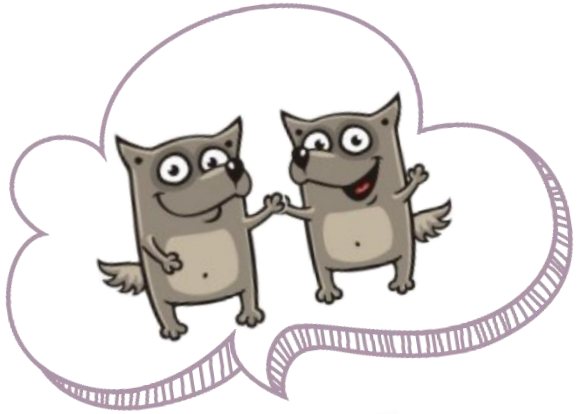
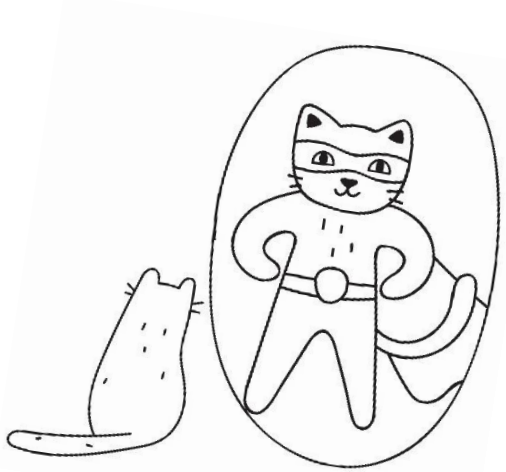
"I Can Do Hard Things"

An Activity Workbook

for Children to Overcome Challenges



Welcome to your adventure where you learn you can do hard things! Every page in this book is a new challenge to show how brave and smart you are. Let's start this journey together.



