

# My Feeling Better Workbook



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There are many ways to help children who are sad and depressed, and you might not even realize how much you can do to make your child feel better. By working through this book, guiding your child through just one activity a day, you can empower him or her with the skills necessary to overcome sadness and low self-esteem and live an active, joyful life. The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again. Studies have shown that teaching these social and emotional skills to children at the onset of their depression can prevent it from becoming more serious in adolescence and beyond. Once children learn these skills, they will not only feel better, but also become more self-confident, capable, and willing to enjoy the best of what life has to offer.

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