SHEET 01 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

NAME THE FEELING 02 / 52

Feeling DJ

GIVE IT A GO

Make three sounds for three feelings: a tap, hum, or rhythm. Have someone guess. Tell them if they got close.

YOUR WAY

Point to three objects that match the feelings instead.

PROGRESS IS PROGRESS LLC AGES 8-12

NAME THE FEELING 01 / 52

Weather Report

GIVE IT A GO

Pick weather for a made-up character: sunny, stormy, foggy, or mixed. Tell or sketch what happened to make that weather show up.

YOUR WAY

Try your own weather, or keep it pretend.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 02 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

NAME THE FEELING 04 / 52

Body Detective

GIVE IT A GO

Draw a person. Add a clue where a feeling might show up: tight hands, warm cheeks, or a fluttery stomach.

YOUR WAY

Your clues can be different. You can use a pretend person.

PROGRESS IS PROGRESS LLC AGES 8-12

NAME THE FEELING 03 / 52

Two Things at Once

GIVE IT A GO

Invent a kid who feels excited AND nervous about a sleepover. Show both feelings with a face, pose, or drawing.

YOUR WAY

Choose another pair: glad and sad, or mad and worried.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 03 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

NAME THE FEELING 06 / 52

Volume Knob

GIVE IT A GO

Draw a knob from quiet to loud. Choose a feeling and point to its volume. What might turn it up? What might help a little?

YOUR WAY

Use a fictional character instead of yourself.

PROGRESS IS PROGRESS LLC AGES 8-12

NAME THE FEELING 05 / 52

Find a Better Word

GIVE IT A GO

Start with "bad." Does disappointed, lonely, frustrated, or worried fit better? Pick a word for a story character and say why.

YOUR WAY

Make up a feeling word if none of those fit.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 04 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

NAME THE FEELING 08 / 52

Feelings Forecast

GIVE IT A GO

Imagine tomorrow has one fun moment and one tricky moment. Pick a possible feeling for each. Name one thing you could bring or ask for.

YOUR WAY

Keep it fictional, or draw both moments.

PROGRESS IS PROGRESS LLC AGES 8-12

NAME THE FEELING 07 / 52

Feeling Charades

GIVE IT A GO

Choose a feeling. Show it with a pose or a tiny drawing. Let a partner guess, then give them one more clue.

YOUR WAY

Explain your clues; nobody can read every feeling from a face.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

CALM AND RESET 10 / 52

Pinwheel Pace

GIVE IT A GO

Imagine a tiny pinwheel. Take an easy breath, then gently blow to turn it. Try three comfortable rounds. No big breaths or holding.

YOUR WAY

Skip breathing practice and slowly trace a circle instead.

PROGRESS IS PROGRESS LLC AGES 8-12

CALM AND RESET 09 / 52

Sound Scavenger

GIVE IT A GO

Pause and listen for three sounds: one nearby, one farther away, and one you make yourself. Which would you choose to hear again?

YOUR WAY

Look for three colors instead if listening is uncomfortable.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 06 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

CALM AND RESET 12 / 52

Unclench Quest

GIVE IT A GO

Check your hands, shoulders, and jaw. If you notice a squeeze, let it soften a little. Choose one comfortable position.

YOUR WAY

Move only what feels okay; watching is an option.

PROGRESS IS PROGRESS LLC AGES 8-12

CALM AND RESET 11 / 52

Pocket Museum

GIVE IT A GO

Choose an ordinary safe object. Notice three details: shape, color, texture, or weight. Describe it like a museum guide.

YOUR WAY

Look without touching, or describe a picture.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 07 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

CALM AND RESET 14 / 52

Cozy Lab

GIVE IT A GO

Build a pretend comfort corner on paper. Add a light, a sound or quiet, and something comfortable. What could you try where you are?

YOUR WAY

No supplies? Point to the spot you would choose.

