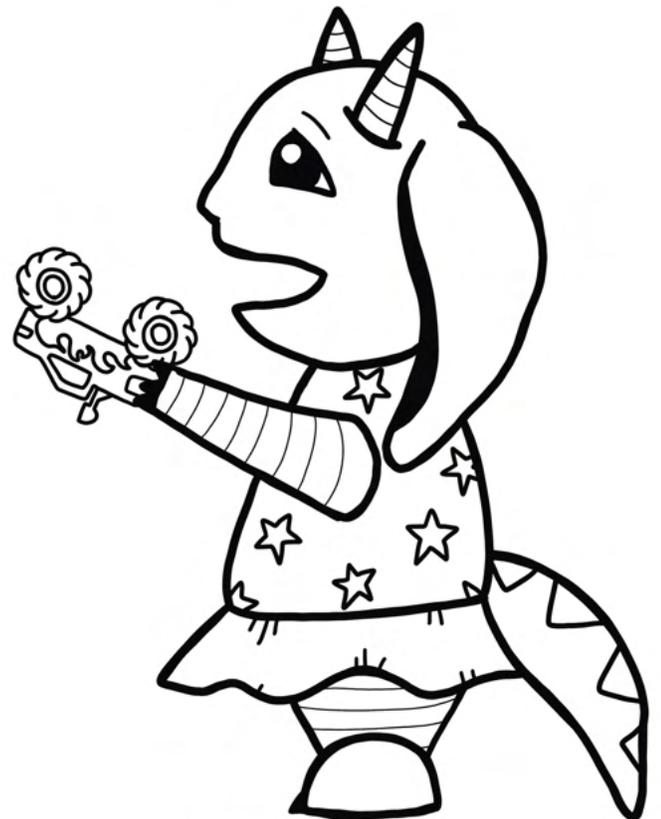


MEET LITTLE MONSTER!

LITTLE MONSTER IS VERY FRIENDLY!

LITTLE MONSTER LIKES RAINBOWS, MONSTER TRUCKS, AND BALLET!

LITTLE MONSTER WANTS TO SHARE THEIR TOY WITH YOU! WOULD YOU LIKE TO BE FRIENDS WITH LITTLE MONSTER?



DRAW YOURSELF PLAYING WITH LITTLE MONSTER!

LITTLE MONSTER LOVES TO EAT! THEIR FAVORITE FOOD IS SPIDER GOULASH WITH EXTRA SWAMP SLIME AND MAYO (LITTLE MONSTER IS A MONSTER, AFTER ALL!)

WHAT IS YOUR FAVORITE FOOD?



DRAW YOUR FAVORITE FOOD!

IT'S OKAY IF YOU DON'T LIKE SPIDER GOULASH WITH EXTRA SWAMP SLIME AND MAYO. SOMETIMES FRIENDS LIKE DIFFERENT THINGS, AND THAT'S OKAY!



DRAW YOURSELF HAVING A PICNIC WITH LITTLE MONSTER!

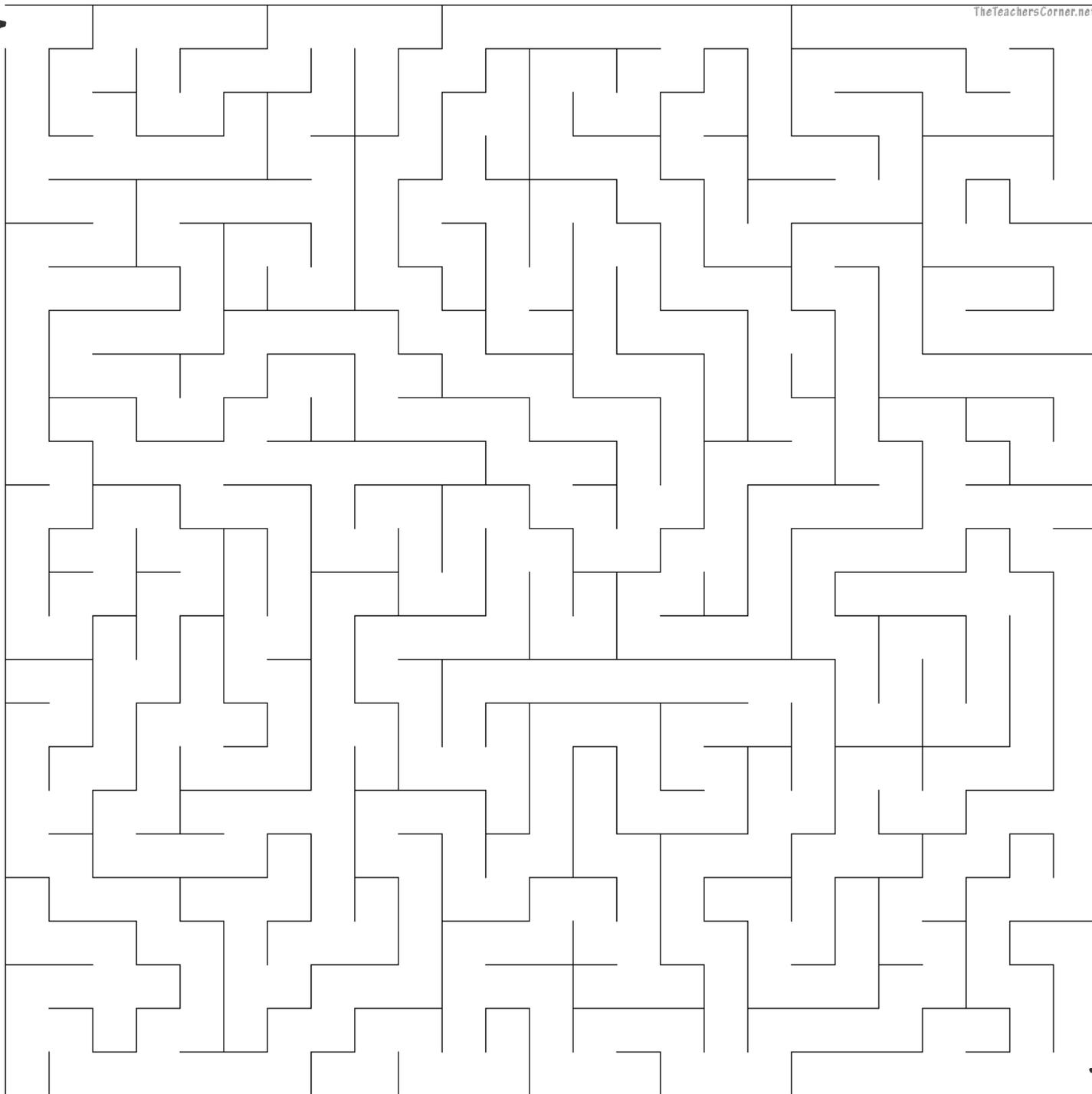
OH NO! LITTLE MONSTER CAN'T FIND THEIR MONSTER TRUCK!