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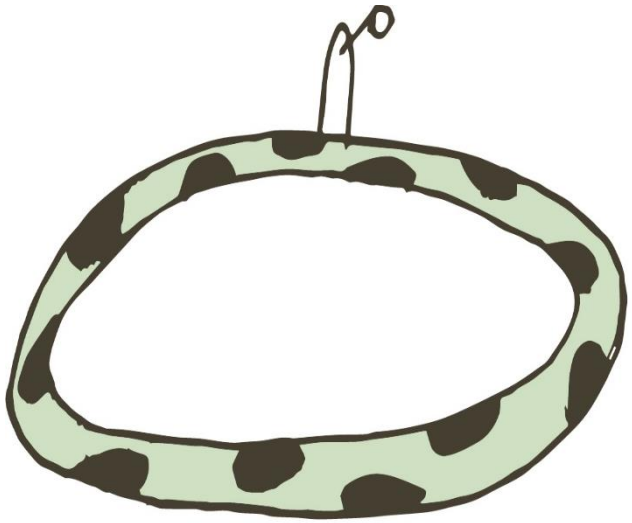
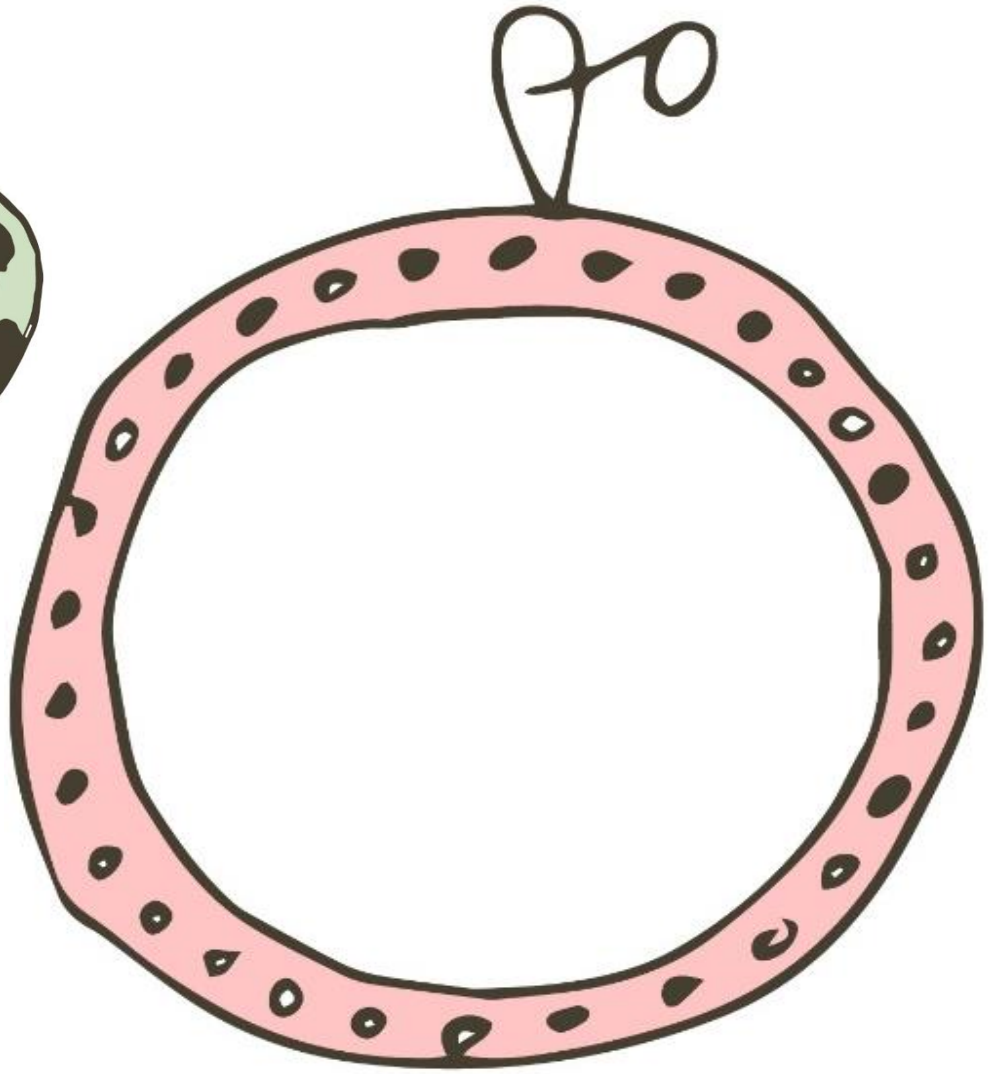
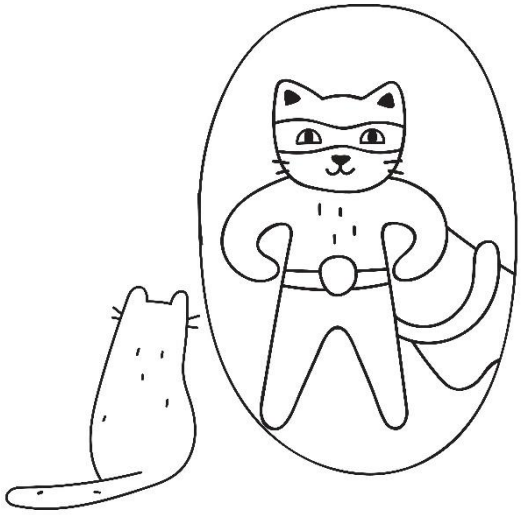
Welcome to your adventure where you learn you can do hard things! Every page in this book is a new challenge to show how brave and smart you are. Let's start this journey together.

