

# SHOW-ME CREATIVITY







This coloring book is created and funded by the Missouri Show Me Hope Crisis Counseling Program (CCP) and the Disaster Response State Grant (DRSG) in collaboration with the Department of Mental Health and the Department of Natural Resources. Learn coping and stress management skills through the Know Before You Go campaign for Missouri's State Parks and Historic Sites.

Show Me Hope is Missouri's CCP in response to a disaster or critical event. The CCP is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Federal Emergency Management Agency (FEMA). Counselors are based in the local community to teach coping and stress management skills to anyone dealing with the anxiety and uncertainty caused by the event. The CCP helps individuals and communities recover from natural and human-caused disasters through community outreach and access to resources including mental health services.

The DRSG is funded by SAMHSA to serve 26 counties in Missouri that were federally declared disasters in Spring 2019. This grant also provides opportunities for outreach, education, and training for individuals impacted by natural disasters. Disaster-related trauma looks different for everyone. Recovery is possible.

TO LEARN MORE VISIT:



[dmh.mo.gov/disaster-services](https://dmh.mo.gov/disaster-services)



[moshowmehope.org](https://moshowmehope.org)



[dmh.mo.gov/trauma-informed-care/drsg](https://dmh.mo.gov/trauma-informed-care/drsg)



[mostateparks.com](https://mostateparks.com)

# DISASTER

Disasters are a sudden event, such as an accident or a natural catastrophe, that can cause damage or loss of life.





# STAY CALM

Disasters can be scary for everyone. But knowing what to do and understanding that adults are working to keep you safe will help you stay calm during a disaster.



# TALK ABOUT IT

When I am sad or angry, I should talk to someone I trust about my feelings.



# FEELINGS & EMOTIONS

No matter how you feel – good or bad – expressing emotions can make you feel better!

Things that make  
me happy...

Match the faces with the  
emotions

Things that make  
me sad...

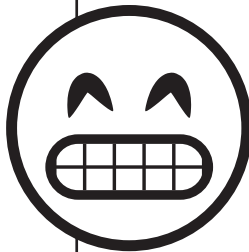


ANGRY

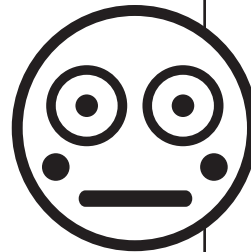


EMBARRASSED

I get excited  
when...



SURPRISED

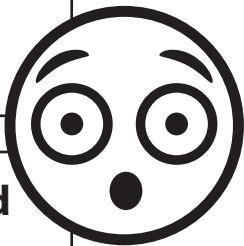


I get angry  
when...

HAPPY

WORRIED

I was surprised  
when...



SCARED



I was worried  
when...

SAD

EXCITED



# DID YOU KNOW?

Did you know that being outside is good for you?

The more time spent outdoors, the healthier you will be. So get out there – adventure awaits!



# OUTDOOR ACTIVITIES

There are so many wonderful things to do outside!  
Here are some activities you can do next time you're outdoors.