CAN YOU HELP THEM FIND IT? START HERE!



TheTeachersCorner.net

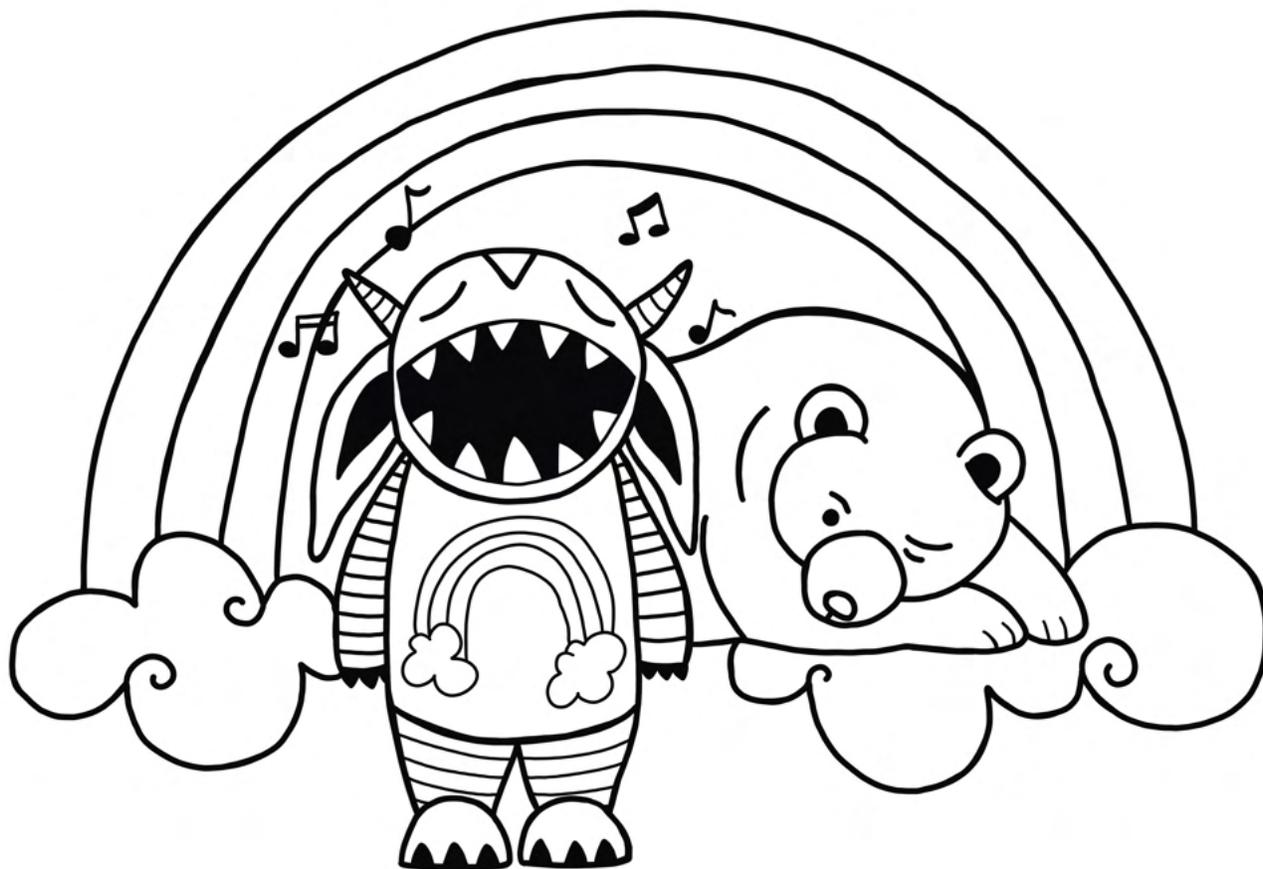


YOU FOUND IT! GREAT JOB!