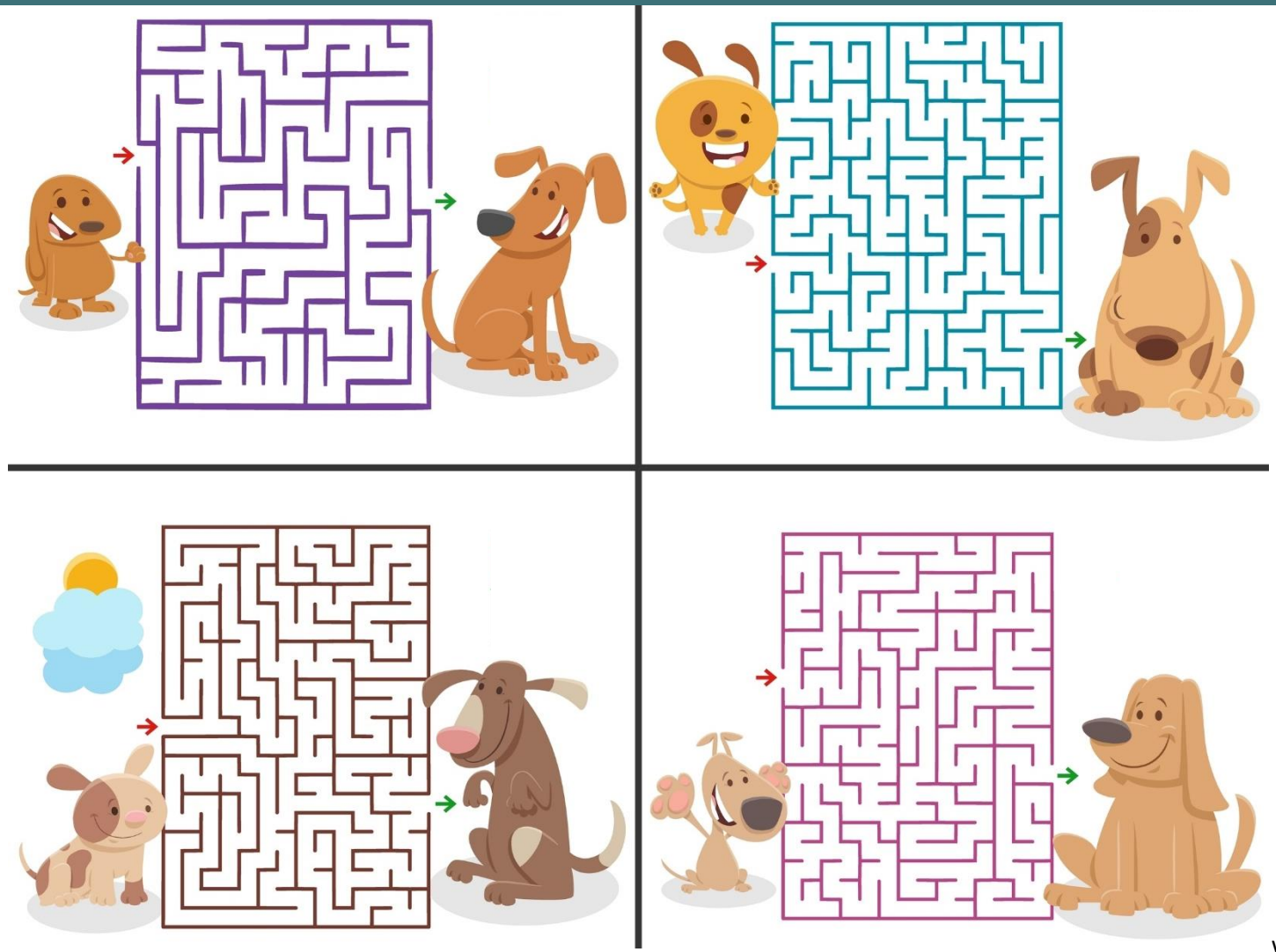
Look at this picture of a cat looking in a mirror. The cat thinks it's a superhero who can jump super high and help friends. What **amazing things about you** do you see when you look in the mirror? You can draw them or write them down.





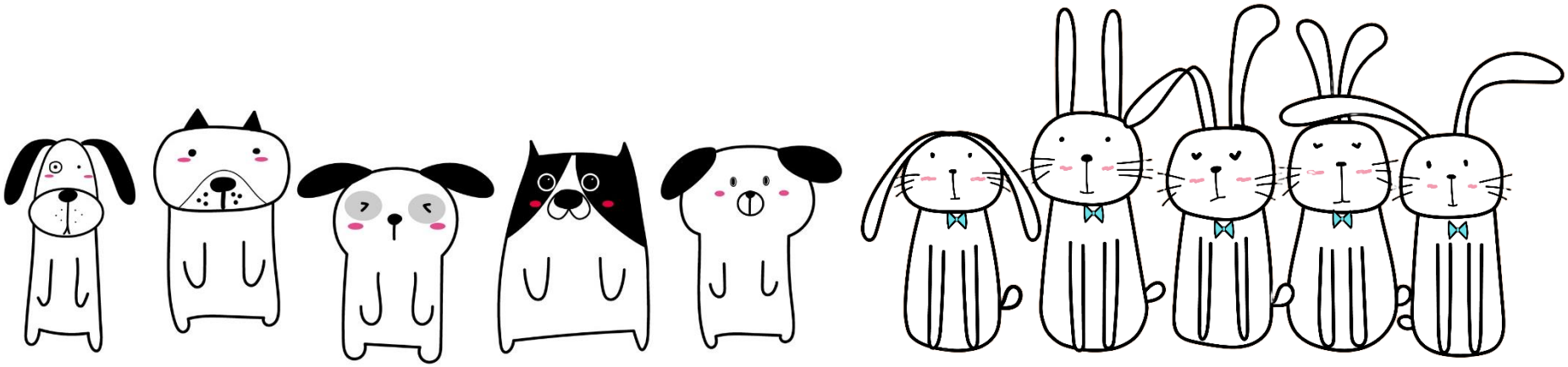


Sometimes, finding our way can be tough, just like in a maze. But guess what? You can do it! Find your way from one side of the maze to the other. Remember, it's okay to take wrong turns. **What matters is you keep trying.**



