

# T S N

# COLORING BOOK

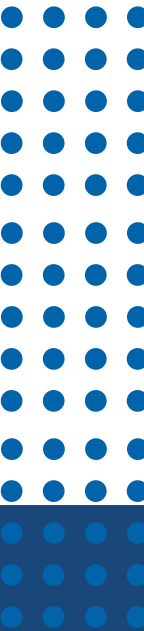
trauma survivors

**network**

provided by **ATS**

survive. connect. rebuild.

2025



# TSN COLORING BOOK

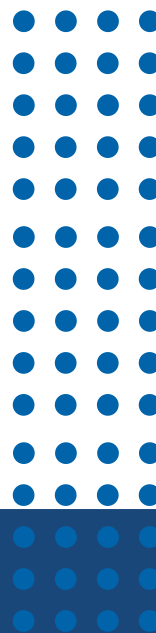
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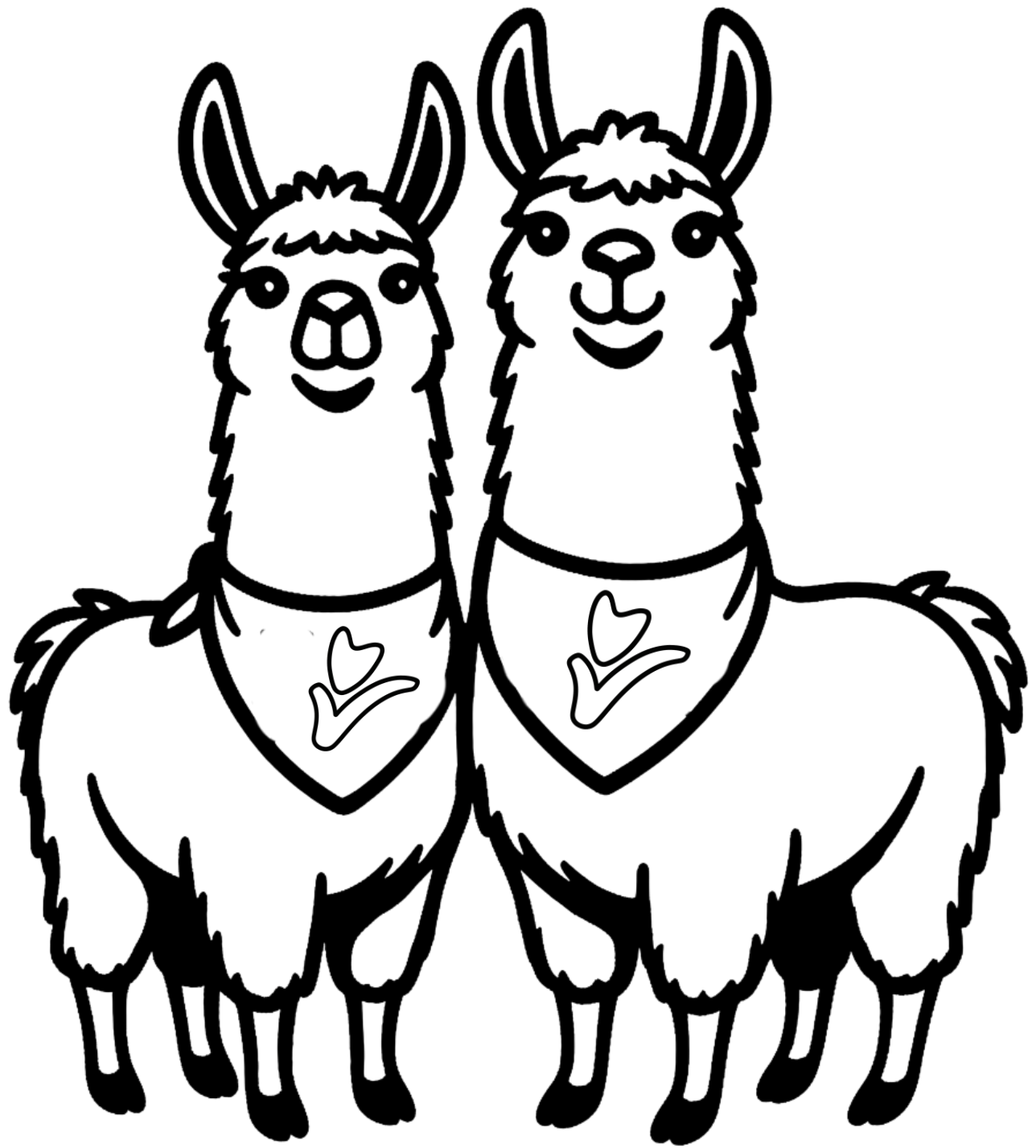
**LOCAL TSN PROGRAM NAME**

