

Color this door knob sign, cut it out, and hang it on
Your Personal Space.

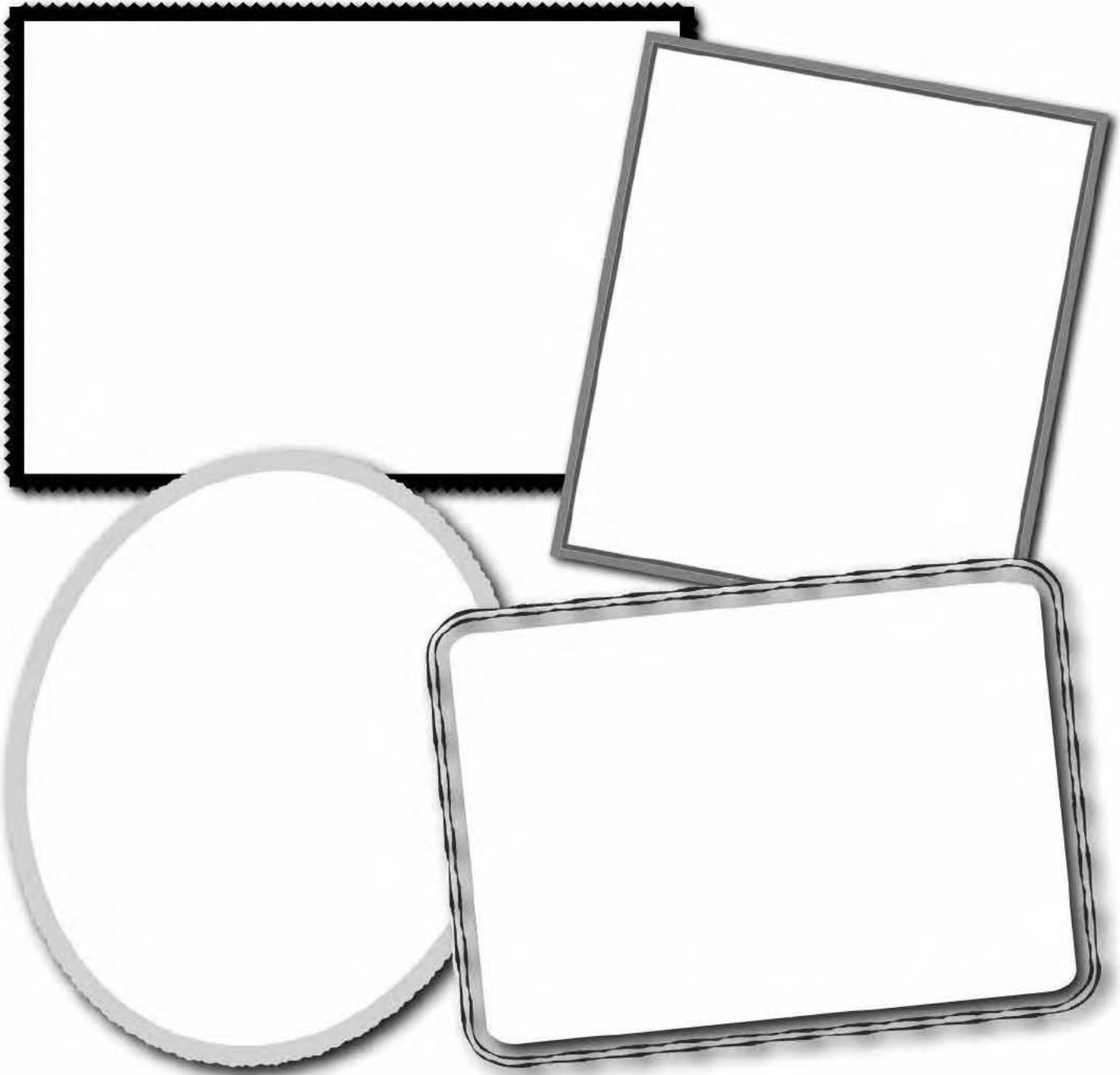


**Create a collage that reminds you of your brother or sister.
Try using pictures and words from magazines.**

Level 1



Find and glue some pictures of you with your brother or sister.



Write a letter to your brother or sister.

You can ask someone to write it for you.

Level 1



What worries you or scares you the most?





How I feel about things.

Circle pictures or draw your own.



