



IT'S OK
TO BE YOU

HELLO
MY NAME IS...





Community Counseling Services

Providing personal counseling and services to South East South Dakota

DEAR VERY IMPORTANT PERSON,

Children can start to notice their differences at a young age. They may ask questions of who they are, and why they feel a certain way. They may ask adults for direction to find these answers.

It is important to recognize the role YOU can play in the life of a child because we all have feelings, but how we feel things can be very different.

It can be easy to see when children have feelings of happiness and joy. Children may also have feelings of worry or fear. It's OK to have these feelings, but if they get in the way of them being who they are, it's not OK. : CCS offers guidance to children and families through many of lives challenges to provide hope and help along the way.

CCS wants to partner with parents, teachers, and community supporters to invest in the lives of children so they can better understand their feelings and healthy ways to respond to them. Please use this booklet as a tool to connect with a child in your life so they can build skills, celebrate who they are and grow to be strong and successful.

ccs celebrates each child's unique skills and abilities, because we know that they are a key asset to strengthening our community's future.



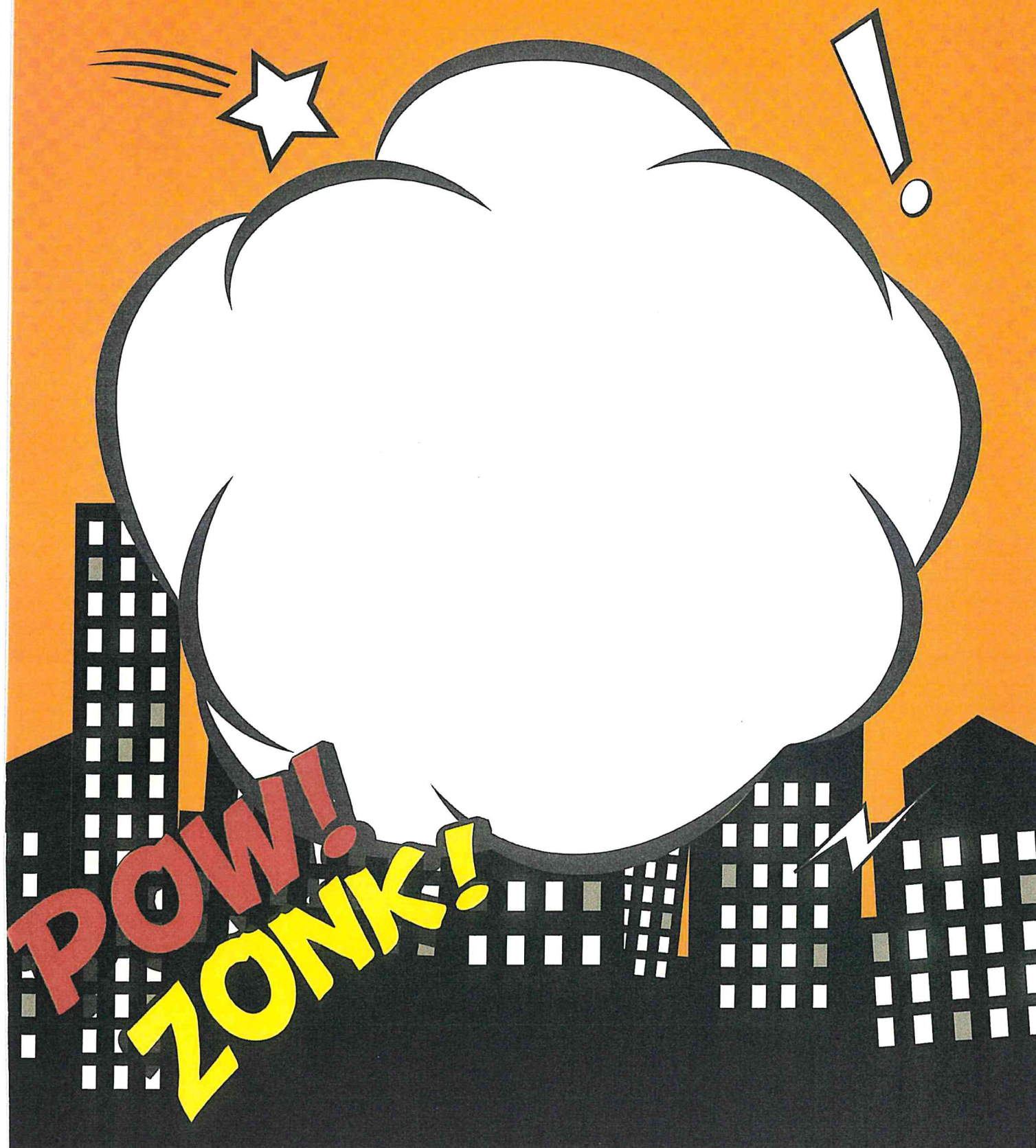
Community Counseling Services

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IT'S OK TO BE YOU

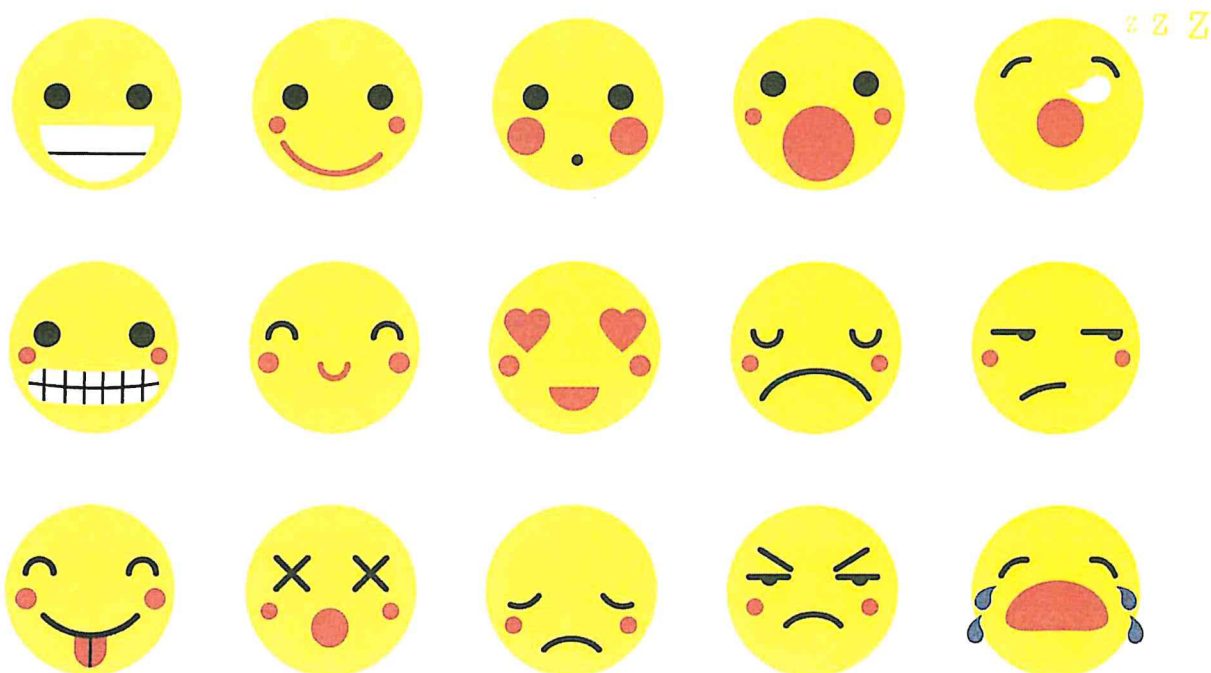
I am **STRONG**.
If I had a **SUPER** power, it would be:



It's **OK** to be proud of my strengths!
These are some of the things that I am **SUPER** at:

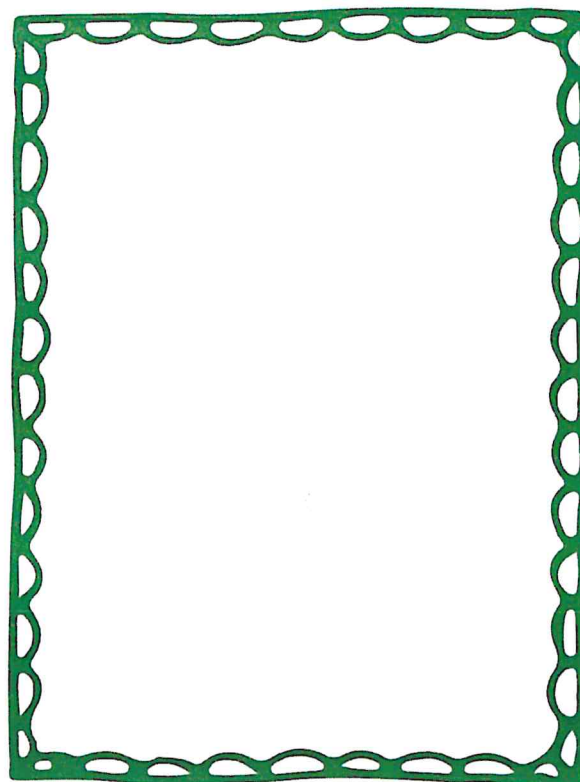
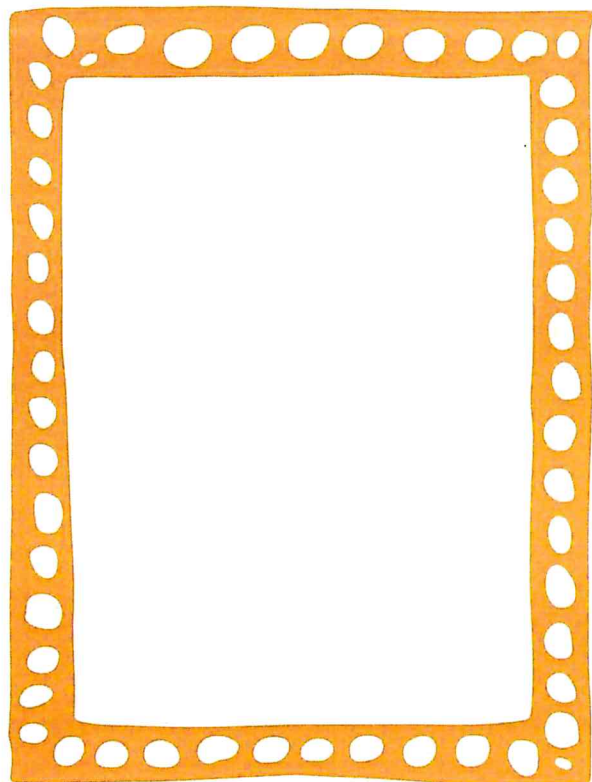
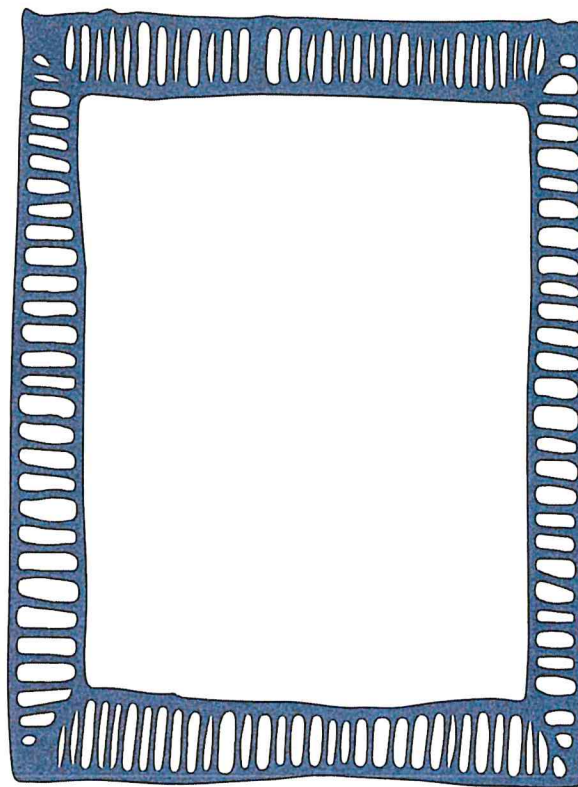
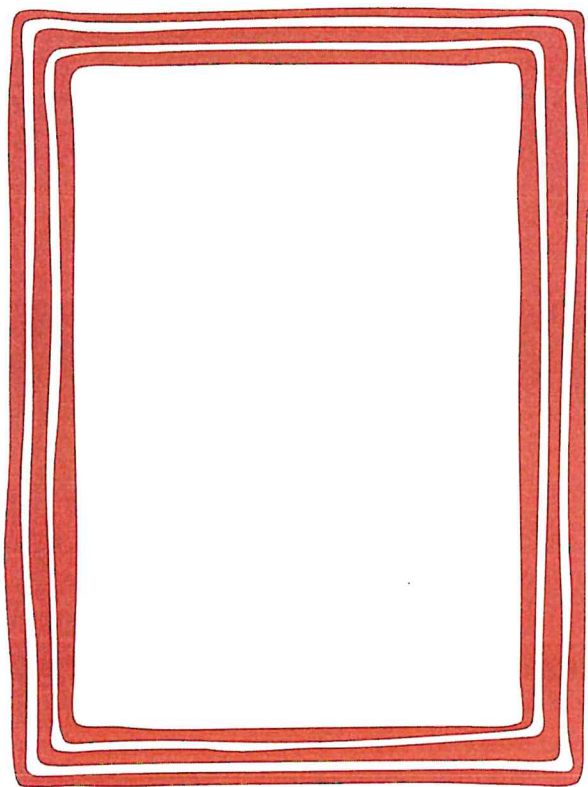


