

# Damon's Adventure Toolkit(TM)

Printable activities for feelings, courage, kindness, sibling connection, and big dreams.

## Damon Says

You do not have to be perfect. You just have to keep trying.

## How to Use This Toolkit

Welcome to Damon's Adventure Toolkit(TM). These printable pages help kids name feelings, collect coping tools, practice kindness, stay connected, and dream forward. Use one page at a time. No pressure. No perfect answers. Just brave steps.

## For Kids

Pick a page. Try the activity. Color, draw, write, circle, or talk it out with a safe grown-up.

## For Grown-Ups

Let the child lead. Ask gentle questions. Praise effort. If big feelings show up, slow down and offer support.

# Feelings Detective Pack

Every feeling leaves clues. Let's listen with kindness.

<b>Happy</b>	<b>Sad</b>
<b>Angry</b>	<b>Scared</b>
<b>Numb</b>	<b>Overwhelmed</b>
<b>Confused</b>	<b>Loved</b>
<b>Lonely</b>	<b>Hopeful</b>

## Today I feel...

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## I think I feel this way because...

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## Body Clues

<b>Head</b>	<b>Chest</b>
<b>Stomach</b>	<b>Hands</b>
<b>Legs</b>	<b>Whole body</b>

Throat	I am not sure
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**My body clue map: Draw or write where you feel it.**

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# Feelings Detective Report

Write or draw what you noticed today.

## What happened before the feeling showed up?

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## What did my body do?

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## What did I need?

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## One calm tool I can try is...

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# My Calm Down Plan

When feelings get big, a plan can help.

<b>Box breathing</b>	<b>5-4-3-2-1 grounding</b>
<b>Squeeze and release</b>	<b>Safe place visualization</b>
<b>Drink water</b>	<b>Draw it out</b>
<b>Move my body</b>	<b>Talk to a safe adult</b>

**When I feel overwhelmed, I can...**

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**A safe adult I can tell is...**

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**Something that helps my body calm down is...**

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# Kindness Quest Pack

Tiny kindness still counts. Choose one mission today.

Mission	What I Did	Done
Smile Mission		[ ]
Helper Mission		[ ]
Thank You Mission		[ ]
Brave Words Mission		[ ]
Memory Mission		[ ]
Sibling Mission		[ ]

**The quest I picked was...**

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**How did it feel to try it?**

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**What kindness can I try next?**

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# 7-Day Kindness Challenge

Try one kind thing each day. Color or check each star when done.

Day	Kindness Mission	Done
1	Say one kind thing to yourself	[ ]
2	Help with one small thing	[ ]
3	Thank someone	[ ]
4	Share or take turns	[ ]
5	Draw or write something for someone	[ ]
6	Think of someone you miss and send love	[ ]
7	Celebrate one brave thing you did	[ ]

# Dream Big Zone Pack

You do not have to know your whole future today. One dream is enough to begin.

## Something I want to learn...

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## Somewhere I want to go...

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## Someone I want to become...

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## Something I want to create...

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## A job I might like someday...

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## My next brave step is...

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# Damon's Backpack Pack

These are the tools Damon carries for tough days. Add your own.

## Safe People Card: People I can go to when I need help...

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## Courage Card: A brave sentence I can say to myself...

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## Happy Memory Card: A memory that makes me smile...

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## Dream Card: Something I hope to do someday...

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## Emergency Calm Card: When things feel too big, I can...

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# Still My Sibling Connection Pack

No matter where you sleep or what house you live in, connection still matters.

## Before a visit, I am excited about...

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## Before a visit, I am nervous about...

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## One thing I want my sibling to know is...

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## Memory Passport

Date	What we did
Funniest moment	Something I want to remember
Next visit idea	Today I felt

Send a drawing	Write a letter
Make a playlist	Share a memory
Watch the same movie	Create a secret handshake

**Record a voice note**

**Make a future bucket list**



# Damon Badge Pack

Cut these out or color them in when you complete activities.

<b>FEELINGS DETECTIVE</b>	<b>COURAGE BUILDER</b>	<b>KINDNESS CHAMPION</b>
<b>SIBLING SUPERSTAR</b>	<b>HEART HERO</b>	<b>DREAM BUILDER</b>

## Grown-up note

These activities support emotional language, resilience, connection, and hope. They are not therapy or emergency support. If a child shares that they are unsafe, hurting, or need immediate help, please contact a trusted adult or appropriate local emergency support.