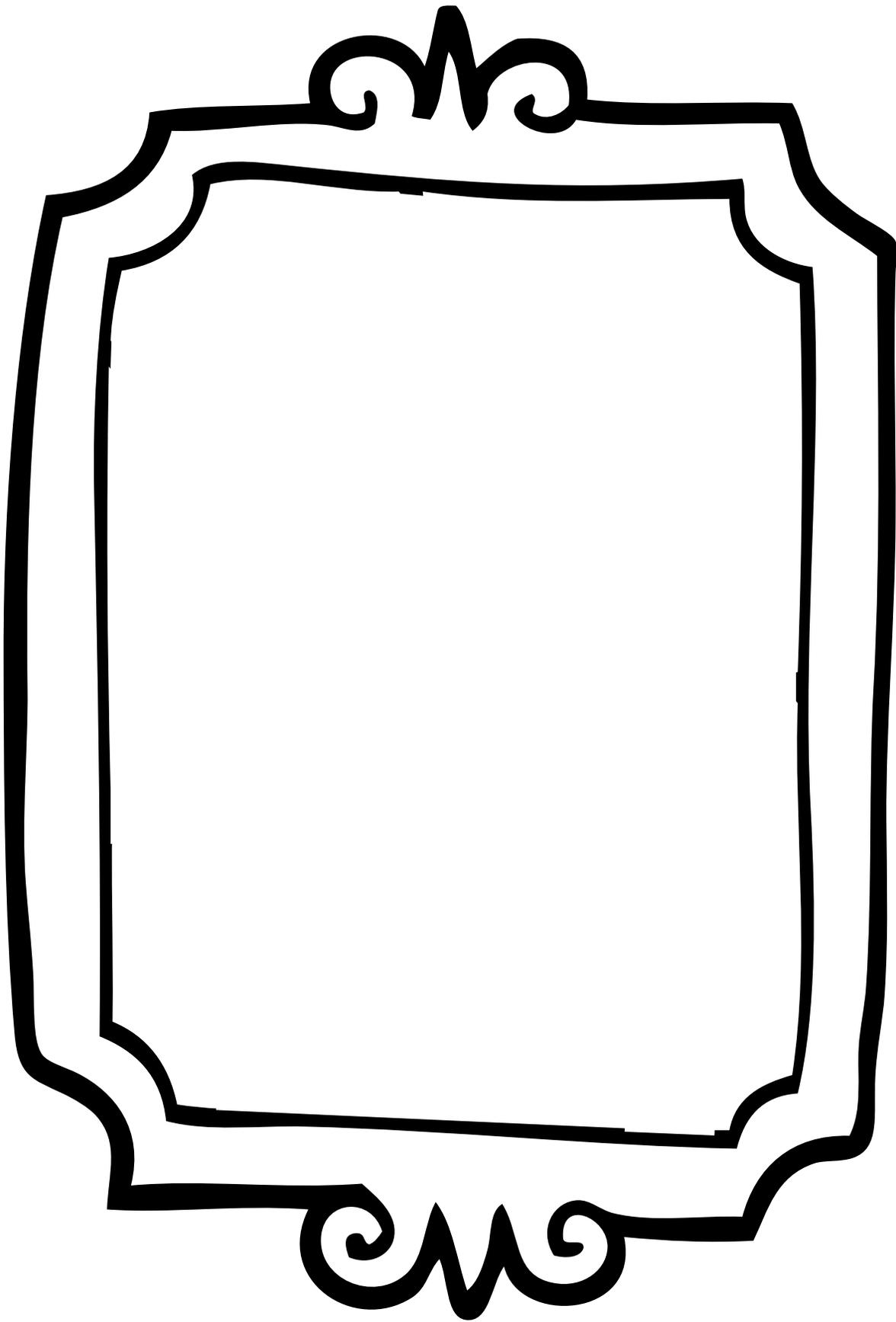
LITTLE MONSTER LIKES RAINBOWS AND JAZZ MUSIC.

RAINBOWS AND JAZZ MUSIC MAKE LITTLE MONSTER FEEL **HAPPY!**



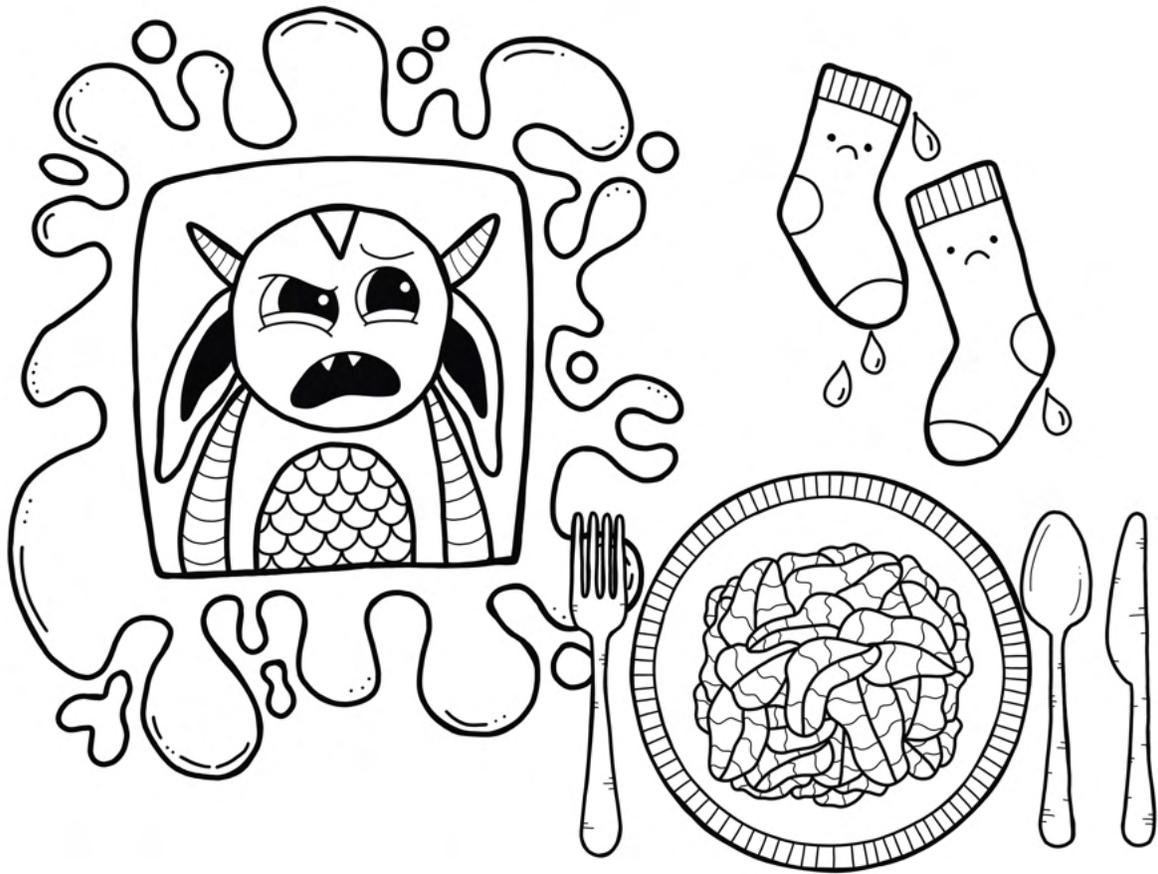
WHAT ARE SOME THINGS THAT MAKE YOU FEEL HAPPY?