I have many different feelings, and that's **OK**.

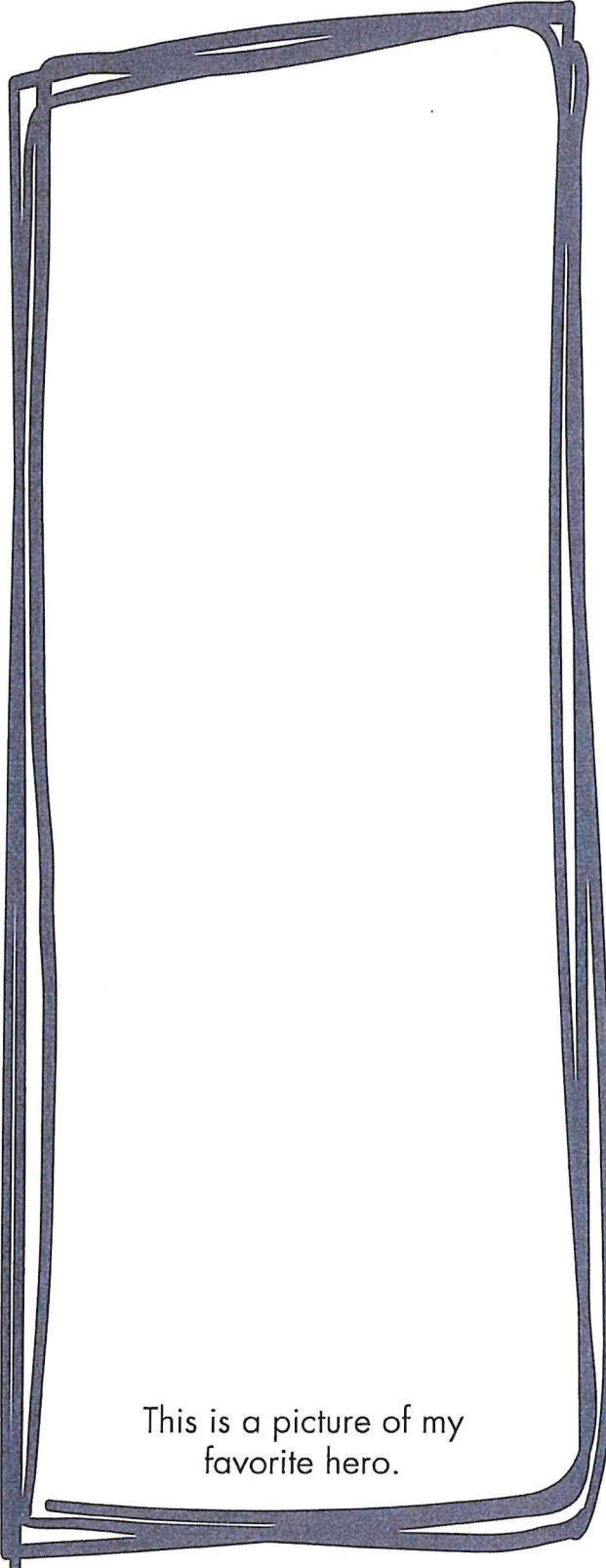


But I know that **HOW** I respond to my **FEELINGS** is the **MOST** important thing. I always try to be **KIND** and **ACCEPTING** of others and of myself. It's **OK** if I need help. I have people I can **TRUST** to help me find my way and stay **TRUE** to who I am.