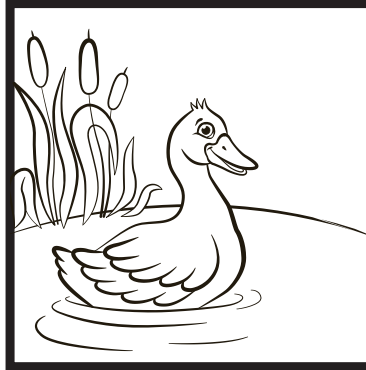
WALKING



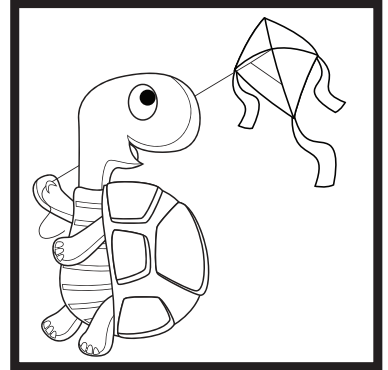
FISHING



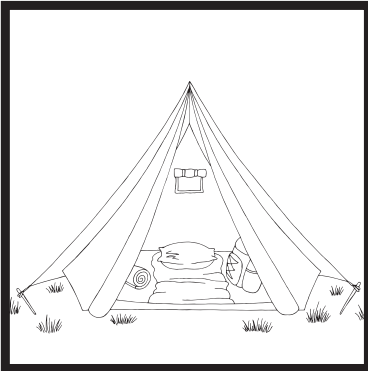
SWIMMING



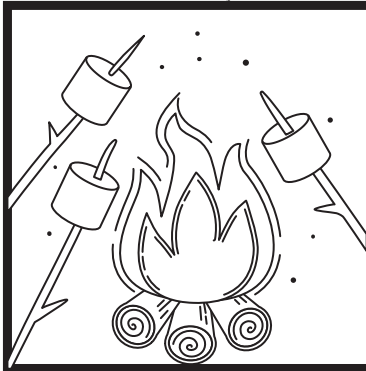
FLY A KITE



CAMPING



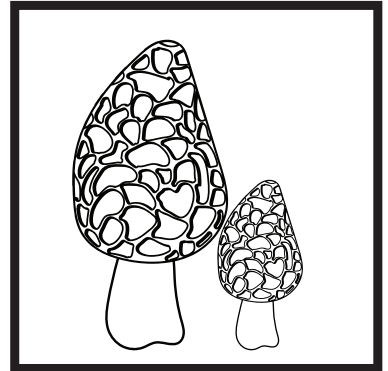
ROASTING  
MARSHMALLOWS



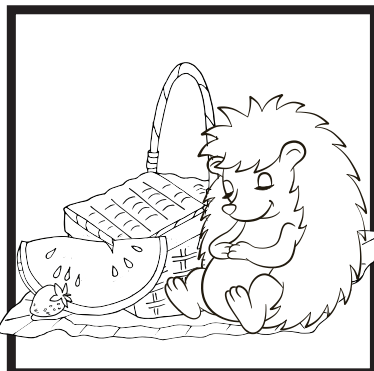
HIKING



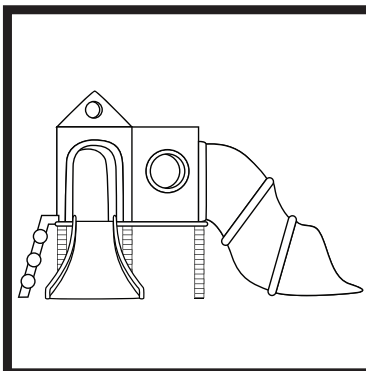
MUSHROOM  
HUNTING



HAVE A PICNIC



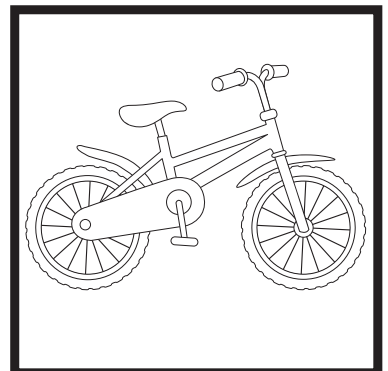
VISIT A  
PLAYGROUND



GARDENING



BIKING



What's your favorite outdoor activity?

---

---

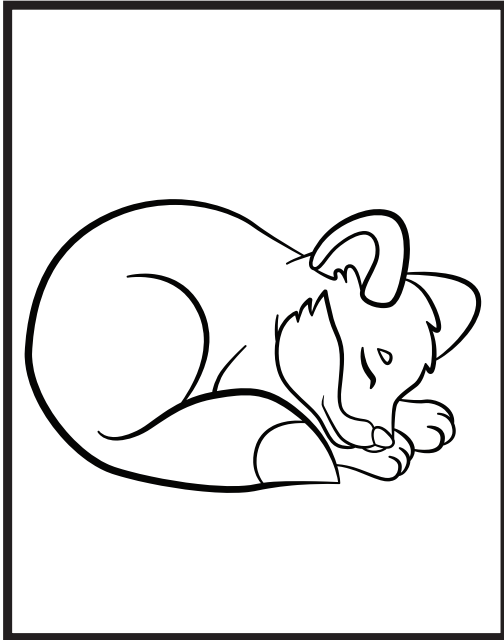
---

---

# PREPARE FOR ADVENTURE!

Here are some tips to Know Before You Go to help you have a fun and meaningful outdoor experience.

GET A GOOD NIGHT'S SLEEP



FUEL YOUR BODY



DRINK WATER



PAY ATTENTION TO YOUR FEELINGS



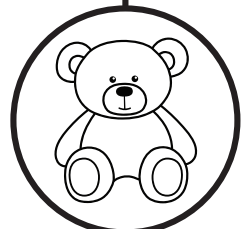
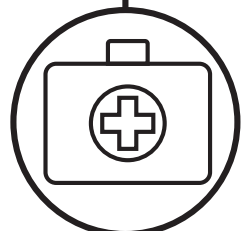
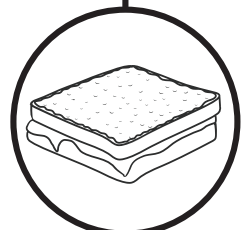
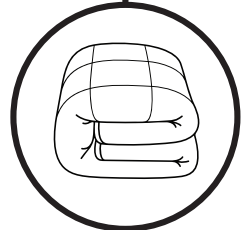
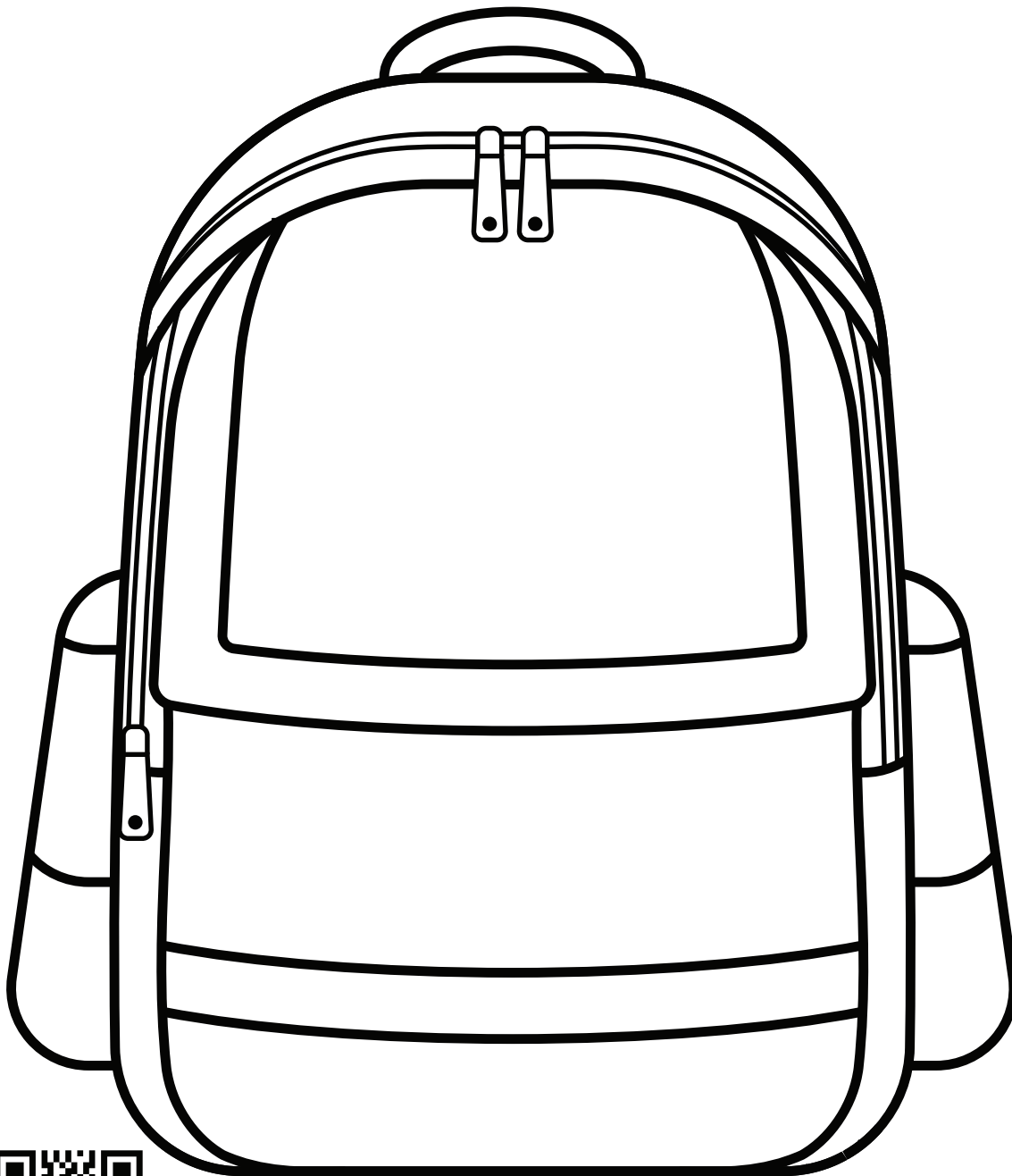
TAKE A BREAK