**LOCAL TSN PROGRAM CONTACT**

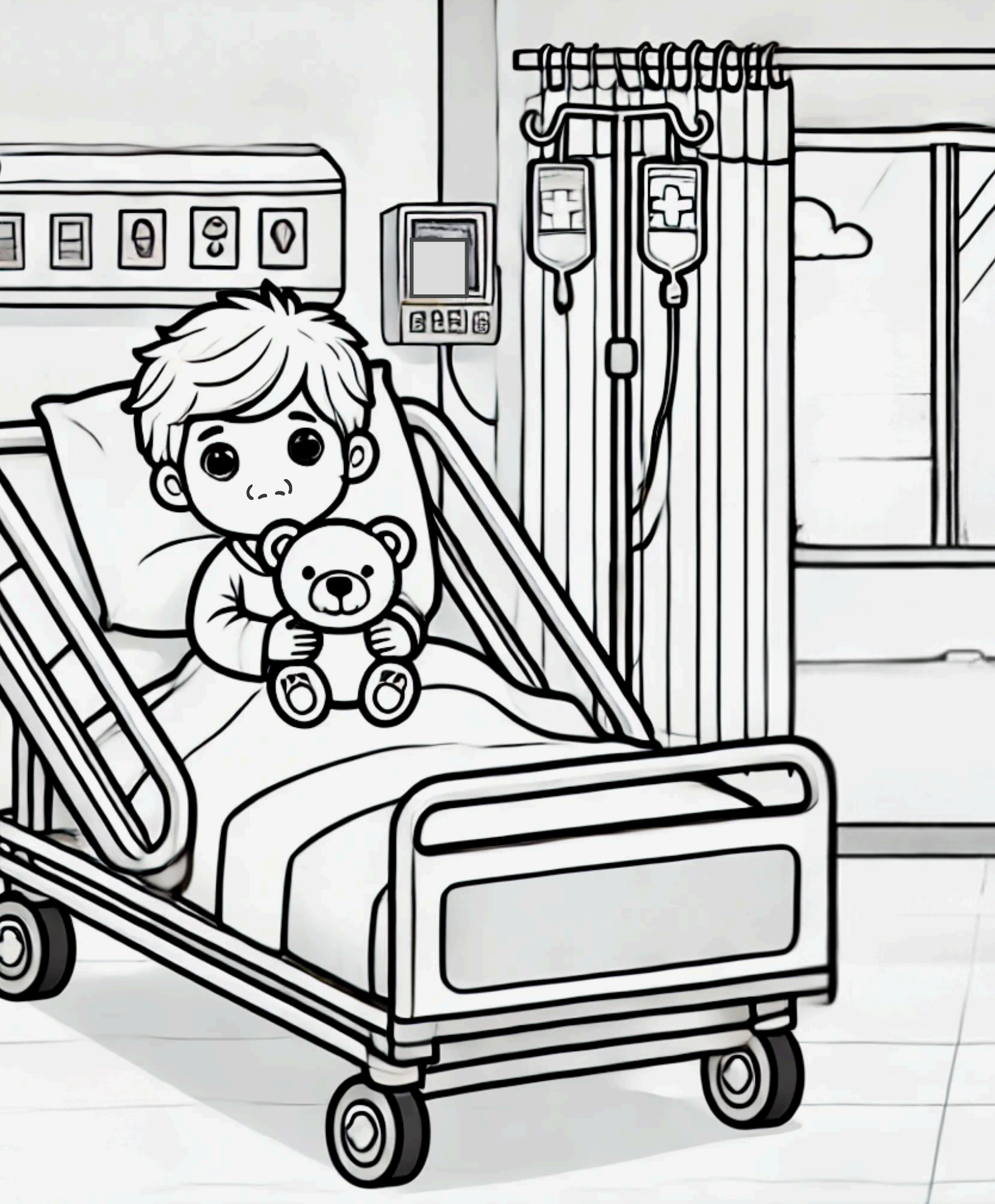
**LOCAL TSN PROGRAM LOGO**

**2025**

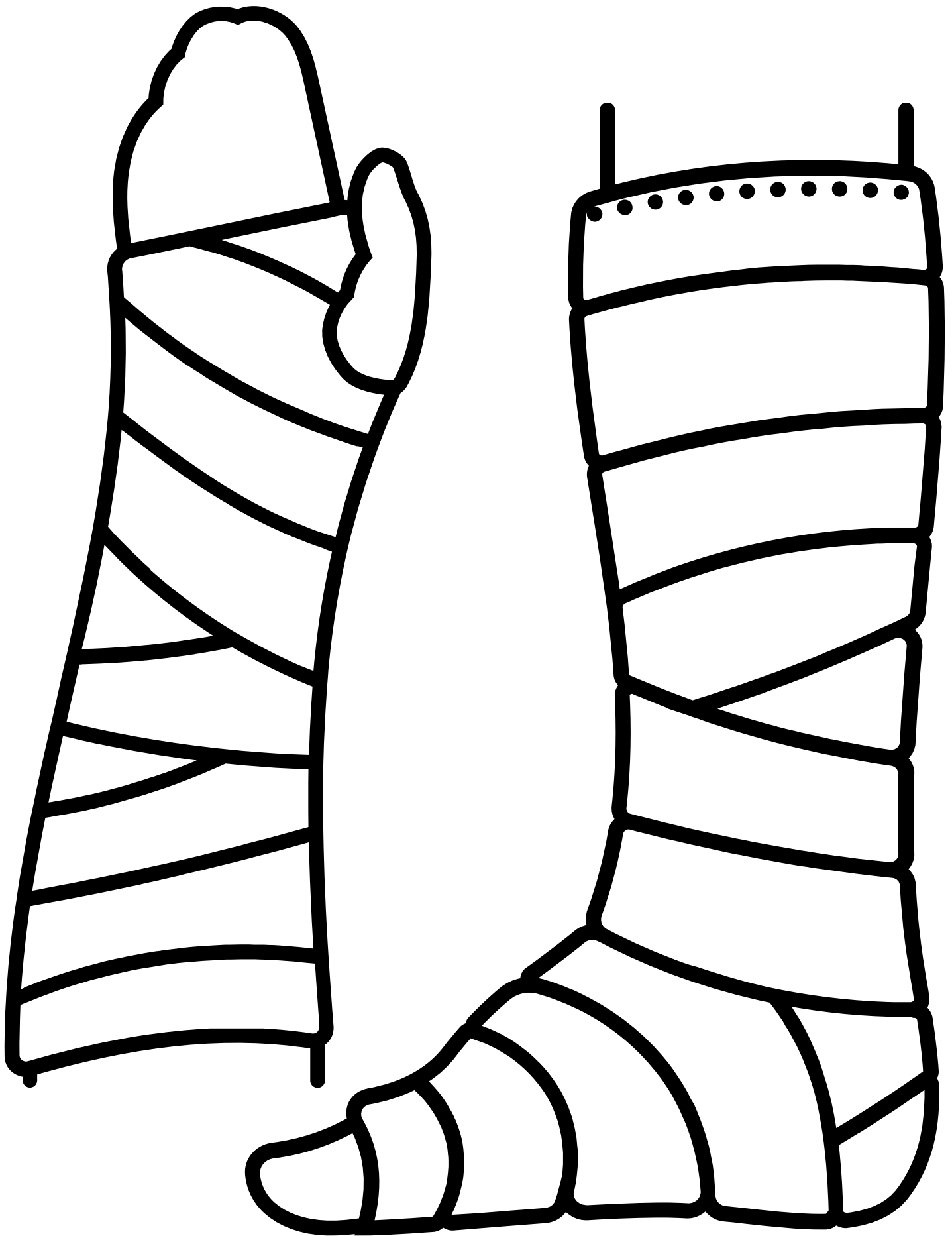




MAKE YOUR OWN CUSTOM TSN TRAUMA LLAMA



ALEX IS RECOVERING IN THE HOSPITAL.  
DRAW THEIR MOUTH TO SHOW US HOW THEY ARE FEELING.



DECORATE THE CASTS!