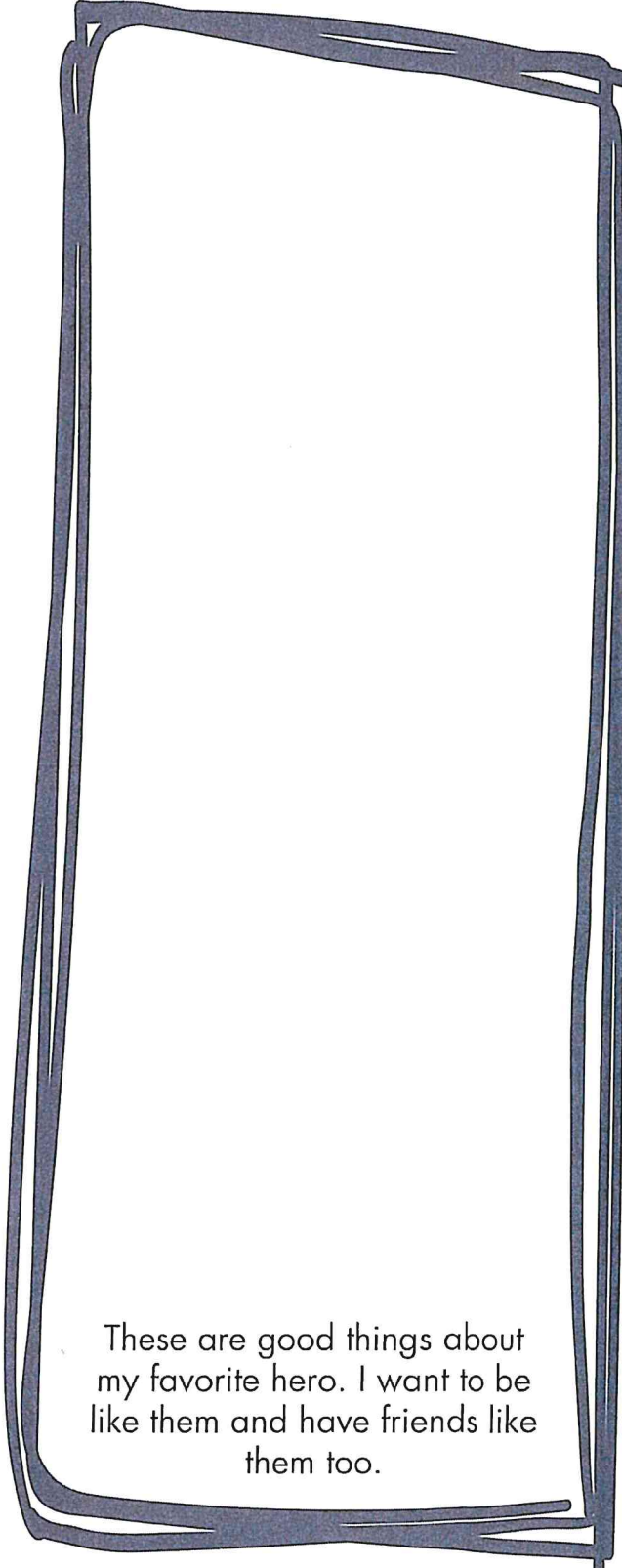
The People I Can **TRUST** Are...



Here is my favorite **HERO**.



This is a picture of my
favorite hero.



