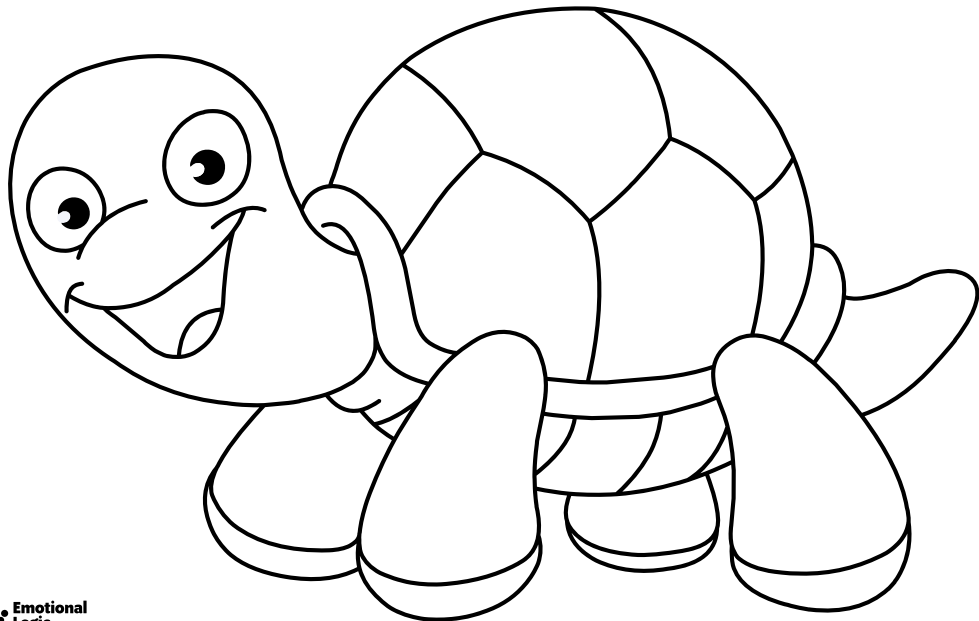


Shelly and Friends Activity Book



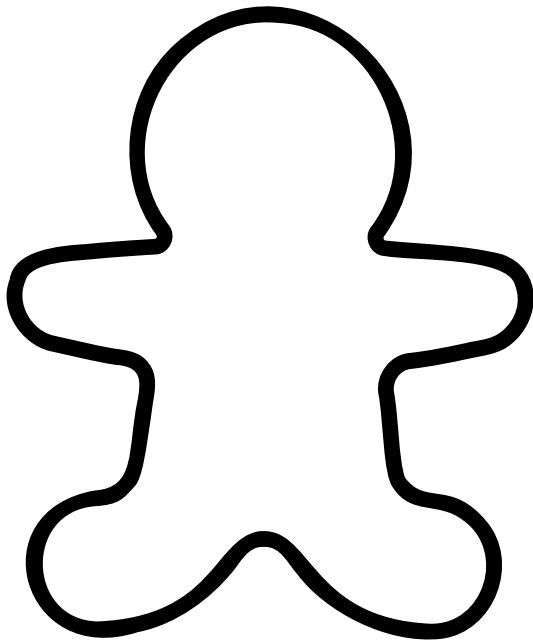
Why not colour in Shelly?
Or write your safe places on her shell!



Shock-

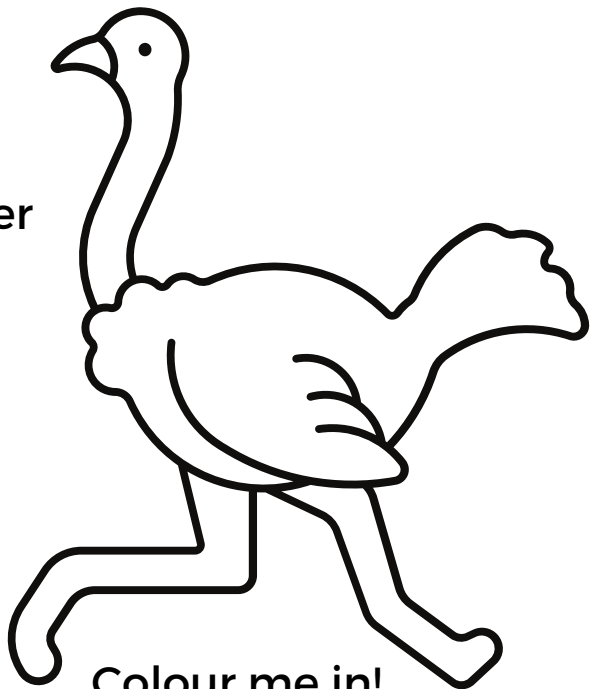
What does it feel
like for you?