# BE PREPARED

Did you know that preparing for a hike or camping can be similar to preparing for a disaster?

You can create a Go-Kit for a disaster just like a hiking backpack. This is what you need in your Go-Kit: flashlight, food, first aid kit, blanket, and water! You can also put in a stuffed animal or other toy.

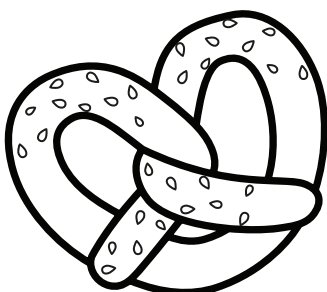




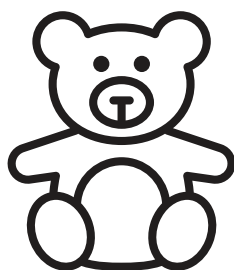
# TRAIL MIX RECIPE

Homemade trail mix is one of the easiest snacks to make for your family adventure!

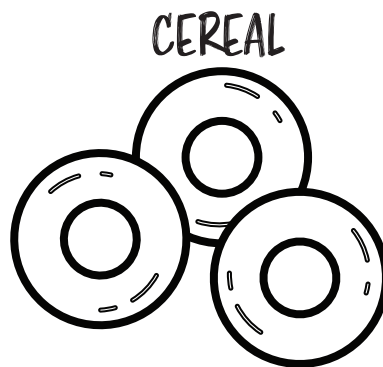
Just add your ingredients of choice, mix, and enjoy!



PRETZELS



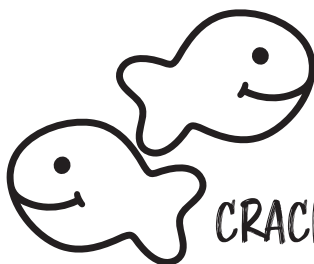
COOKIES



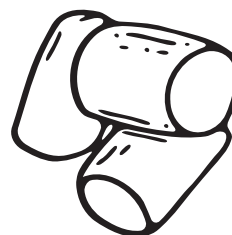
CEREAL



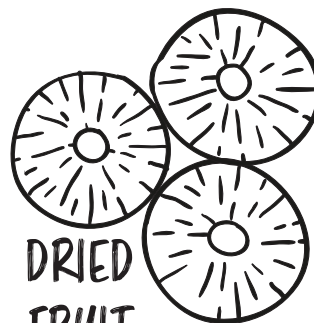
RAISINS



CRACKERS



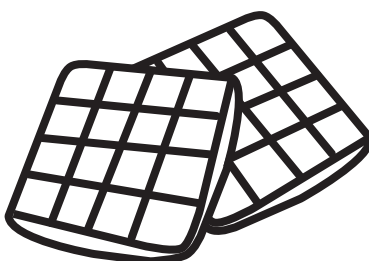
MARSHMALLOWS



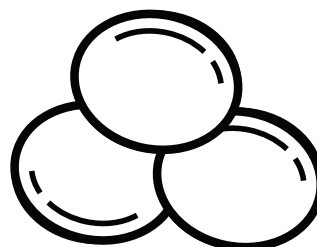
DRIED  
FRUIT



NUTS



RICE CEREAL



CHOCOLATE



# DID YOU KNOW?



Taking deep breaths of the natural air around you helps the oxygen flow  
to your brain and other parts of your body.