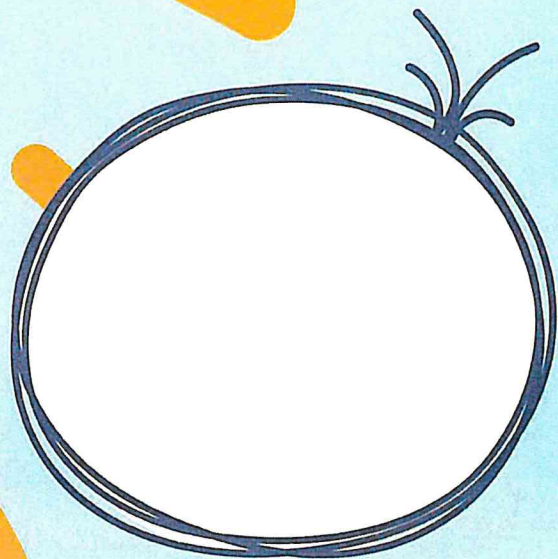
These are good things about
my favorite hero. I want to be
like them and have friends like
them too.



I feel **HAPPY** when...

This is what I **DO** when I'm **HAPPY**...

It's **OK** to feel happy.
When I'm **HAPPY**, my
face looks like this...

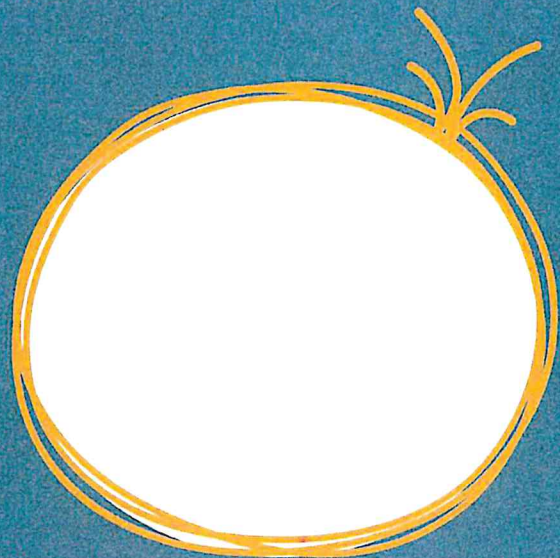


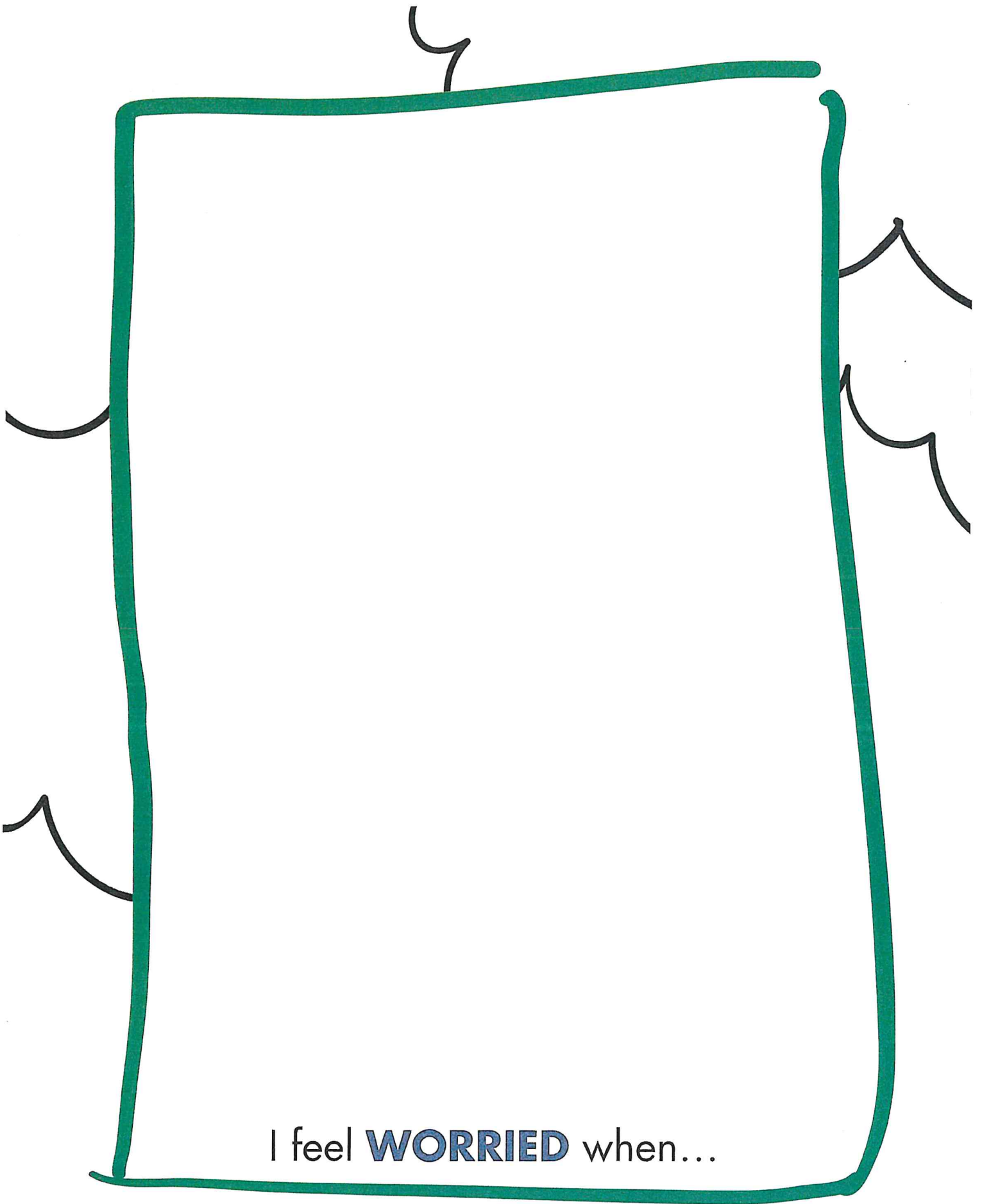