Colour or write it
on your
gingerbread man!



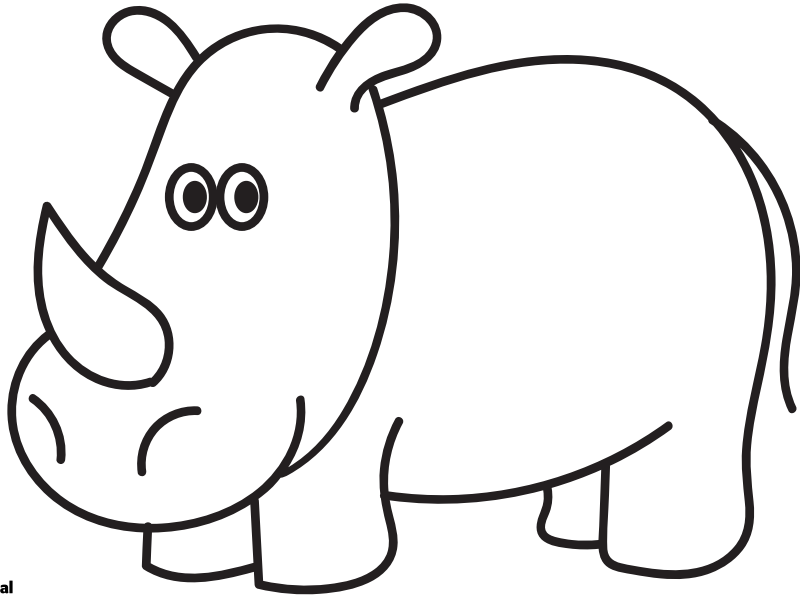
Ollie was in
Denial -

Can you remember
why it's useful?



Colour me in!

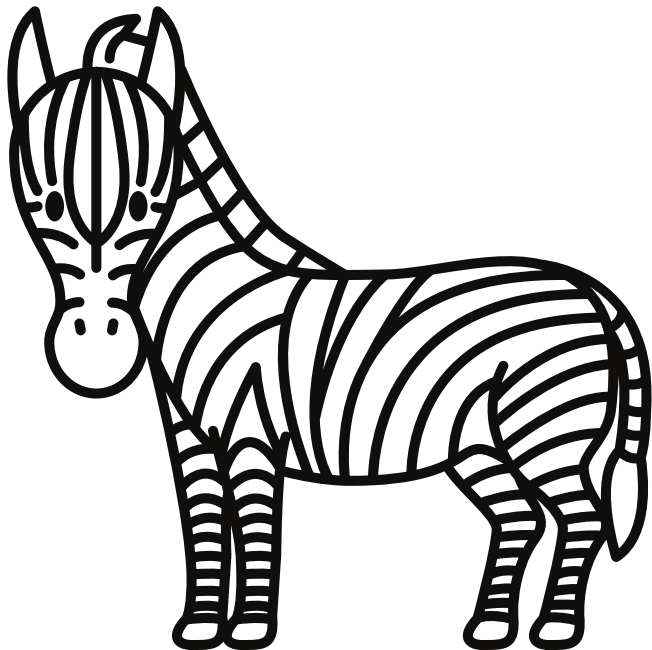
What colour is your Anger?
Or write how Anger feels for you!



Zora felt
Guilty!