Laughing gives your brain good chemicals which helps you make friends.

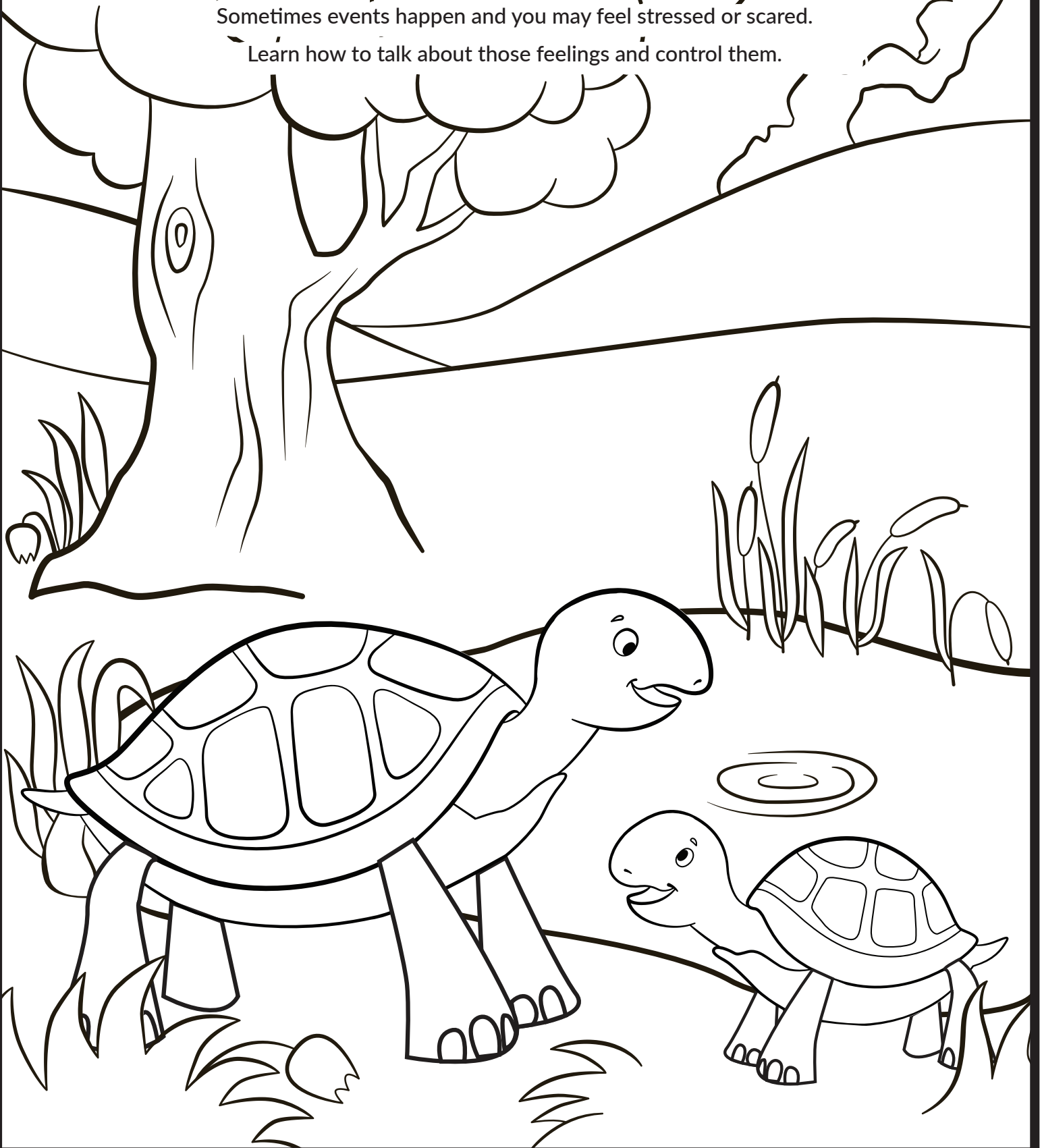
It makes you happier and healthier.



# TALK ABOUT IT

Sometimes events happen and you may feel stressed or scared.

Learn how to talk about those feelings and control them.



# COPING SKILLS

COLOR  
OR DRAW

EXERCISE

READ A  
BOOK

TAKE  
DEEP  
BREATHS

COUNT  
SLOWLY

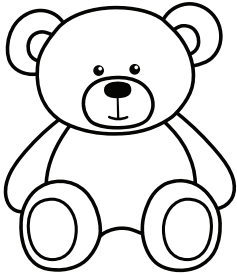
LISTEN  
TO MUSIC



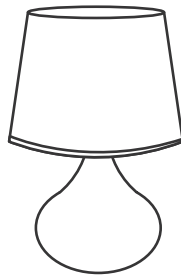
# INDOOR SCAVENGER HUNT

Look around you. How many of these things do you see?