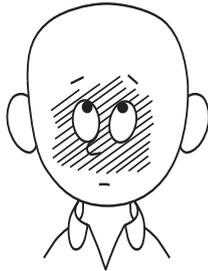
shocked



mad



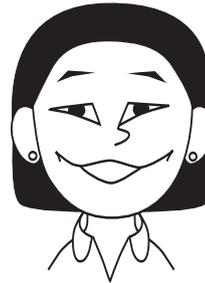
bored



embarrassed



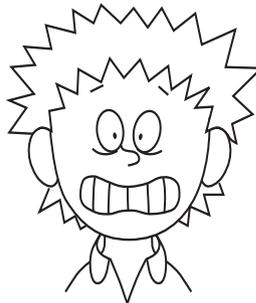
excited



happy



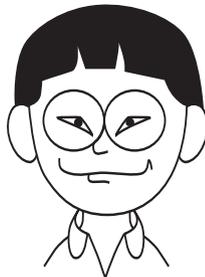
hurt



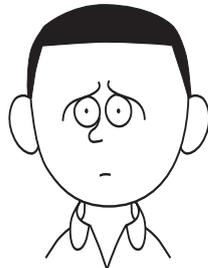
scared



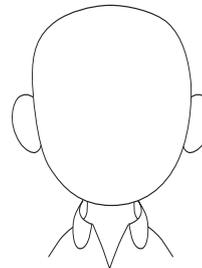
sad



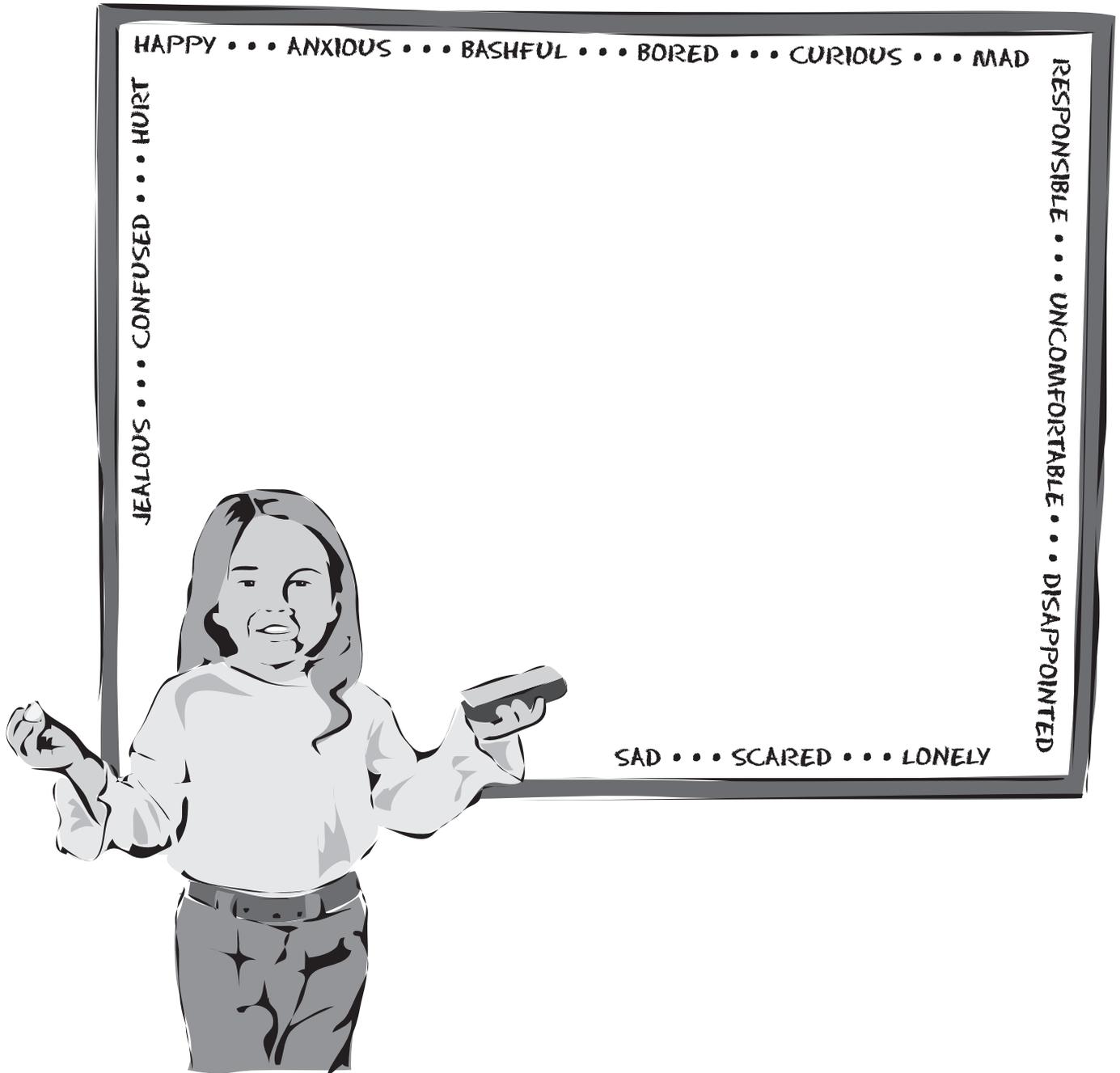
responsible



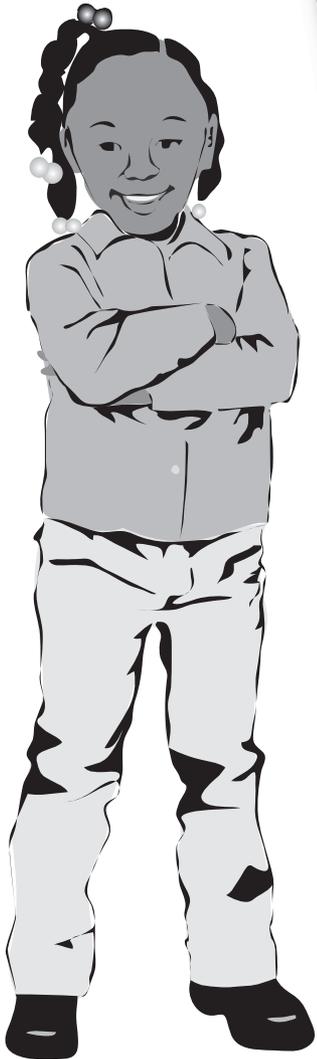
worried



Draw a picture of how you feel.



There are a few things I want to tell you.
Here is a letter to my brother or sister.

A large, tilted sheet of white paper with horizontal lines, intended for writing a letter. The paper is positioned to the right of the girl and is slightly offset from the background.