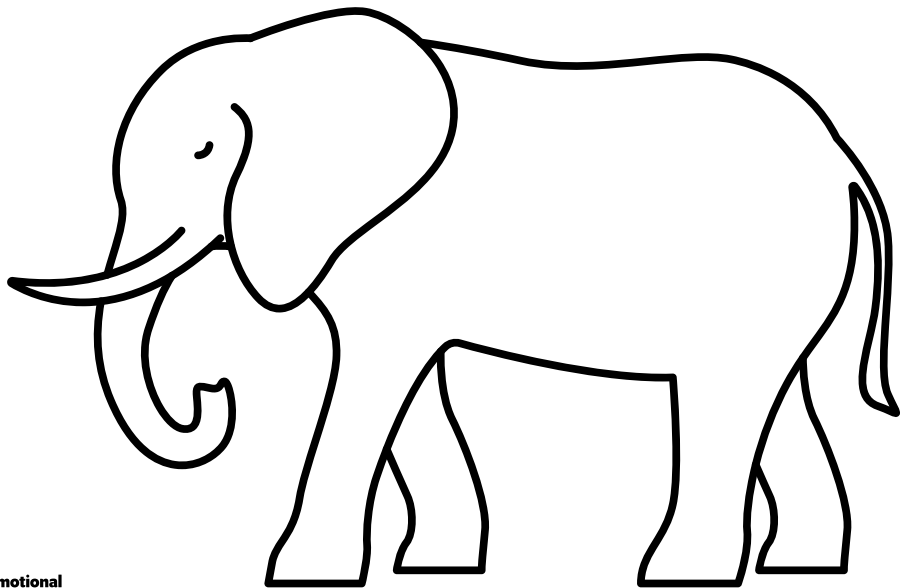
Can you think
of a time you
felt Guilty?

What did you
learn?



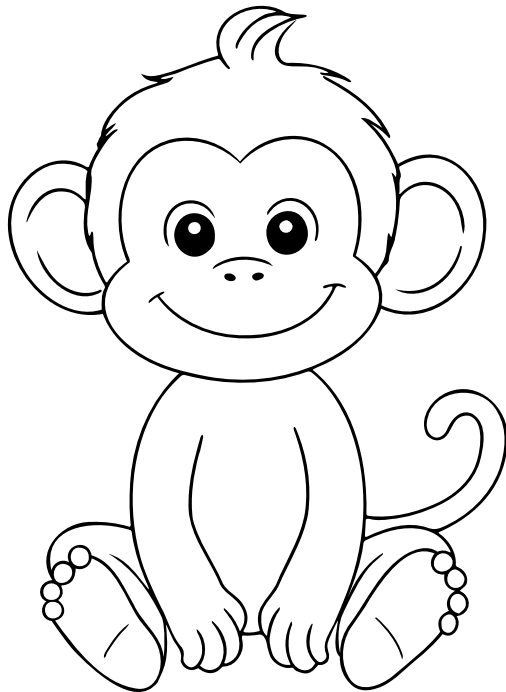
Colour me in!

Depression - write how you feel in the elephant, or maybe colour it in with your 'Depression' colours

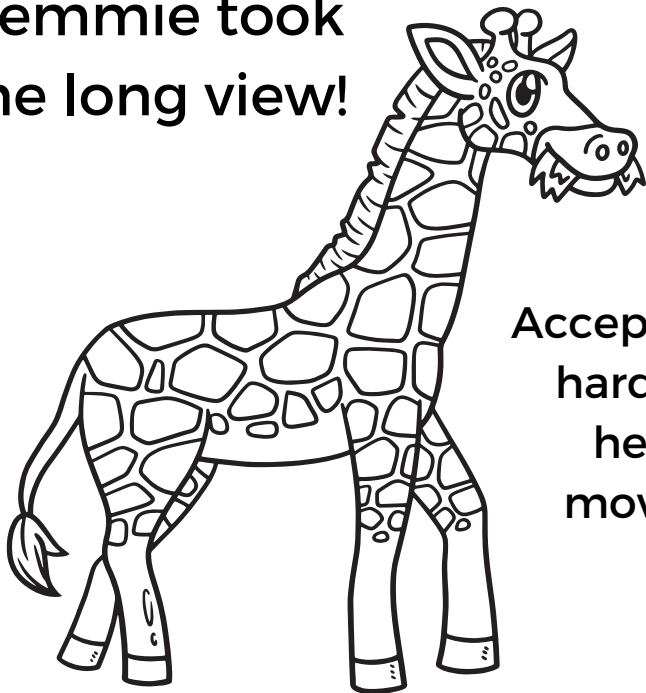


Monte the Monkey
had to find a way
to Bargain.

What are your 'good
plan' ways to recover
something you
have lost?



**Gemmie took
the long view!**



**Acceptance can be
hard but it will
help you to
move forward!**

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

SHOCK DENIAL ANGER GUILT

BARGAINING DEPRESSION ACCEPTANCE



Can you spot Shelly and her friends hiding?