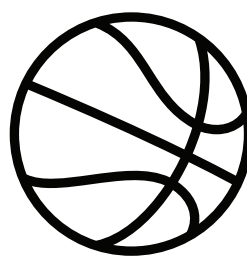
TEDDY BEAR



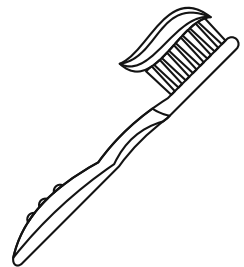
LAMP



BALL



TOOTHBRUSH



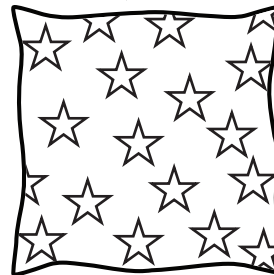
TOY CAR



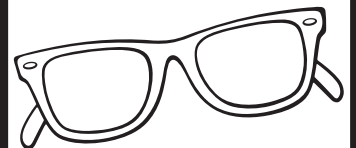
SOCKS



PILLOW



SUNGLASSES



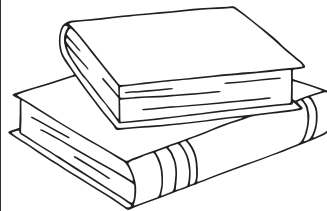
FORK



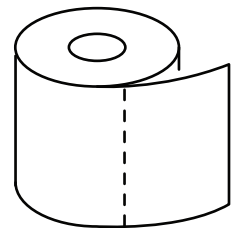
PLANT



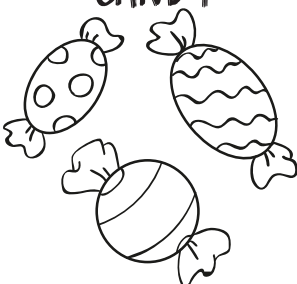
BOOKS



TOILET PAPER



CANDY



SHOES



CRAYON



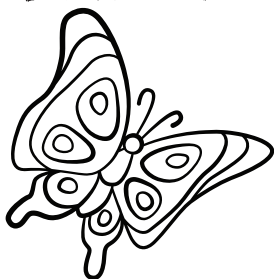
MONEY



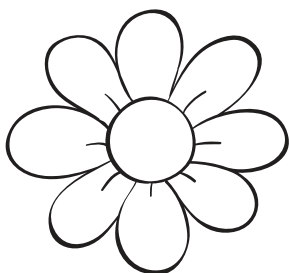
# OUTDOOR SCAVENGER HUNT

Look around you. How many of these things do you see?