Here are some questions I would like to ask.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

I worry most about:



What helps me the most is:

Things to do instead of hurting.

Rip up old newspapers or magazines and throw them around.

Throw a Nerf ball against the wall.

Make a "MAD" face in the mirror.

Write an angry letter and tear it up into little pieces.

Make balls of the torn paper and throw them into a trash can and see how many "baskets" you can make.

Find someone to talk to.

Kick pillows piled up against the wall.

Draw a picture of what or who is making you mad and stomp on it.



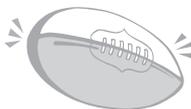
Pop plastic packing material "bubbles."

Stomp around or walk briskly until you feel better.

Punch a beanbag chair, mattress, or a pillowcase filled with old clothes or paper.

Blow into a paper bag and pop it.

Yell a karate yell and beat on a Nerf ball.



Count to 10 loudlyand slowly.

Take a shower.
(It can be a paper shower.)

1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10

Shout your anger into a tape recorder, play it back, and hear your angry voice.

Make a list of everything that makes you mad, and rank them according to how mad they make you, starting with those that make you the maddest.

Pull weeds vigorously.

Do an angry dance.

Work a wad of clay until it is softened and you feel better.



Take a bucket of water and a big brush, and "paint" the trees.



This is what scares me the most:

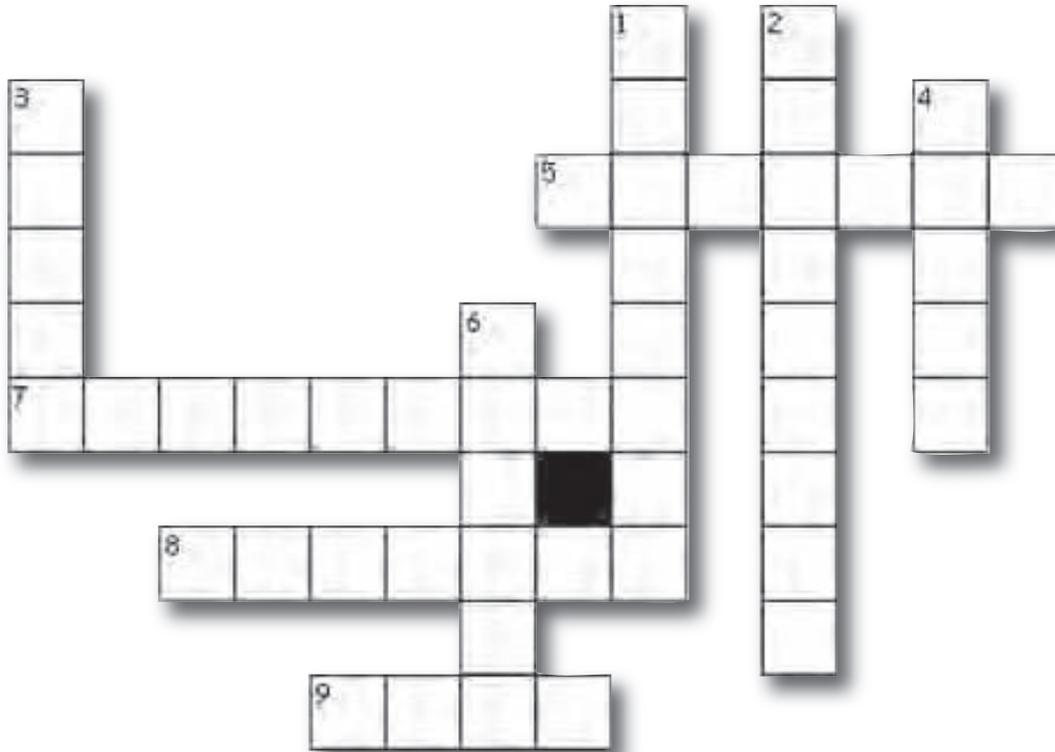
(You have a choice to write or draw.)

Sometimes I get mad, and this is what makes me maddest:

(You have a choice to write or draw.)

Crossword Puzzle 1

Crossword Puzzle 1



Word Bank

*Note: One word
will not be used*

media
polygraph
sibling
criminal
abduction
court
journal
hope
angry
kidnap

Across

5. a brother or sister
7. to carry a person off by force; to kidnap; to lure away
8. a diary you keep to write down your thoughts, feelings, and what happened that day
9. to have faith