PROGRESS IS PROGRESS LLC AGES 8-12

CALM AND RESET 13 / 52

Color Landing

GIVE IT A GO

Find five things in one color. Look at each for a moment. Pick the one with the most interesting shape.

YOUR WAY

Choose three things, or use this card to search.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 08 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

CALM AND RESET 16 / 52

One Thing at a Time

GIVE IT A GO

Imagine a busy morning. Pick just the next action: find shoes, drink water, or ask a question. Act it out slowly, then choose what comes next.

YOUR WAY

Use your real next task if you want.

PROGRESS IS PROGRESS LLC AGES 8-12

CALM AND RESET 15 / 52

Reset Taste Test

GIVE IT A GO

Try two options for a few seconds: look at a still object, stretch your fingers, or listen to a steady sound. Which fits better today?

YOUR WAY

Neither is an answer. Ask for a different option.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

MOVE IT OUT 18 / 52

Invisible Drum Kit

GIVE IT A GO

Tap an imaginary drum with hands or feet. Make a busy beat, then a slower one. Let a partner copy your pattern.

YOUR WAY

Tap one finger or make a rhythm by pointing.

PROGRESS IS PROGRESS LLC AGES 8-12

MOVE IT OUT 17 / 52

Tree in the Wind

GIVE IT A GO

Sit or stand comfortably. Grow tall like a tree, then gently sway your branches. Let the wind slow down. Return to still.

YOUR WAY

Move one hand like a leaf, or imagine the tree.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 10 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

MOVE IT OUT 20 / 52

Push, Pause, Release

GIVE IT A GO

Press your palms together gently for three easy counts. Release. Notice the difference. Try again only if comfortable.

YOUR WAY

Press lightly into a cushion, or picture the movement.

PROGRESS IS PROGRESS LLC AGES 8-12

MOVE IT OUT 19 / 52

Robot to Noodle

GIVE IT A GO

Make a small, stiff robot move without straining. Then try a loose, floppy noodle move. Switch three times at your own pace.

YOUR WAY

Use just your fingers, or direct an imaginary robot.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

MOVE IT OUT 22 / 52

Stretch a Shape

GIVE IT A GO

Make a small shape with your body or hands, then a wide one. Invent a third shape. Give each shape a silly name.

YOUR WAY

Choose a comfortable seated version or draw the shapes.

PROGRESS IS PROGRESS LLC AGES 8-12

MOVE IT OUT 21 / 52

Tiny Adventure

GIVE IT A GO

Take ten comfortable steps or arm movements: imagine mud, moon dust, then a smooth path. How does your movement change?

YOUR WAY

Tell the adventure while someone else moves.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 12 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards


This line must measure 1 inch.

MOVE IT OUT 24 / 52

Move Menu

GIVE IT A GO

Choose one minute of comfortable movement: roll shoulders, wiggle fingers, walk, or move to a beat. Afterward, choose more, different, or done.

YOUR WAY

Resting is also a valid choice. No competition.

PROGRESS IS PROGRESS LLC AGES 8-12

MOVE IT OUT 23 / 52

Slow-Motion Replay

GIVE IT A GO

Pretend to reach for a backpack in super slow motion. Now try an ordinary pace. Which part did you notice more clearly?

YOUR WAY

Use a small hand movement or narrate the replay.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

DRAW, IMAGINE, CREATE 26 / 52

Scribble Remix

GIVE IT A GO

Make a quick scribble on scrap paper. Turn it into a creature, machine, or place. Give it one unexpected job.

YOUR WAY

Trace a pretend scribble in the air and describe it.

PROGRESS IS PROGRESS LLC AGES 8-12

DRAW, IMAGINE, CREATE 25 / 52

Worry Comic

GIVE IT A GO

Draw three boxes: a worry shows up; the character tries one helpful move; the character chooses what to do next. Stick figures count.

YOUR WAY

Tell the comic aloud, or use a completely imaginary worry.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

DRAW, IMAGINE, CREATE 28 / 52

Soundtrack Sketch

GIVE IT A GO

Imagine a song without words for a hard day. Draw its sounds as lines and shapes. Add a second color for one helpful moment.