DRAW THREE THINGS THAT MAKE YOU FEEL HAPPY!



THIS MIRROR SHOWS US THE THINGS ABOUT OURSELVES THAT MAKE US UNIQUE AND WONDERFUL! WHAT MAKES YOU UNIQUE? DRAW YOUR REFLECTION IN THE MIRROR!

WET SOCKS AND SOGGY SPINACH MAKE LITTLE MONSTER FEEL **YUCKY!**

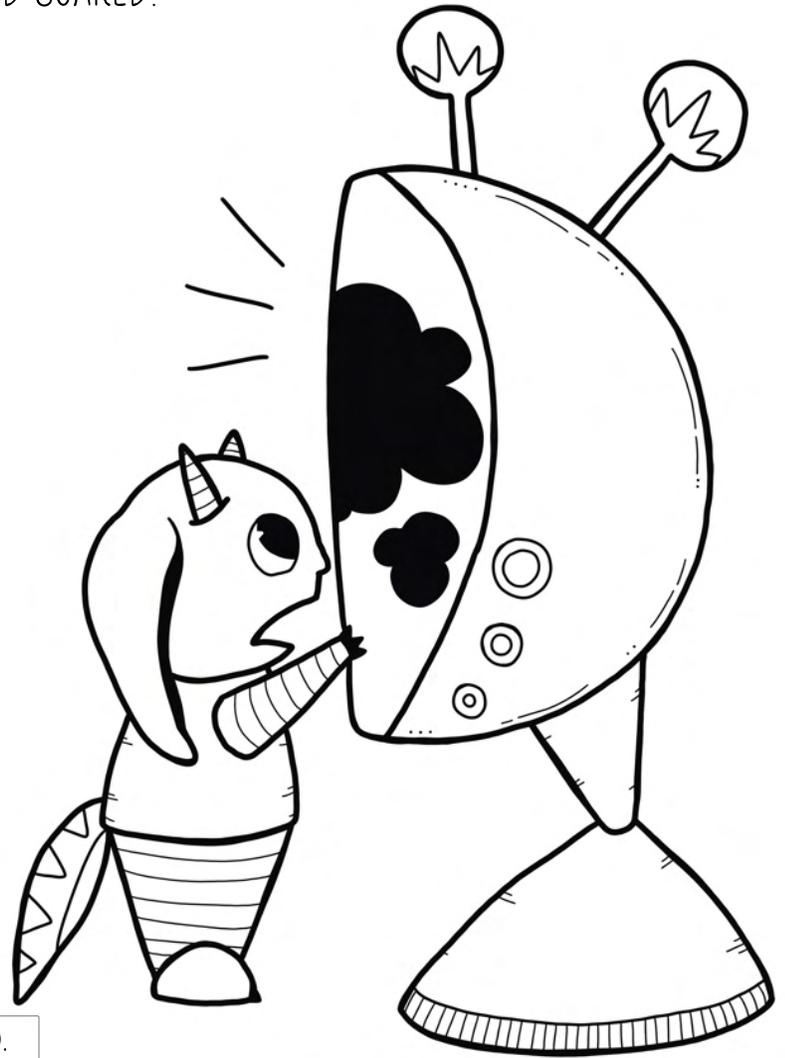


WHAT MAKES YOU FEEL YUCKY?

DRAW SOMETHING THAT MAKES YOU FEEL YUCKY!

LITTLE MONSTER SAW SOMETHING THAT MADE THEM FEEL SAD AND SCARED.

WHAT HAVE YOU SEEN THAT MADE YOU SAD AND SCARED?



DRAW SOMETHING THAT MADE YOU FEEL SAD OR SCARED.

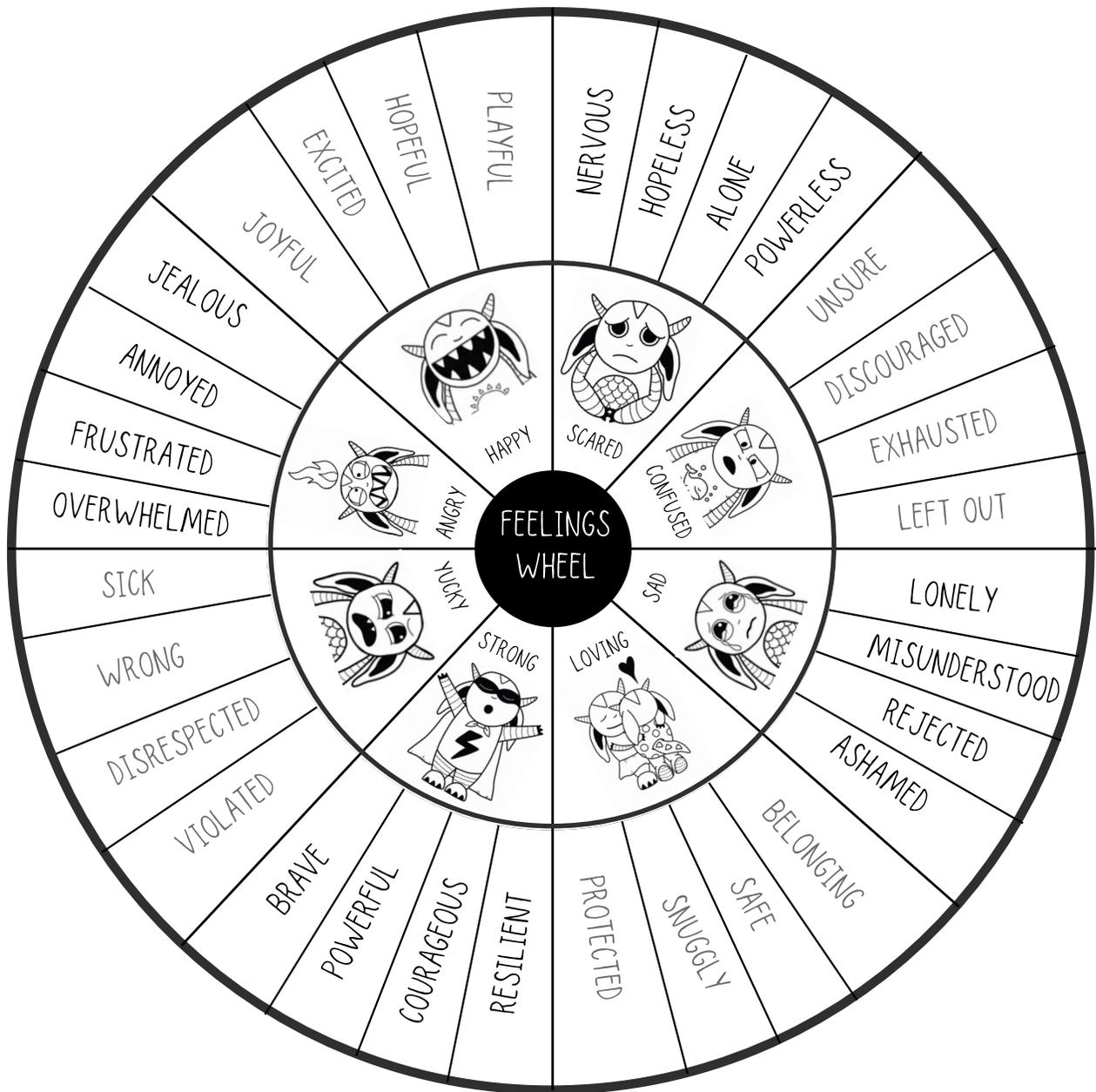
WHAT CAN LITTLE MONSTER DO WHEN THEY FEEL SAD OR SCARED?