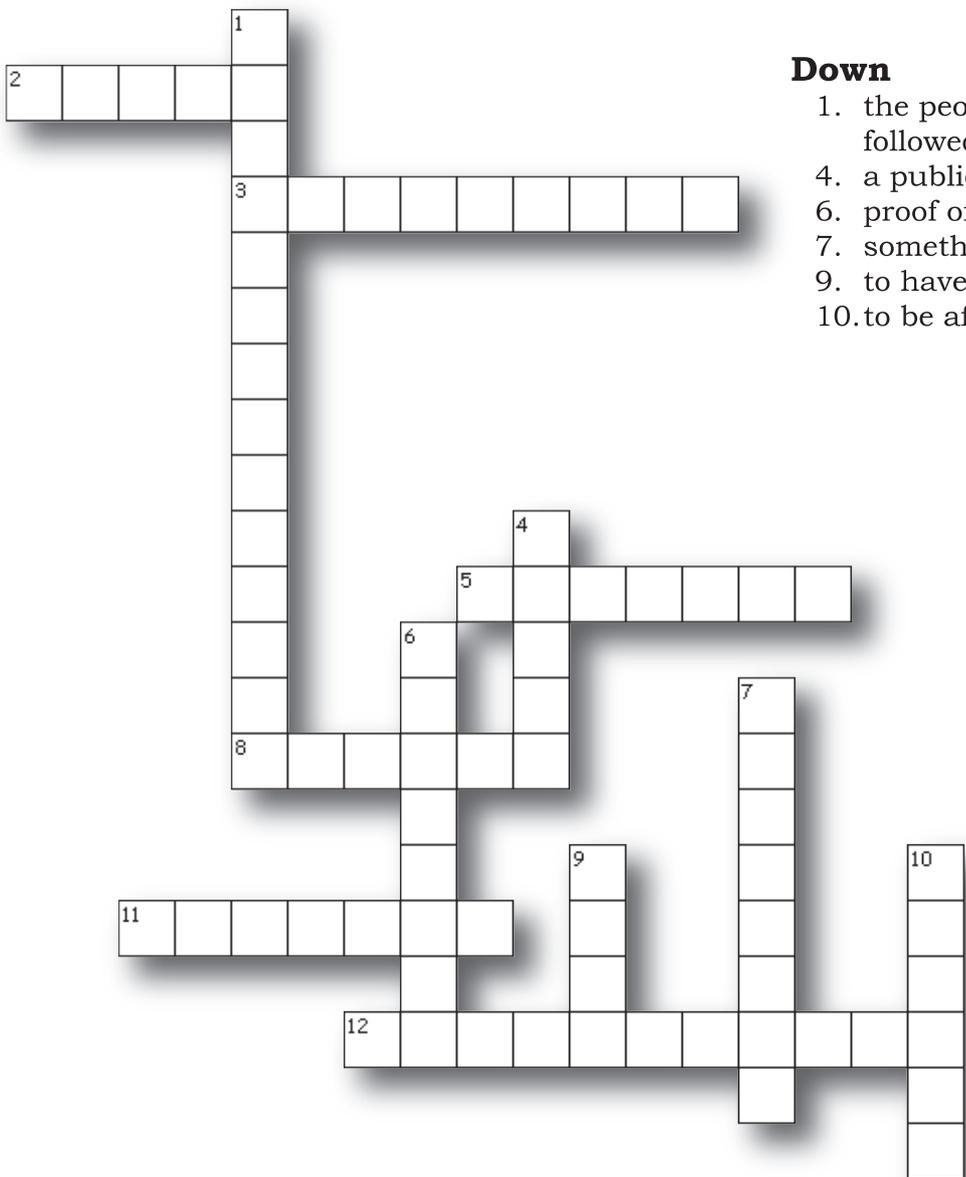
Down

1. an offender; lawbreaker; villain
2. used by law enforcement to see if someone is telling the truth
3. a form of communication, information, or entertainment; for example, newspaper, radio, TV
4. to feel mad
6. to steal or carry off by force

Crossword Puzzle 2

Across

- 2. a form of communication; for example, newspaper, radio, TV
- 3. to get rid of; to remove
- 5. a person the police **think** may have committed the crime
- 8. to flourish, succeed, blossom
- 11. a brother or sister
- 12. the person who commits the abduction; the person who is guilty



Down

- 1. the people who make sure the law gets followed; for example, the police
- 4. a public official in a court of law
- 6. proof of something
- 7. something that is not normal
- 9. to have faith
- 10. to be afraid, frightened

Word Bank
 law enforcement
 eliminate
 thrive
 suspect
 scared
 sibling
 perpetrator
 media
 judge
 hope
 evidence
 abnormal

My Favorites Are:

Color _____

Article of clothing _____

Food _____

Person or relative _____

Game _____

Animal _____

TV show _____

Vacation _____

Teacher _____

Book _____

Holiday _____

Time of day _____

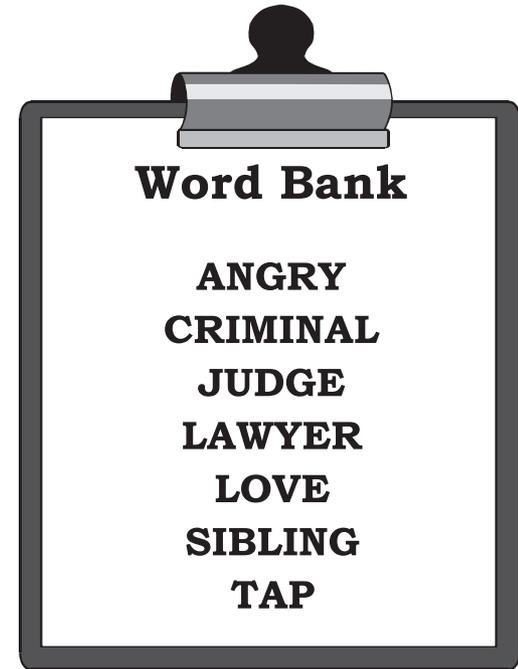
Music group _____

What I like most about my life _____



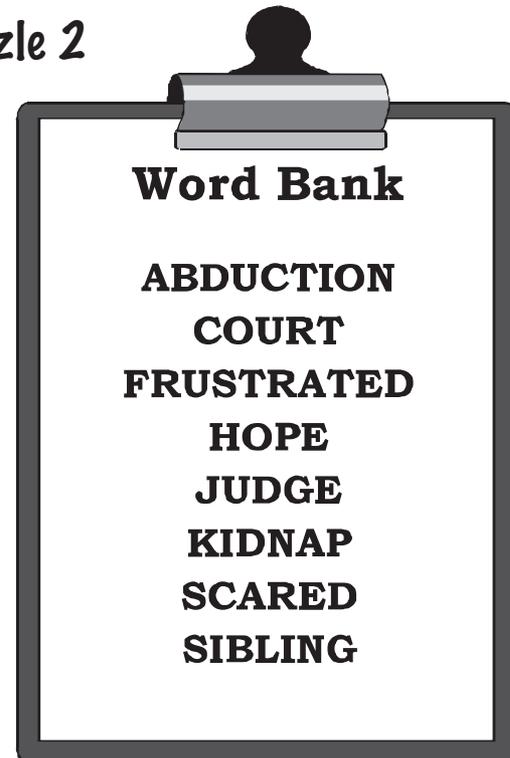
Wordsearch Puzzle 1

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



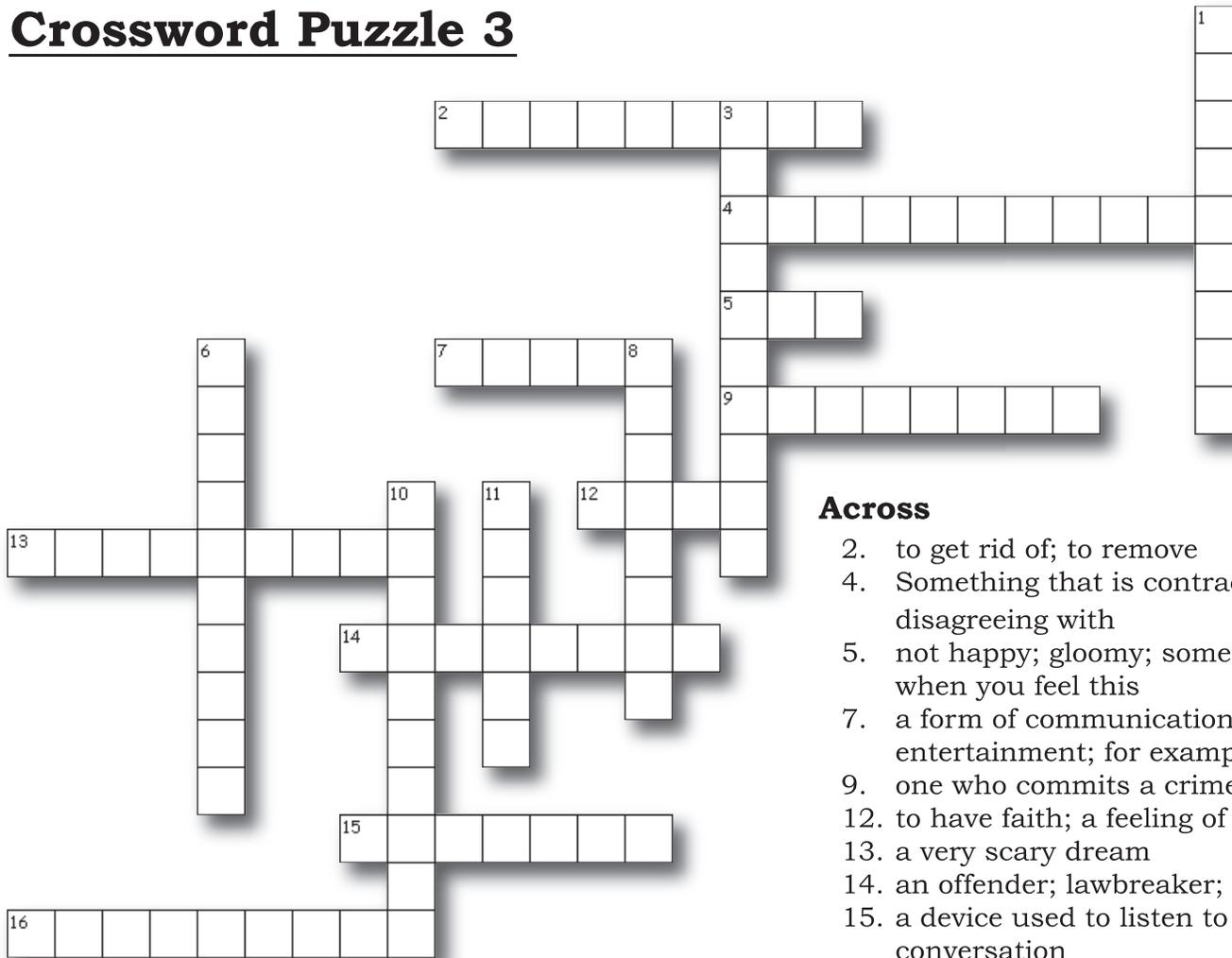
Wordsearch Puzzle 2

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



Crossword Puzzle 3

Crossword Puzzle 3



Word Bank	
wiretap	hope
polygraph	eliminate
sad	criminal
offender	depression
media	conflicting
nightmare	abduction
normal	abnormal
frustrated	accustomed