YOUR WAY

Tap the soundtrack or choose two kinds of lines.

PROGRESS IS PROGRESS LLC AGES 8-12

DRAW, IMAGINE, CREATE 27 / 52

Design a Reset

GIVE IT A GO

Invent a machine that helps with a hard moment. Add three buttons: pause, help, and something you choose. Show what each does.

YOUR WAY

Explain your invention instead of drawing.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 15 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

DRAW, IMAGINE, CREATE 30 / 52

Make Room for Both

GIVE IT A GO

Fold scrap paper in half. Put something hard on one side and something helpful on the other. Both can be on the same page.

YOUR WAY

Use symbols, or choose examples from a made-up day.

PROGRESS IS PROGRESS LLC AGES 8-12

DRAW, IMAGINE, CREATE 29 / 52

Thought Costume

GIVE IT A GO

Give an unhelpful thought a silly costume: tiny boots, a giant hat, or a squeaky voice. Then answer: "That is a thought, not a rule."

YOUR WAY

Use a pretend thought such as "I must win every game."

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 16 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

DRAW, IMAGINE, CREATE 32 / 52

Doodle Relay

GIVE IT A GO

One person draws a line. Another adds a shape. Take four turns, then name the surprise creation together. No erasing anyone out.

YOUR WAY

Playing alone? Change drawing hands or turn the paper.

PROGRESS IS PROGRESS LLC AGES 8-12

DRAW, IMAGINE, CREATE 31 / 52

Future Postcard

GIVE IT A GO

Make a tiny postcard for a character facing a hard day tomorrow. Add one kind, believable sentence and one thing they can try.

YOUR WAY

Try: "You can ask someone to sit beside you."

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 17 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

ASK AND CONNECT 34 / 52

Who Could Help?

GIVE IT A GO

Choose a pretend problem: lost homework, a rough day, or feeling unsafe. Name an adult who could help and how to reach them.

YOUR WAY

If you cannot name someone, ask an adult to build a list with you.

PROGRESS IS PROGRESS LLC AGES 8-12

ASK AND CONNECT 33 / 52

Help Button

GIVE IT A GO

Finish: "I need help with ___. Can you ___?" Practice asking for one small thing, like reading directions or sitting nearby.

YOUR WAY

Point, draw, or write your request instead of speaking.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 18 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

ASK AND CONNECT 36 / 52

Space, Please

GIVE IT A GO

Practice: "I need a little space. Can we talk in five minutes?" Choose a safe nearby place and how you will reconnect.

YOUR WAY

Try: "Please sit near me without talking for a bit."

PROGRESS IS PROGRESS LLC AGES 8-12

ASK AND CONNECT 35 / 52

Try Another Door

GIVE IT A GO

Practice: "This is important. I still need help." If one adult cannot help or does not listen, identify another adult you could try.

YOUR WAY

An adult can help you choose the next person.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

SHEET 19 | BACK - MIRRORED FOR LONG-EDGE DUPLEX

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

ASK AND CONNECT 38 / 52

Invite Without Pressure

GIVE IT A GO

Practice: "Want to draw with me? It is okay if not." Then rehearse hearing no and choosing another activity or person.

YOUR WAY

Ask to sit nearby instead of joining an activity.

PROGRESS IS PROGRESS LLC AGES 8-12

ASK AND CONNECT 37 / 52

Listen, Fix, or Sit?

GIVE IT A GO

Give a partner three choices: listen, help solve it, or sit with me. Practice asking for the kind of support a fictional kid wants.

YOUR WAY

They can ask what those choices mean before choosing.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

ASK AND CONNECT 40 / 52

Support Signal

GIVE IT A GO

With a supportive adult, invent a word, doodle, or hand signal for "I need a break." Agree on what the adult will do when they notice it.

YOUR WAY

Practice once with a pretend situation.