I feel SAD when...

This is what I **DO** when I'm **SAD**...

It's **OK** to feel sad. When I'm **SAD**, my face looks like this...



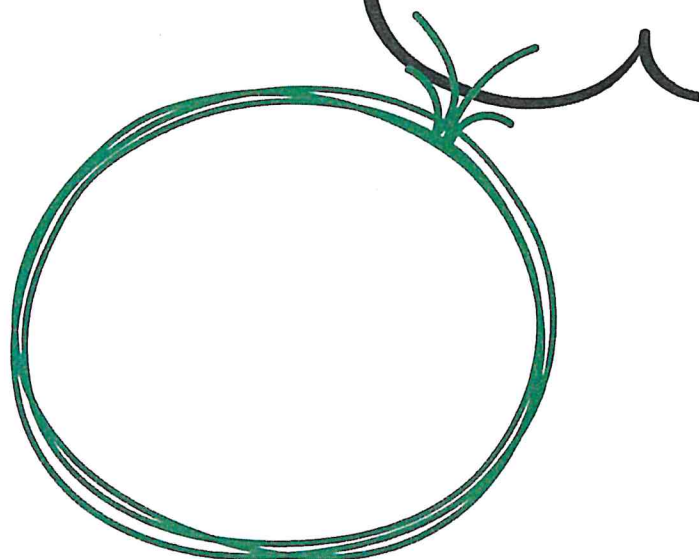


I feel **WORRIED** when...



This is what I **DO** when I'm **WORRIED**...

It's **OK** to feel worried.
When I'm **WORRIED**,
my face looks like this...