Across

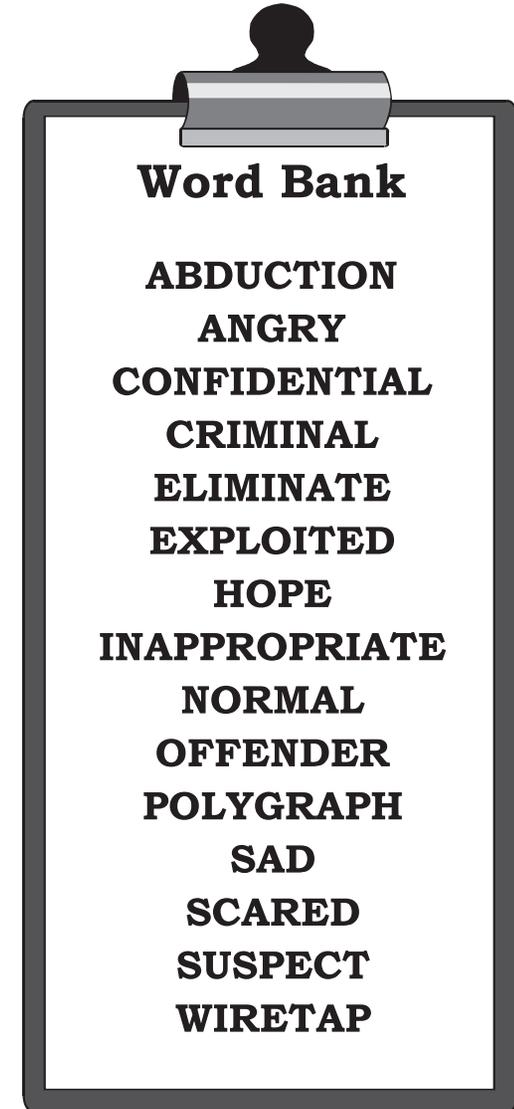
2. to get rid of; to remove
4. Something that is contradictory or at odds; disagreeing with
5. not happy; gloomy; sometimes you might cry when you feel this
7. a form of communication, information, or entertainment; for example, newspaper, radio, TV
9. one who commits a crime; a criminal
12. to have faith; a feeling of optimism
13. a very scary dream
14. an offender; lawbreaker; villain; perpetrator
15. a device used to listen to or record a phone conversation
16. to carry a person off by force; to kidnap; to lure away

Down

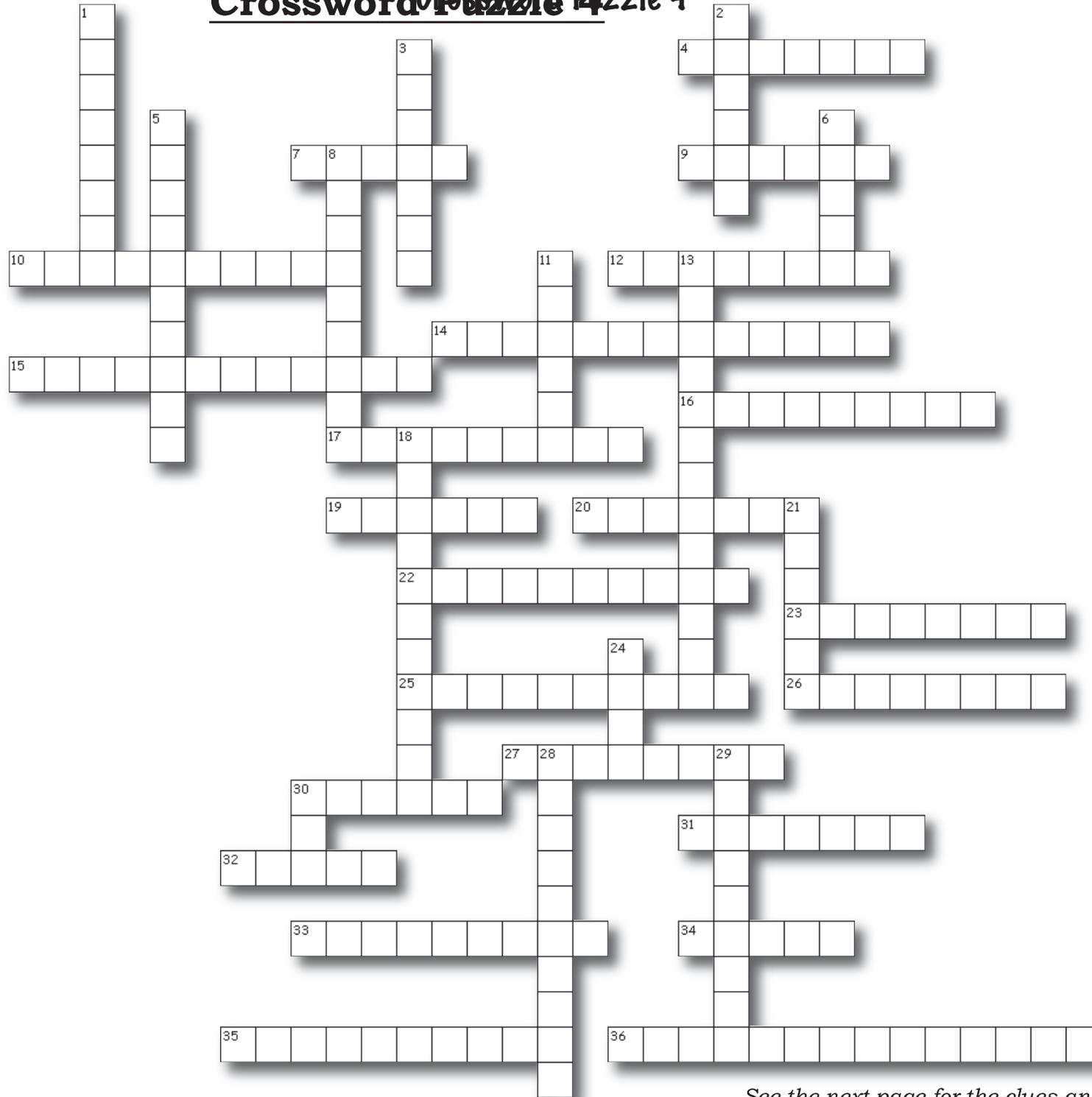
1. a lie detector instrument; it is used by law enforcement to see if someone is telling the truth
3. something that is familiar; something that you are used to
6. a feeling of not being able to accomplish what you set out to do; to be stumped and possibly aggravated
8. unusual or unexpected; something that is not normal
10. the state of being sad; people suffering from depression may feel sad, have no energy, and feel as if they have no value
11. regular or usual