DRAW SOMETHING TO MAKE LITTLE MONSTER FEEL BETTER!

THE FEELINGS WHEEL

A FEELINGS WHEEL IS A TOOL THAT CAN HELP YOU TALK ABOUT YOUR FEELINGS. THERE ARE LOTS OF FEELINGS THAT GO TOGETHER. A FEELINGS WHEEL CAN HELP YOU EXPLAIN YOUR FEELINGS TO YOURSELF AND TO OTHERS.



LITTLE MONSTER HAS A LOT OF FEELINGS! EVEN THOUGH SOME EMOTIONS DON'T FEEL GOOD, ALL EMOTIONS ARE HEALTHY AND IMPORTANT.

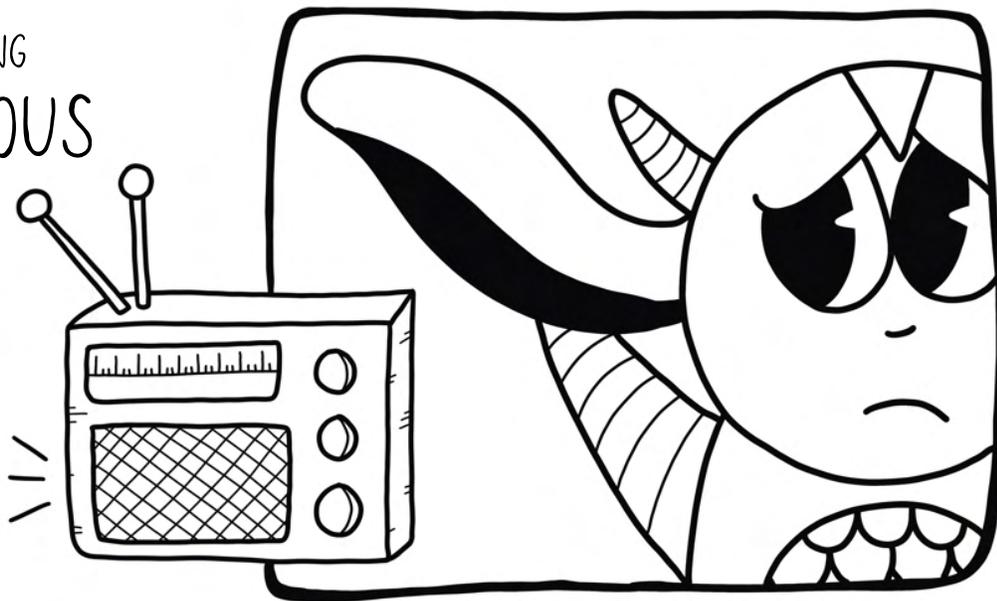
SOMETIMES LITTLE MONSTER USES A FEELINGS WHEEL TO HELP TALK ABOUT THEIR FEELINGS. THIS IS EXTRA HELPFUL WHEN LITTLE MONSTER FEELS MANY THINGS ALL AT ONCE. THE FEELINGS WHEEL ALSO HELPS LITTLE MONSTER THINK ABOUT PATTERNS IN THEIR FEELINGS.

HOW MANY FEELINGS ON THE FEELINGS WHEEL HAVE YOU FELT BEFORE?
COLOR THEM IN!

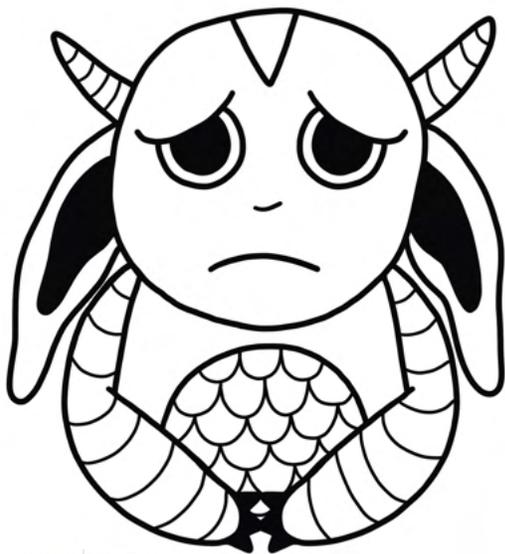
LITTLE MONSTER HEARD SOMETHING
THAT MADE THEM FEEL **NERVOUS**
AND **WORRIED**.