Here's a magic trick: the more you try, the better you get! On this page, try drawing a rabbit and dog. They don't have to look perfect.

The magic is in the trying.



Think of a time when you did something even though it was scary or hard.

Draw a picture of that moment.

See, you've already done hard things!

Sometimes, we feel sad, scared, or angry all in one day. Look at the pictures that show these feelings. Then, think about when you felt each of these emotions. What made you feel better or helped you when things were tough?

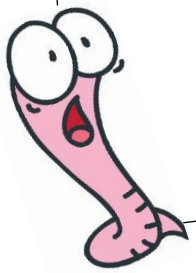
It's brave to share how we feel.

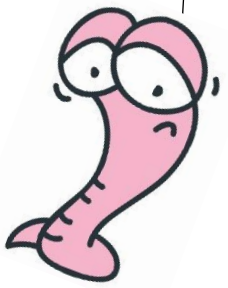
What made you feel better or helped you when you felt....?

Scared

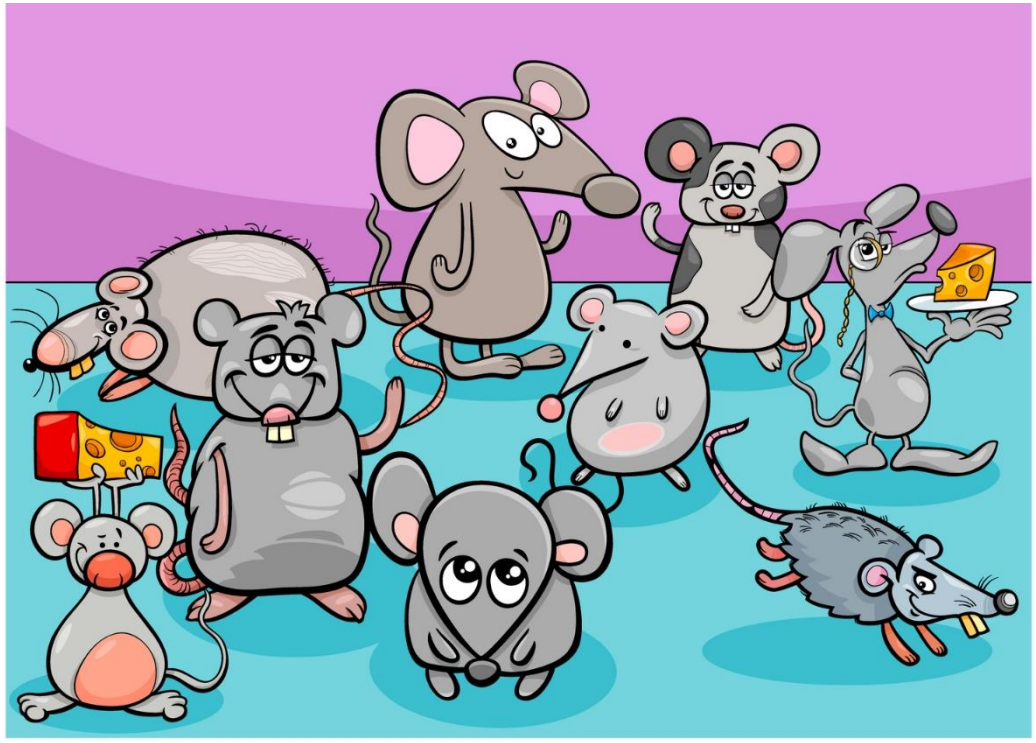
Angry

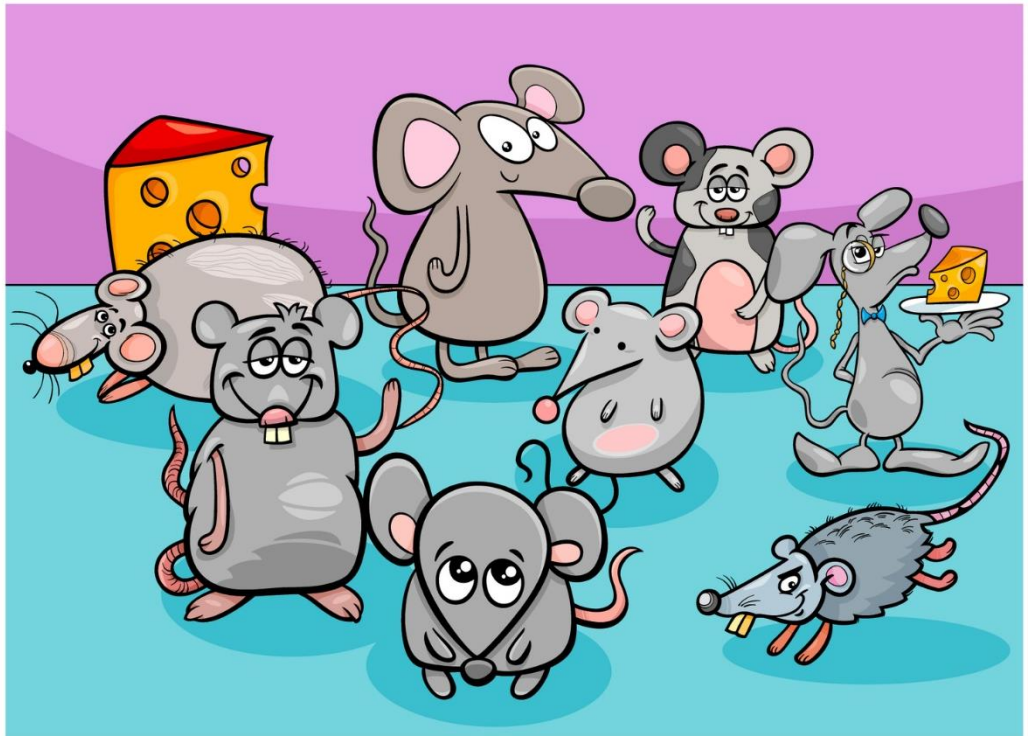
Sad



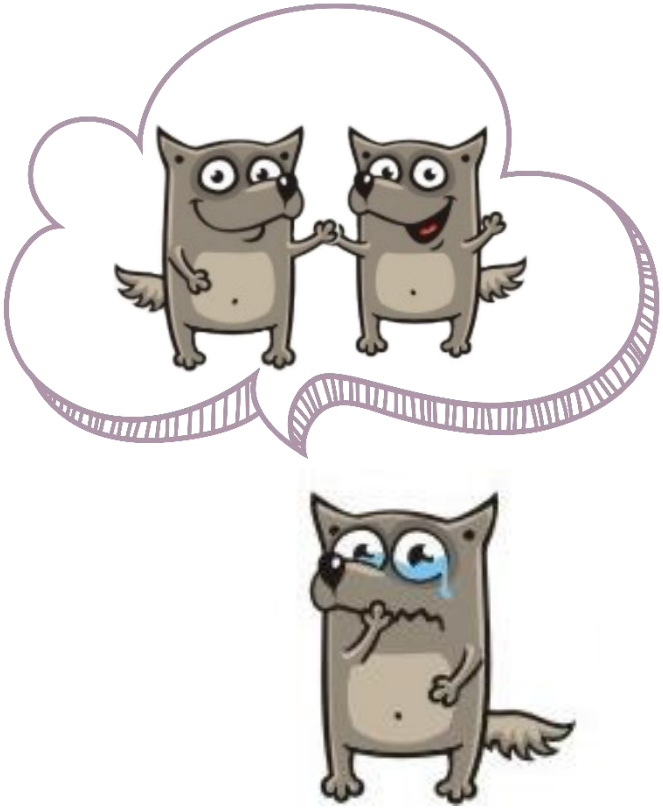


Ready for a fun detective game? Let's see if you can find 6 sneaky things that are not the same in these two pictures! It's like being a puzzle-solving hero.
And guess what? If you get a bit puzzled,
it's perfectly okay to team up with a friend or family member for help.
Teamwork makes the challenge even more exciting!