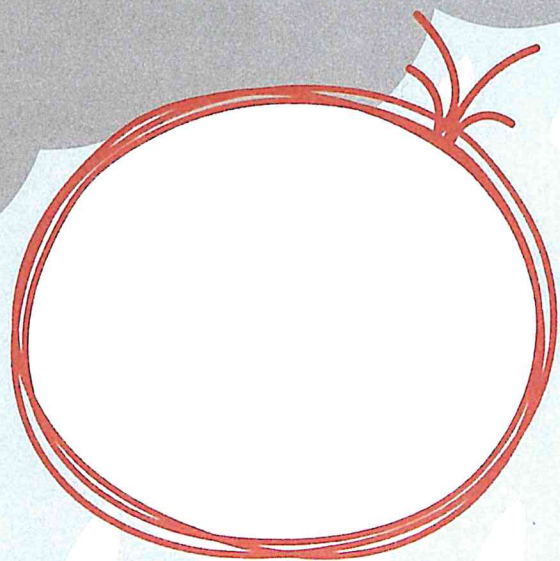




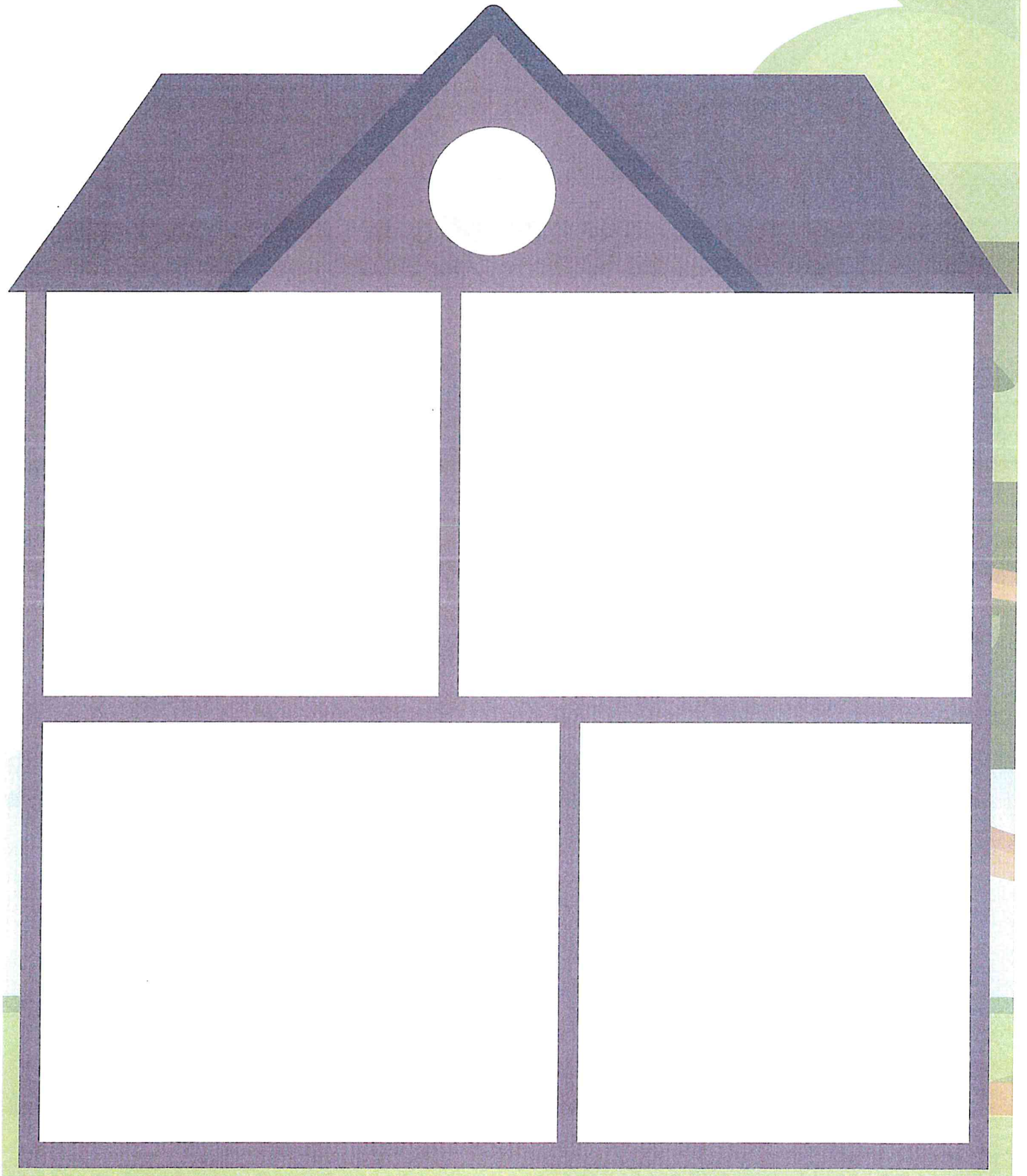
I feel **ANGRY** when...

This is what I **DO** when I'm **ANGRY**...

It's **OK** to feel worried.
When I'm **ANGRY**, my
face looks like this...



My House



This is what I **NEED**.

This is what I **WANT**.

A yellow notepad with a spiral binding at the top and horizontal lines for writing.

A yellow notepad with a spiral binding at the top and horizontal lines for writing.



IT'S OK TO BE ME.



HERE'S MORE FROM ME.