WAS THERE A TIME WHERE YOU
FELT NERVOUS AND WORRIED?

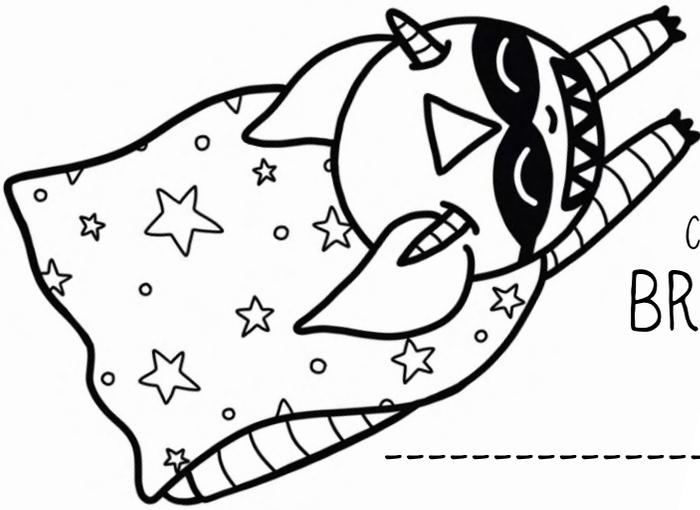
TELL LITTLE MONSTER ABOUT IT!



WHAT CAN LITTLE MONSTER DO WHEN THEY FEEL NERVOUS AND WORRIED?



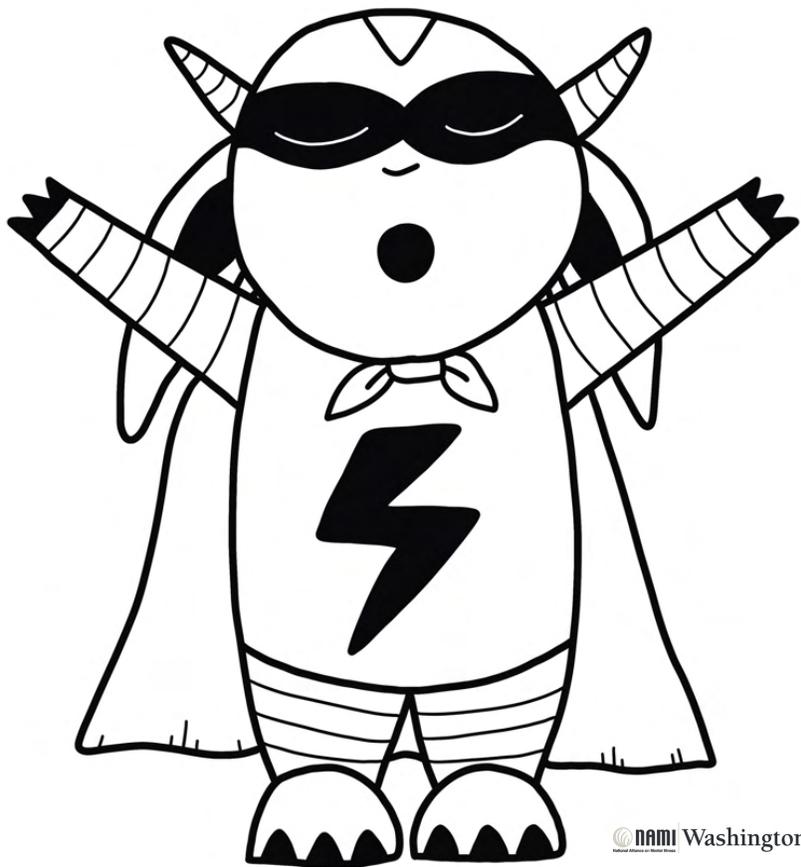
DRAW SOMETHING TO MAKE LITTLE MONSTER FEEL BETTER!



LITTLE MONSTER KNOWS THAT THEY ARE
BRAVE AND STRONG!

CAN YOU WRITE ABOUT A TIME WHEN YOU WERE
BRAVE AND STRONG?

YOU ARE SO COURAGEOUS AND STRONG!



DRAW YOURSELF AS A SUPERHERO!

FIND THE FEELINGS!

HOW MANY WORDS FROM THE FEELINGS WHEEL CAN YOU FIND IN THE WORD SEARCH PUZZLE?

- ANGRY
- ANNOYED
- BRAVE
- EXHAUSTED
- COURAGEOUS
- HOPELESS
- JEALOUS
- JOYFUL
- LEFTOUT
- LOVING
- MISUNDERSTOOD
- NERVOUS
- PLAYFUL
- POWERFUL
- RESILIENT
- SAFE
- STRONG
- OVERWHELMED