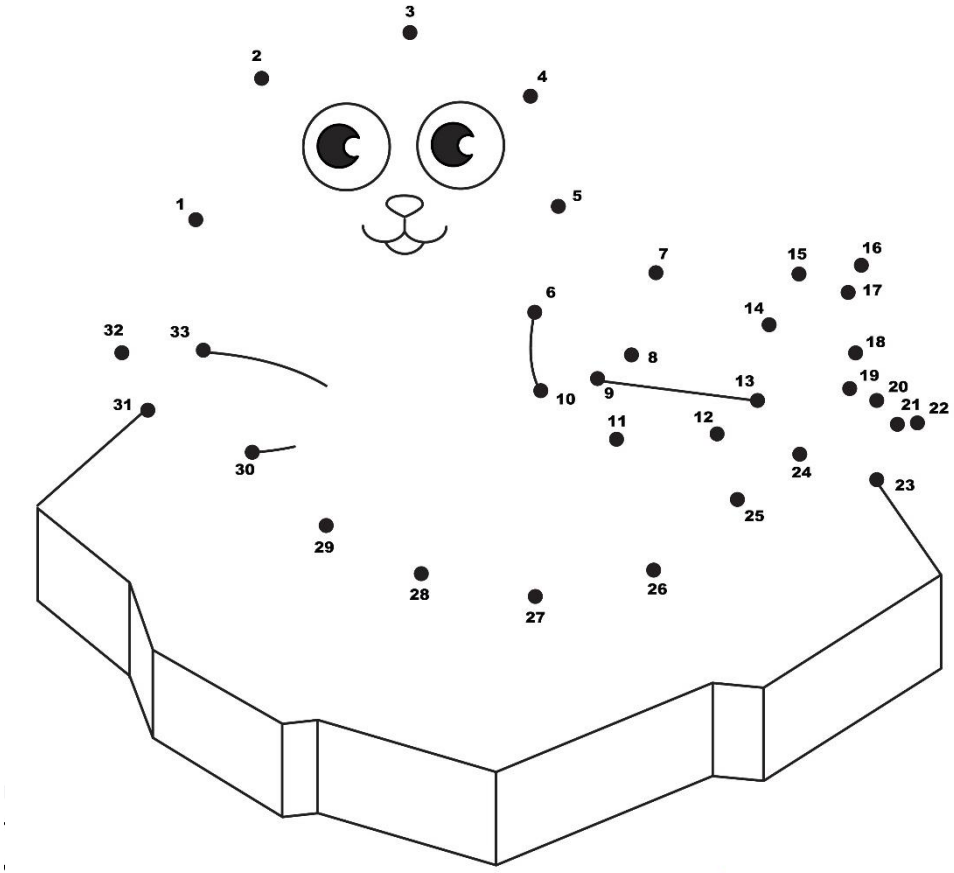




When we solve problems, we get stronger! Imagine your friend is sad because he thinks no one wants to play with him in a playground. Draw or write the ways you can help make your friend happy again. Sometimes, just being there and listening is a big help. Let us be superheroes for our friends!



Connect the dots to discover the hidden picture. Each dot is numbered, so start at number 1 and connect the dots in order. As you connect the dots, remember that just like in this activity, sometimes things may seem unclear or difficult at first, but by taking it one step at a time, you can uncover something amazing!



Look at all you've done! You've shown that you can do hard things. Remember, every day is a chance to learn and grow. What hard thing will you try next?

About "I Can Do Hard Things: An Activity Workbook for Children to Overcome Challenges" Free Printable Resource

Welcome to "I Can Do Hard Things," a journey designed to inspire courage, creativity, and resilience in children. This free pdf workbook is an interactive adventure that encourages young readers to embrace their strengths, face their fears, and navigate emotions through engaging activities. It's perfect for children looking to discover their inner superhero and learn valuable life skills.

Contents

How Parents & Professionals Can Use This Resource

The worksheets can be effectively utilised in various contexts to support children's development:

- Educational Environments: Teachers can incorporate these activities into lessons on emotional intelligence, resilience, and social skills.
- Home Learning: Parents and guardians can use this guide to discuss challenges and growth, strengthening family bonds and supporting personal development.
- Therapeutic Settings: Mental health professionals can leverage these exercises to explore emotions, fears, and coping strategies with young clients.
- Group Workshops: Ideal for group sessions focusing on teamwork, empathy, and problem-solving, allowing children to learn from and with each other.

"I Can Do Hard Things" is not just a resource; it is an engaging companion that guides children through the complexities of emotions and challenges, teaching them resilience and the joy of overcoming obstacles.

For more **free resources on emotions**, visit www.FeelingsHelpBox.com.