Wordsearch Puzzle 1

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



Crossword Puzzle 4



See the next page for the clues and word bank

Across

4. someone your family chooses to be the spokesperson when talking to the media or law enforcement
7. a place where a judge or jury decides if people are following the laws
9. an attorney; counselor; a person who studied the law and can provide legal representation
10. exposed or open to being easily hurt, physically or emotionally
12. an offender; lawbreaker; villain; perpetrator
14. environmentally friendly; recyclable
15. something that is secret or private
16. a lie detector instrument used by law enforcement to see if someone is telling the truth
17. used unfairly; took advantage of
19. regular or usual
20. a person the police think may have committed the crime
22. to be sympathetic, concerned, compassionate, or understanding
23. tending to intrude, as in invading privacy
25. something that is familiar; something that you are used to
26. proof of something; confirmation of facts; to verify
27. one who commits a crime; a criminal
30. to be afraid, frightened
31. a brother or sister
32. a public official who decides cases brought before a court of law
33. a very scary dream

34. to feel mad, annoyed, irate
35. to benefit from or to get the most out of
36. the people who make sure the law gets followed; for example, the police, detectives, sheriffs, and the FBI

Down

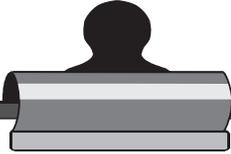
1. unusual or unexpected; something that is not normal
2. to steal or carry off by force
3. a diary you keep to write down your thoughts, feelings, and what happened that day
5. the state of being sad; people suffering may feel sad, have no energy, and feel as if they have no value
6. a form of communication, information, or entertainment; for example, newspaper, radio, television
8. to be overly preoccupied; something you can't stop thinking about or doing
11. to carry a person off by force; to kidnap; to lure away
13. not suitable or fitting; an incorrect action
18. the person who commits the abduction; the person who is guilty
21. to flourish, succeed, blossom
24. to have faith, a feeling of optimism
28. a feeling of not being able to accomplish what you set out to do; to be stumped and possibly aggravated
29. to get rid of; to remove
30. not happy; gloomy; sometimes you might cry when you feel this

Word Bank

abduct
abnormal
accustomed
angry
biodegradable
capitalize
confidential
court
criminal
depression
eliminate
empathetic
evidence
exploited
frustrated
hope
inappropriate
invasive
journal
judge
kidnap
law enforcement
lawyer
liaison
media
nightmare
normal
obsessive
offender
perpetrator
polygraph
sad
scared
sibling
suspect
thrive
vulnerable

Wordsearch Puzzle 5

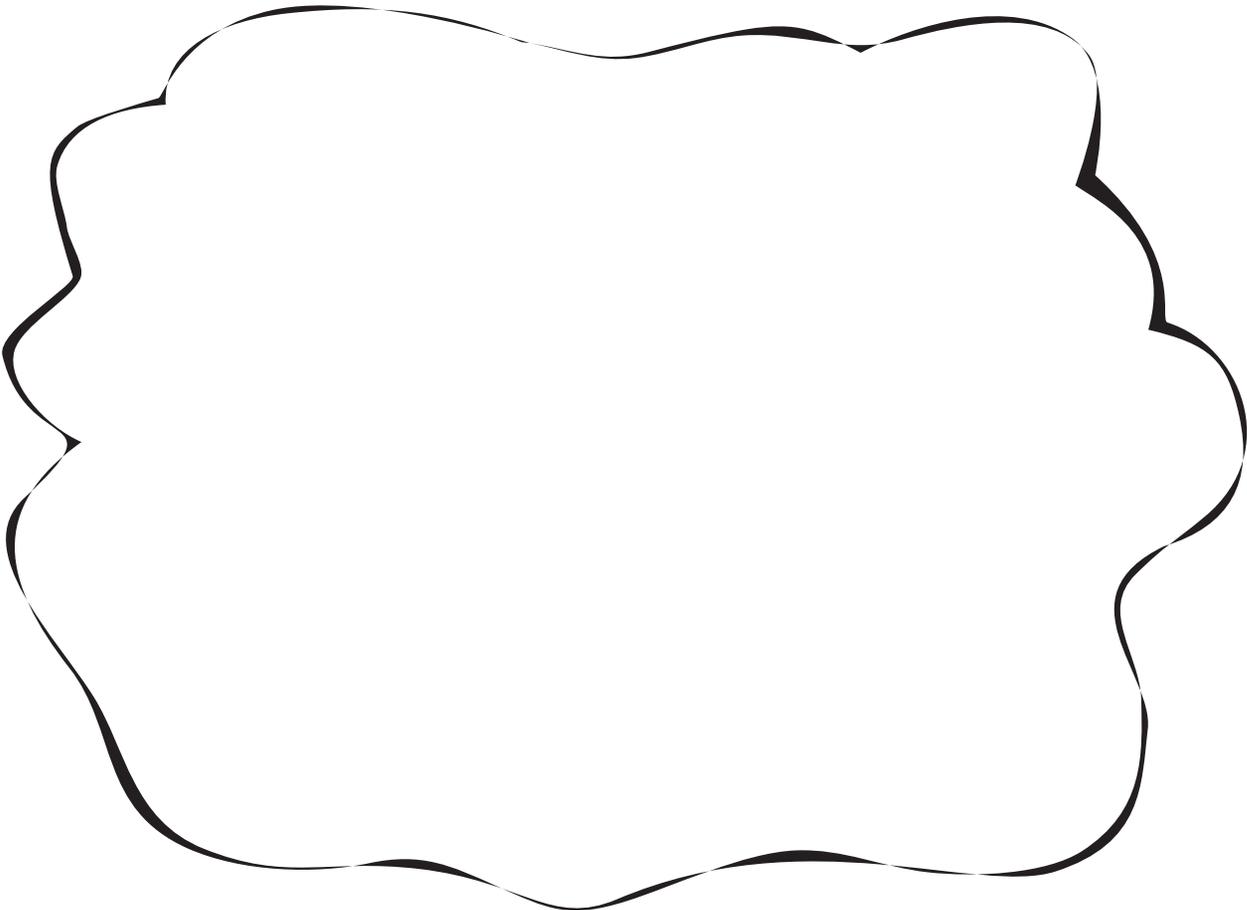
X X U W L B E D H G R M V C F Z N R N E
 R L D N O I T C U D B A R H U P V E K N
 L T A R X T A C A R S L J G T H L O R J
 R R B N Y V I I I P R B K L D U C W N Y
 W G O O R I R G S T I S D V M G Y G S H
 S M X H E U P E U O E T T L O N T G E K
 A W G S D V O O R D N H A I J H G E O U
 U P D K N E R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