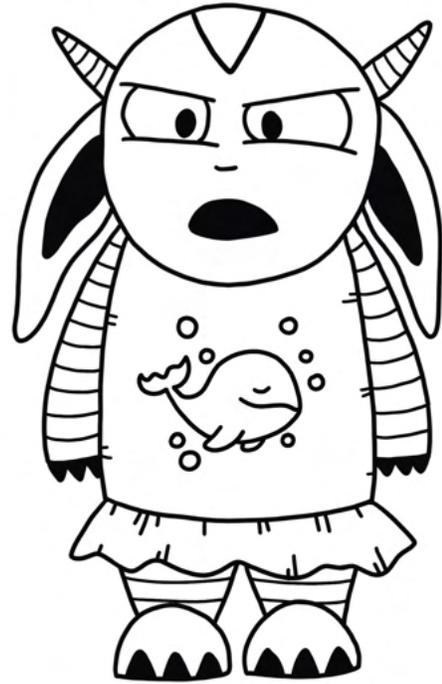
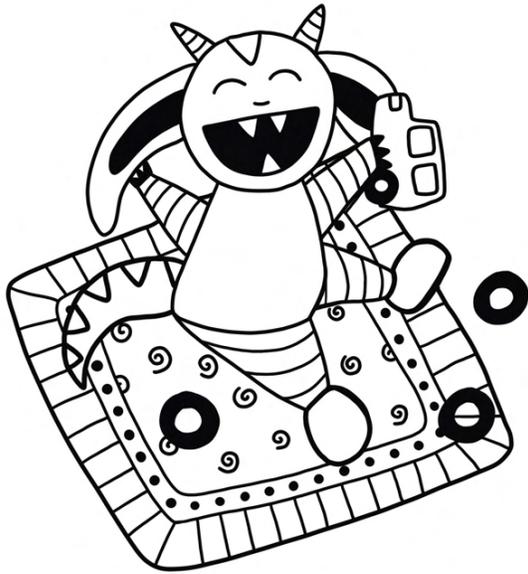
Q W J R R Z B H I V A F T Y K A A T J K
D O L B F Q O B N C K W F F K T B F B L
P T N E I L I S E R W F E R N I M D I W
G S U O V R E N F E I T X S U O L A E J
E C S C I V D U A P U G H W K R C J P R
X O Y E A T O M S V S D A A N N O Y E D
P K K R M S O R O F B E U C U A S P N O
V M B E Y A T F O T G M S F M O S B X H
B C T V L I S Z H D G L T K W X X Z Z D
I A W C L B R G Y T R E E Z C T G Y H J
Q R E P O W E R F U L H D A N G R Y D L
P K C M P X D G X P B W X X K R H Q K U
S U Q E J T N Z K O Q R J O Y F U L H F
D T M M M I U N S U O E G A R U O C A Y
K R R T V H S N C T G V N Y Z J H V S A
L X U O O Y I G Z R H O F O U R Z U U L
E P L N N A M G H O P E L E S S L Z I P
K N J G S G H I O B W H H O K E W L G T
L E F T O U T G N Z K B N O K K J Z T G
H H C B C M H M L O C A R R C U J Q T U

SOMETIMES IT CAN BE DIFFICULT TO FIND THE RIGHT WORDS TO DESCRIBE OUR FEELINGS.

THAT'S NORMAL!

WITH HARD WORK, PATIENCE, AND PRACTICE, TALKING ABOUT OUR FEELINGS GETS EASIER AND EASIER.

OH NO! BABY MONSTER BROKE LITTLE MONSTER'S
MOST FAVORITE THING!



LITTLE MONSTER IS VERY, VERY, VERY ANGRY!!!

WHAT MAKES YOU VERY, VERY, VERY ANGRY?



DRAW SOMETHING THAT MAKES YOU VERY VERY ANGRY!

LITTLE MONSTER IS STILL ANGRY WITH BABY MONSTER FOR
BREAKING THEIR FAVORITE THING!



WHAT ARE THREE WAYS LITTLE MONSTER CAN CALM DOWN?

