A guide for parents & caregivers

What this bonus is: a set of creative coloring scenes with optional conversation starters.

What it is not: an EMDR treatment, diagnostic screening or trauma-processing exercise.

Invite, do not require. A child can choose a scene, color silently or stop whenever they wish.

Ask neutral questions such as “Which detail do you like?” if they welcome conversation.

Avoid interpreting color choice, expressions or drawings as signs of a particular condition.

Never use a coloring page to elicit details of distressing or traumatic experiences.

For younger children, offer larger crayons and help with page turning or reading.

For children who prefer less sensory input, print in black and white and skip the screen.

If a child becomes upset, pause and offer calm, ordinary support rather than pushing on.

Consult a qualified clinician for individualized concerns; call emergency services if needed.

Creative themes inside the book

1. Feelings & Weather - picturing different moods without assigning “correct” meanings.
2. Calm & Comfort - ordinary cozy settings, personal choices and imaginative places.
3. Connection & Support - listening, boundaries, help and everyday relationships.
4. Creative Adventures - imagination, friendship, animals and hopeful stories.

Printing: US Letter, actual size, single-sided. No account or email required.

Use alongside the workbook if helpful; there is no need to complete all 24 pages.