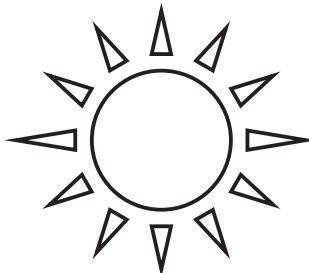
BUTTERFLY



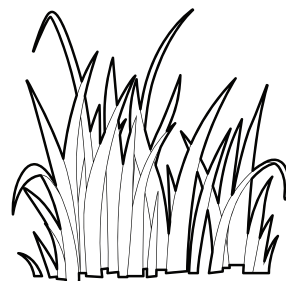
FLOWER



SUN



GRASS



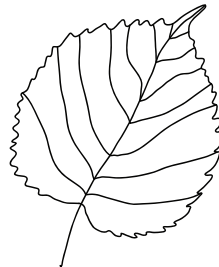
MUSHROOM



BIRD



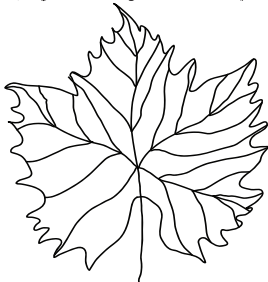
1 GREEN LEAF



FEEL THE WIND



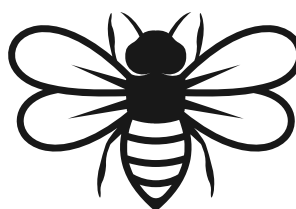
1 BROWN LEAF



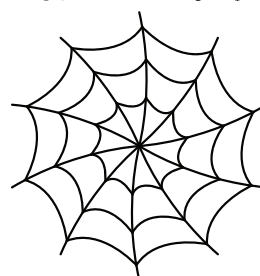
CLOVER



BEE



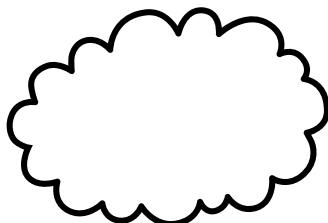
SPIDER WEB



3 STICKS



CLOUD



FEATHER



PINECONE

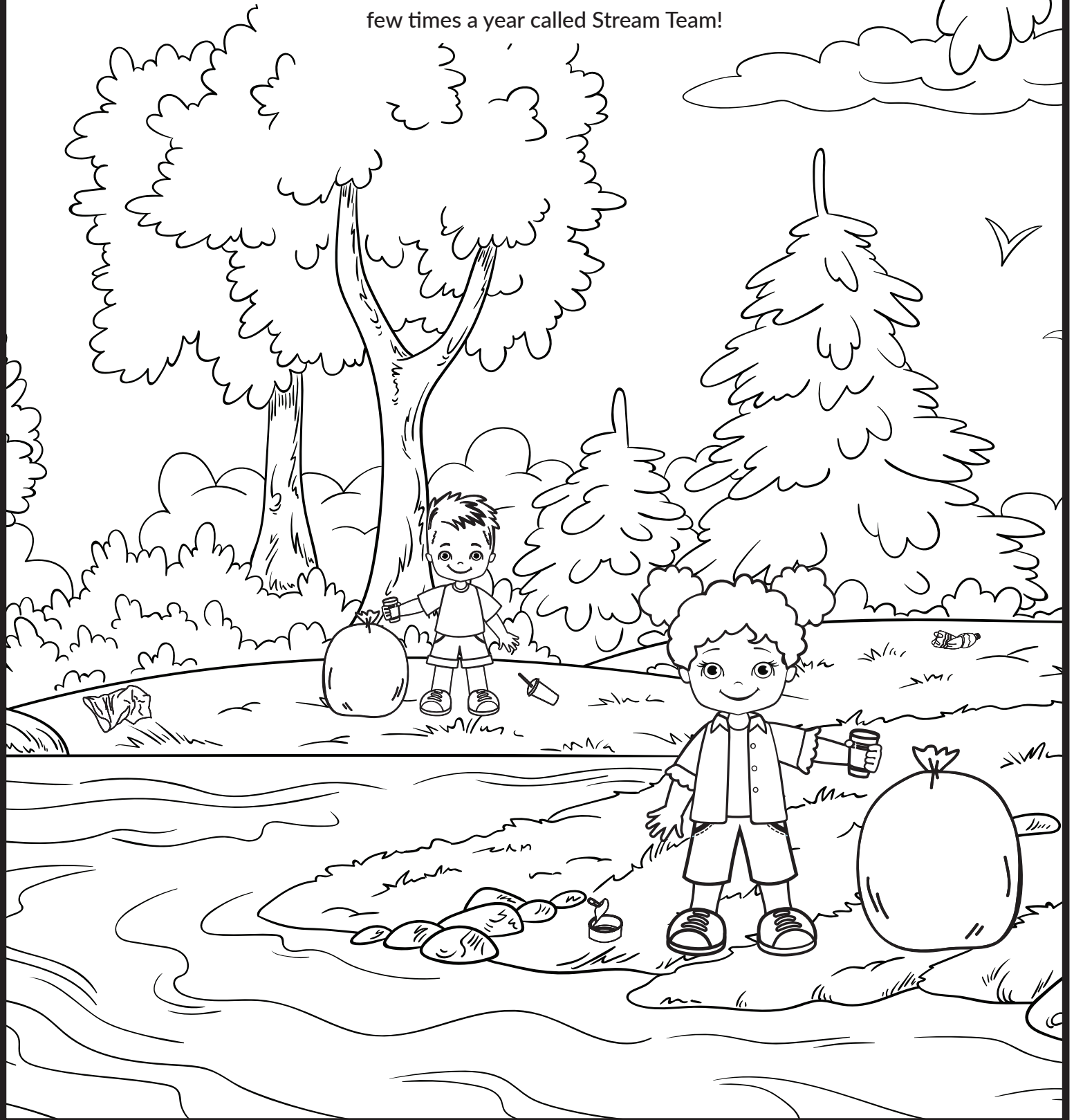




# DID YOU KNOW?

It's really important to keep the environment clean. Just like your room at home!

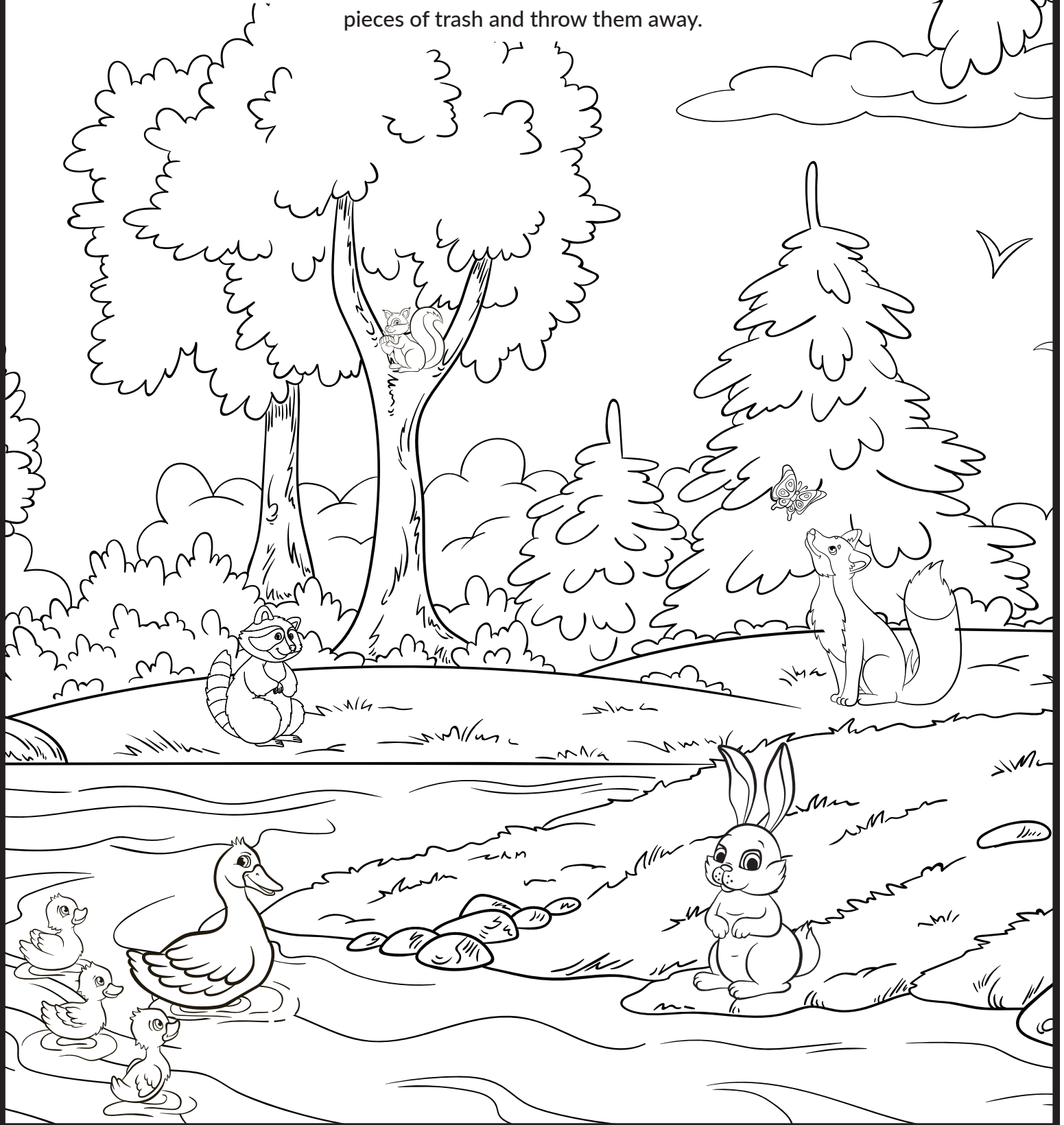
You can help keep the Missouri State Parks clean too – through an event held a few times a year called Stream Team!