1. _____

2. _____

3. _____

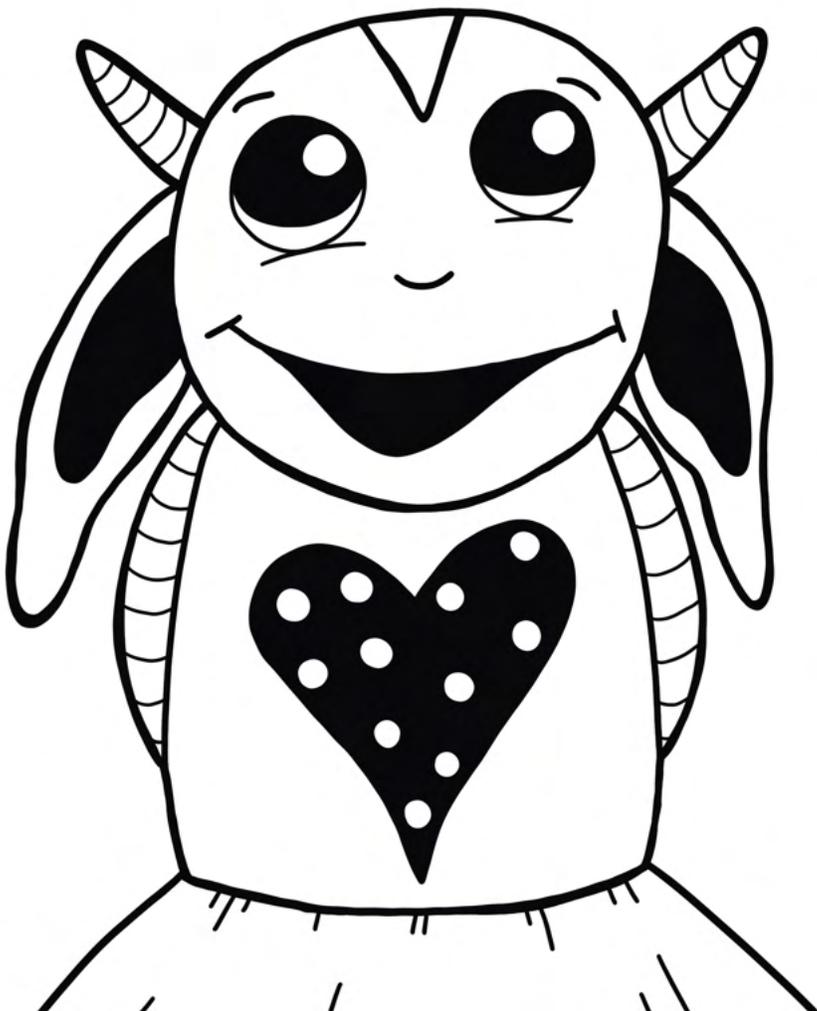


YOUR ADVICE

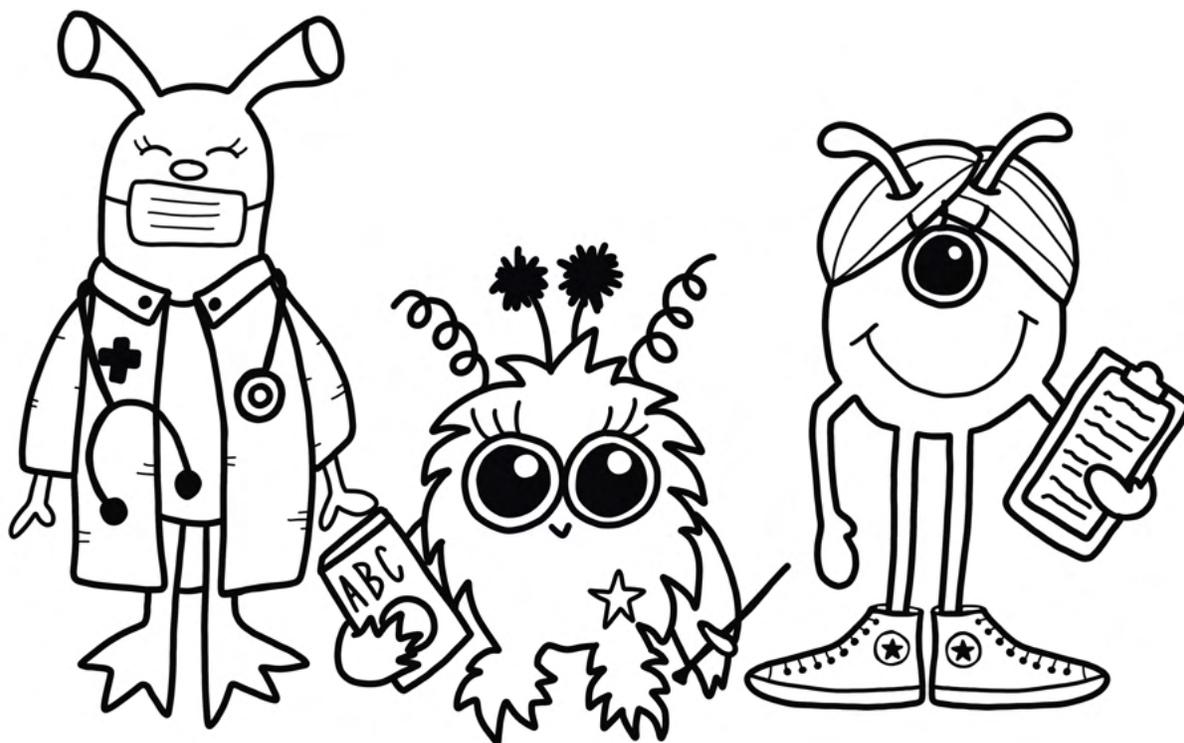
WORKED!

LITTLE MONSTER AND
BABY MONSTER ARE HAPPY
FRIENDS AGAIN!

YOU'RE SO GOOD AT GIVING ADVICE! WHO ARE SOME FRIENDS THAT YOU GO TO FOR ADVICE ? DRAW THEM HERE WITH LITTLE MONSTER!



SOMETIMES LITTLE MONSTER HAS PROBLEMS THAT ARE CONFUSING, COMPLICATED, OR PRIVATE. WHEN LITTLE MONSTER HAS THOSE KINDS OF PROBLEMS, LITTLE MONSTER TALKS TO A HELPFUL ADULT!



LITTLE MONSTER TALKS TO TEACHER MONSTER, DOCTOR MONSTER, AND COMMUNITY LEADER MONSTER WHEN THEY NEED EXTRA ADVICE. LITTLE MONSTER LIKES TALKING TO THEM BECAUSE THEY ARE GOOD LISTENERS AND MAKE LITTLE MONSTER FEEL SAFE AND STRONG!

WHO ARE **THREE ADULTS** THAT MAKE YOU FEEL **SAFE AND STRONG**?

DRAW THE ADULTS THAT MAKE YOU FEEL SAFE AND STRONG!

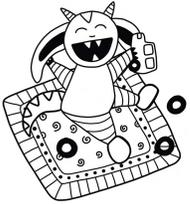
MY FEELINGS PLAN

IT'S OKAY TO FEEL ANGRY! IT'S NOT OKAY TO BE MEAN TO PEOPLE WHEN YOU FEEL ANGRY. WHAT ARE THREE THINGS THAT YOU CAN DO THE NEXT TIME YOU FEEL SO, SO, SO, ANGRY?



1. _____
2. _____
3. _____

SOMETIMES PEOPLE HURT OUR FEELINGS OR MAKE US MAD, EVEN IF IT'S NOT ON PURPOSE. WHAT ARE THREE CALM WAYS YOU CAN LET SOMEONE KNOW THAT THEY HURT YOUR FEELINGS?



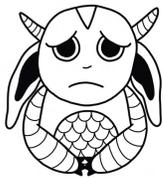
1. _____
2. _____
3. _____

BEING A GOOD FRIEND MEANS BEING A GOOD LISTENER! WHAT ARE THREE WAYS YOU CAN BE A GOOD LISTENER FOR YOUR FRIENDS AND FAMILY?

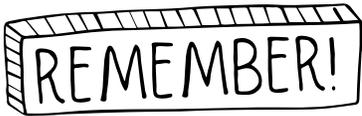


1. _____
2. _____
3. _____

IT'S OKAY TO FEEL SAD AND SCARED! WHAT ARE THREE THINGS YOU CAN DO WHEN YOU FEEL SAD AND SCARED?

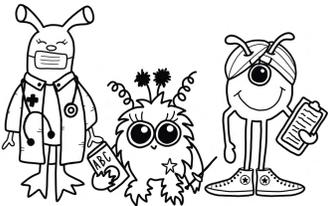


1. _____
2. _____
3. _____



YOUR COMMUNITY IS FULL OF ADULTS THAT ARE GOOD LISTENERS WHO YOU CAN TALK TO ABOUT YOUR FEELINGS!

WHO ARE THREE ADULTS THAT MAKE YOU FEEL SAFE AND STRONG?



1. _____
2. _____
3. _____