PROGRESS IS PROGRESS LLC AGES 8-12

ASK AND CONNECT 39 / 52

Repair One Piece

GIVE IT A GO

A character interrupts a friend. Finish: "I interrupted you. I am sorry. Next time I will ___." Practice the next action.

YOUR WAY

Try another small mistake. Nobody has to forgive on the spot.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

SMALL MOVES 42 / 52

Plan B Builder

GIVE IT A GO

A game gets canceled. Invent two possible next plans, including one that costs nothing. Choose a first step for each.

YOUR WAY

It is okay to feel disappointed while choosing a plan.

SMALL MOVES 41 / 52

The Before-and-After

GIVE IT A GO

Pick a pretend hard moment. Name what happened before it, one thing the character did, and what happened after. What could they try next?

YOUR WAY

Draw three symbols instead of telling the whole story.

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

SMALL MOVES 44 / 52

Mine to Choose

GIVE IT A GO

Draw two circles: "My choices" and "Not my choices." Sort: my words, another person's mood, asking for help, and whether someone agrees.

YOUR WAY

Choose one action from your own circle.

SMALL MOVES 43 / 52

Not My Job

GIVE IT A GO

A grown-up is having a hard day. Sort two jobs: managing their feelings, or finding a safe adult when you need help. Which belongs to a kid?

YOUR WAY

A kid can care without fixing a grown-up problem.

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

SMALL MOVES 46 / 52

Real Words, Not Hype

GIVE IT A GO

Change "I am terrible at this" into a true sentence that leaves room to try: "I am learning this part." Make another example.

YOUR WAY

You do not have to pretend the task is easy.

SMALL MOVES 45 / 52

Start Ridiculously Small

GIVE IT A GO

Pick a task that feels huge. Shrink the first step until it takes about a minute: open the notebook, find a pencil, or write a title.

YOUR WAY

Point to the first step and ask someone to start beside you.

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

SMALL MOVES 48 / 52

Millimeter Win

GIVE IT A GO

Name a tiny action that counted: asked a question, took a break, tried again, or noticed a feeling. Make a symbol for it.

YOUR WAY

Use a fictional kid if you would rather keep yours private.

PROGRESS IS PROGRESS LLC AGES 8-12

SMALL MOVES 47 / 52

Build Your Combo

GIVE IT A GO

Pick two cards from different colors. Make a tiny routine: first this, then that. Try it with a pretend problem. Keep, change, or skip it.

YOUR WAY

Tell someone when your combo might be useful.

PROGRESS IS PROGRESS LLC AGES 8-12

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

THREE WAYS TO PLAY

GET STARTED

SOLO + SUPPORT: choose one card; ask an adult if needed. PARTNER: take turns choosing and trying. GROUP: offer two cards and let everyone choose, watch, or pass.

KEEP IN MIND

No points, forced sharing, winners, or pressure to finish.

START HERE

GET STARTED

Choose one card. Try it, change it, watch, or pass. Use a pretend situation or your own. You can draw, speak, point, or move. You never have to share a private story.

KEEP IN MIND

Use with a supportive adult available. These are practice ideas, not tests.

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.

US Letter portrait | Actual size / 100% | Flip on long edge | 4 x 6 inch cards

This line must measure 1 inch.

MAKE IT YOURS

GET STARTED

Pick by category words, numbers, or colors. Start with one card for a short practice. Keep a favorite combo and change it when needed. A card does not have to make a feeling go away to be useful.

KEEP IN MIND

Ages 8-12. Educational activities, not treatment. Progress is Progress LLC. Mile or a Millimeter.

FOR THE ADULT BESIDE THEM

GET STARTED

Read together if useful. Ask "Want to try, change, or pass?" Adapt movement and sensory choices. Stop anything uncomfortable. Listen without asking for a personal story.

KEEP IN MIND

If a child says they are unsafe, pause the game and help them reach appropriate support. Do not promise secrecy.

Cut only after both sides are printed. Test one sheet first. Printer feed and registration vary.