Word Bank

- | | |
|----------------------|------------------------|
| ABDUCTION | INVASIVE |
| ANGRY | JOURNAL |
| ATTORNEY | JURY |
| CAPITALIZE | KIDNAP |
| CHARGED | LAW ENFORCEMENT |
| CONFIDENTIAL | LIAISON |
| COURT | NORMAL |
| DEPRESSION | OFFENDER |
| ELIMINATE | PERPETRATOR |
| EMPATHETIC | POLYGRAPH |
| EXPLOITED | SAD |
| FRUSTRATED | SUSPECT |
| HOPE | THRIVE |
| INAPPROPRIATE | VULNERABLE |

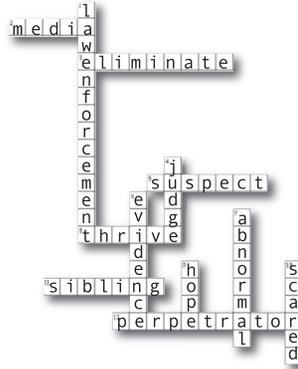
What advice do you have for other kids on how to cope with this?



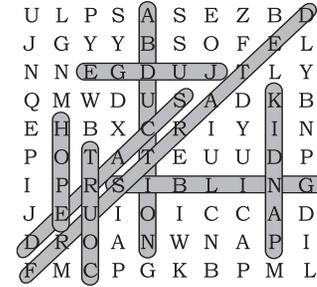
Crossword Puzzle 1



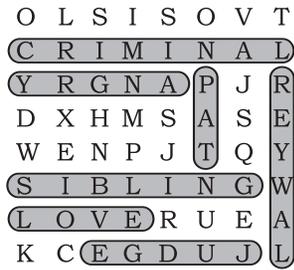
Crossword Puzzle 2



Wordsearch Puzzle 1



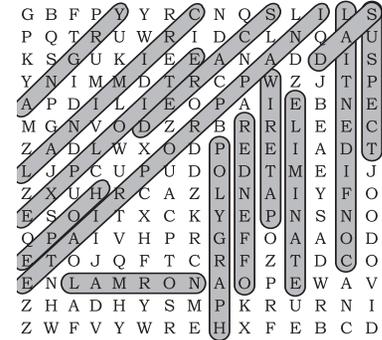
Wordsearch Puzzle 2



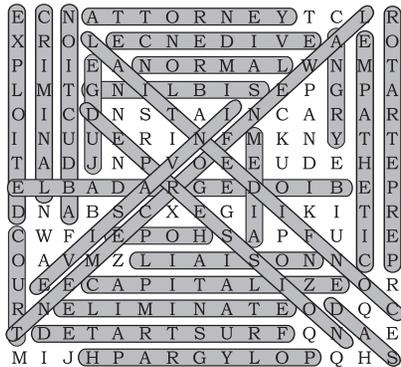
Crossword Puzzle 3



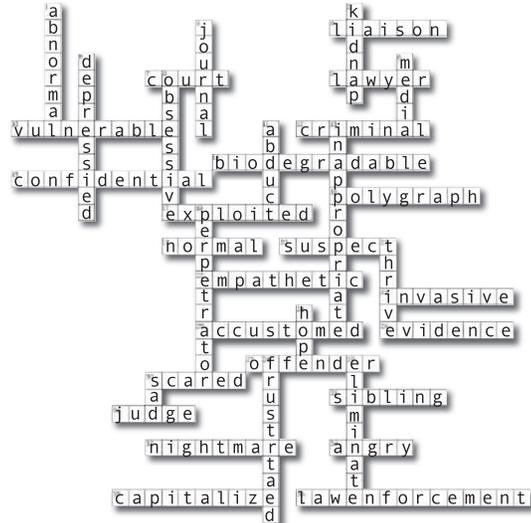
Wordsearch Puzzle 3



Wordsearch Puzzle 4



Crossword Puzzle 4



Wordsearch Puzzle 5