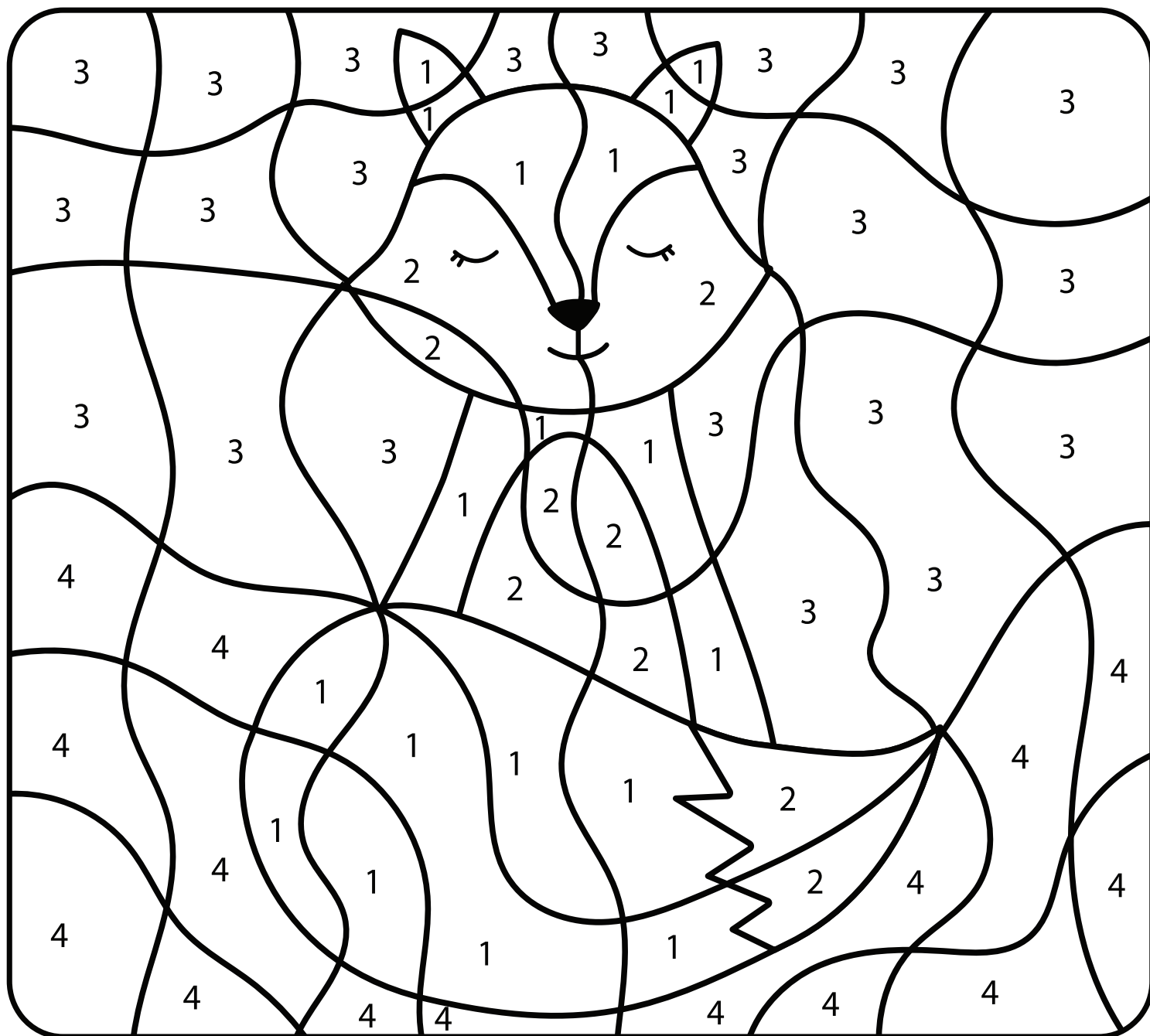
# SAVE THE PLANET

one step at a time – and get healthier and happier while doing it!

Next time you're on an outdoor adventure, challenge yourself and try to pick up five pieces of trash and throw them away.



