THINGS THAT MAKE YOU FEEL GOOD

A FUN ACTIVITY BOOK

TODD PARR

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INSTRUCTIONS

1. FOLLOW THESE INSTRUCTIONS.

2. HAVE FUN! DON'T BE AFRAID TO WRITE, DRAW, OR ADD PAGES TO THIS BOOK.

3. SHARE ALL YOUR FEELINGS IN THIS BOOK. YOU CAN PAINT, DRAW, COLOR, GLUE, PASTE, ETC. ETC.

JUST HAVE FUN!
Draw your face here.

This book belongs to:

Write your name here.

Dog holding a book labeled "Good Book."
DRAW THINGS THAT LIVE IN THE OCEAN
DRAW A DOG ON THIS PAGE.
PUT ANYTHING YOU WANT ON THIS PAGE.
DRAW SOME THINGS TO TAKE WITH YOU ON A TRIP.
USE THIS PAGE FOR SILLY THINGS.
GLUE OR TAPE SOME PICTURES HERE.
USE THIS PAGE TO PUT STICKERS ON.
DON'T USE THIS PAGE!

JUST KIDDING! PUT ANYTHING YOU WANT HERE.
WRITE DOWN ALL YOUR FAVORITE THINGS HERE.

COLOR. ____________

FOOD. ____________

ANIMAL. ____________

THING TO DO. ____________

FAVORITE PLACE TO VISIT. ____________

FAVORITE THING ABOUT YOURSELF. ____________
DRAW A PICTURE OF YOUR FAMILY.
COLOR THESE BUGS.
COLOR IN THIS XL PAIR OF UNDERWEAR.
DRAW A BIRD AND A BUTTERFLY.
DRAW A PICTURE OF HOW YOU ARE FEELING RIGHT NOW.

WHY DO YOU FEEL LIKE THIS?
It doesn't matter what color you are, where you are from or who's in your family. Everyone needs to be loved. Always love yourself and BE WHO YOU ARE!
The End. Love, Todd