# COLOR BY NUMBER



1 ORANGE

3 LIGHT BLUE

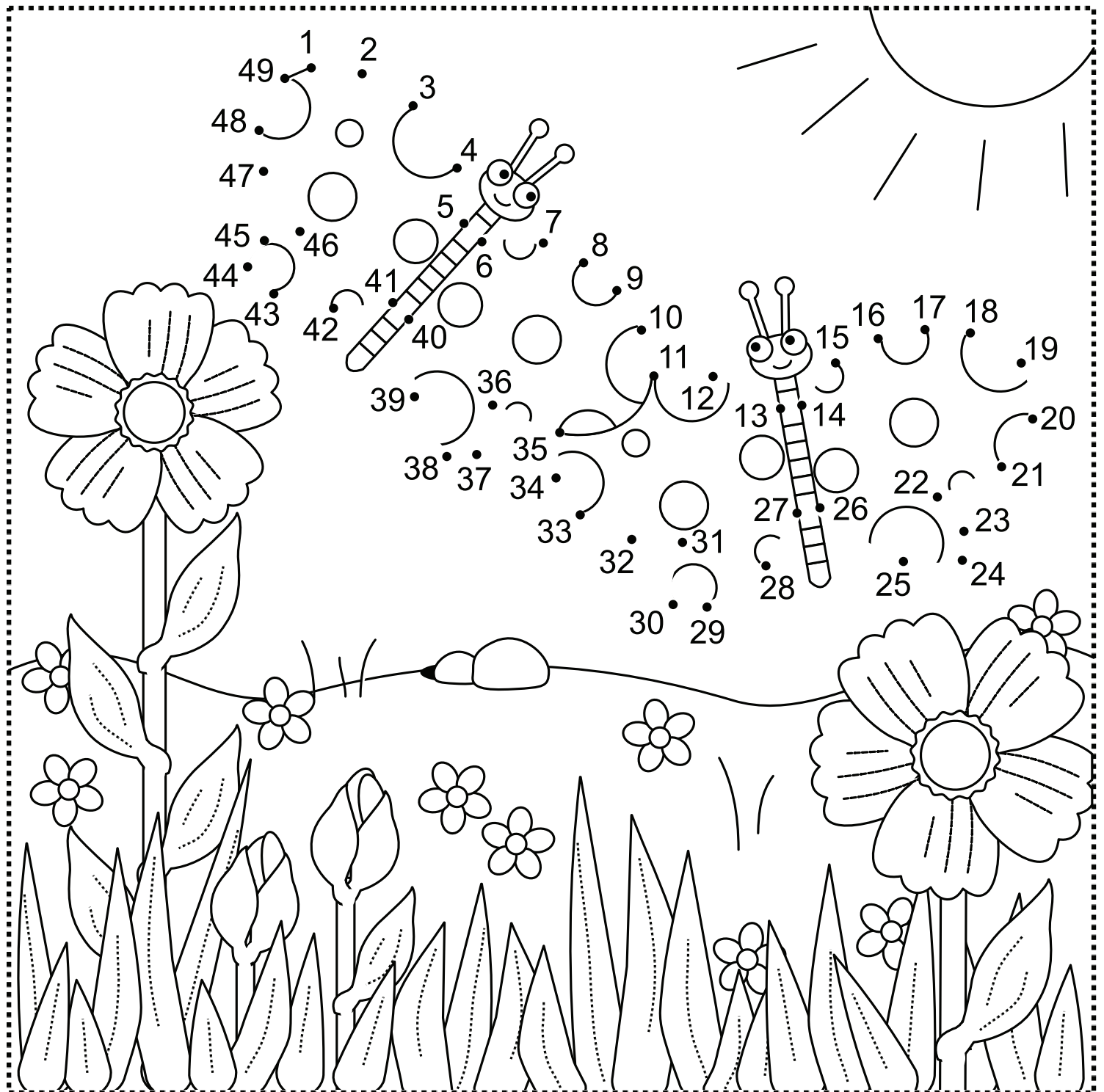
2 TAN

4 GREEN



# CONNECT THE DOTS

Draw a line from dot number 1 to dot number 2, then from dot number 2 to dot number 3, 3 to 4, and so on. Continue to join the dots until you have connected all the numbered dots. Then color the picture!



# MISSOURI NATIVES

How many Missouri Natives can you spot while on your outdoor adventure?



CONEFLOWER



ACORNS



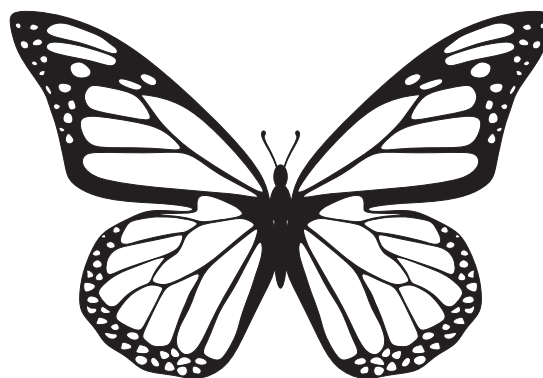
ASH TREE LEAVES



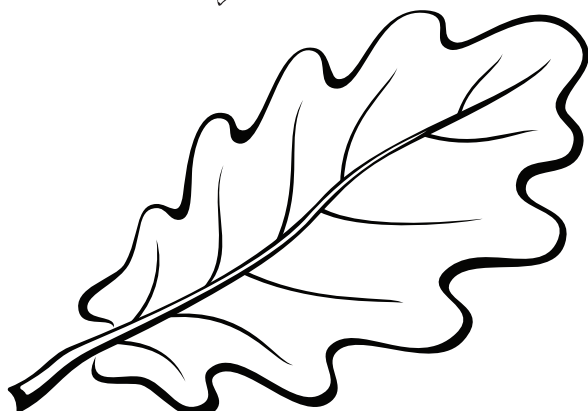
COMMON  
MILKWEED



PINE  
CONE



MONARCH BUTTERFLY



OAK LEAF



AMERICAN  
BULLFROG



SHOW-ME

HOPE

MISSOURI