EVEN WHEN THINGS CHANGE, SOMETHINGS STAY THE SAME



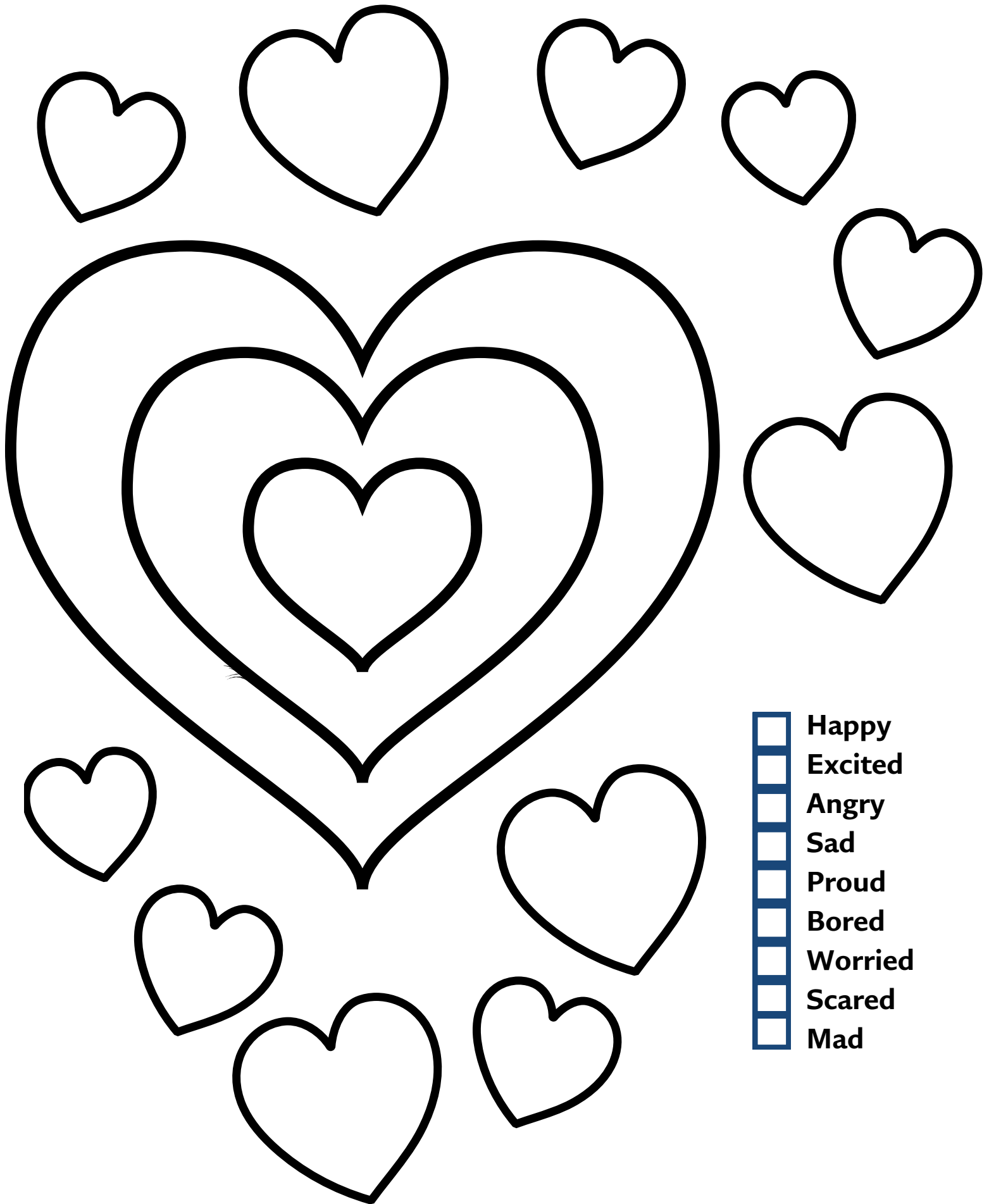
**MY WISH:**

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**YOU CAN FEEL MANY THINGS AT ONCE.  
USE THESE HEARTS TO COLOR YOUR FEELINGS.**



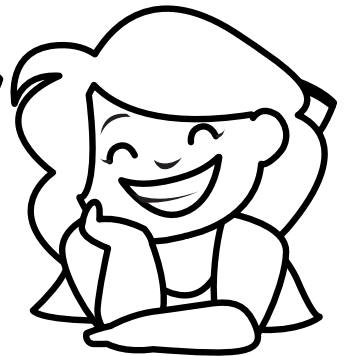
FRIENDS CAN BE THERE FOR YOU IN MANY WAYS

**I AM** \_\_\_\_\_



**I AM** \_\_\_\_\_

**I AM** \_\_\_\_\_



**EXAMPLE WORDS**

- PROUD
- STRONG
- KIND
- BRAVE
- POSITIVE
- CAPABLE
- UNIQUE
- INQUISITIVE

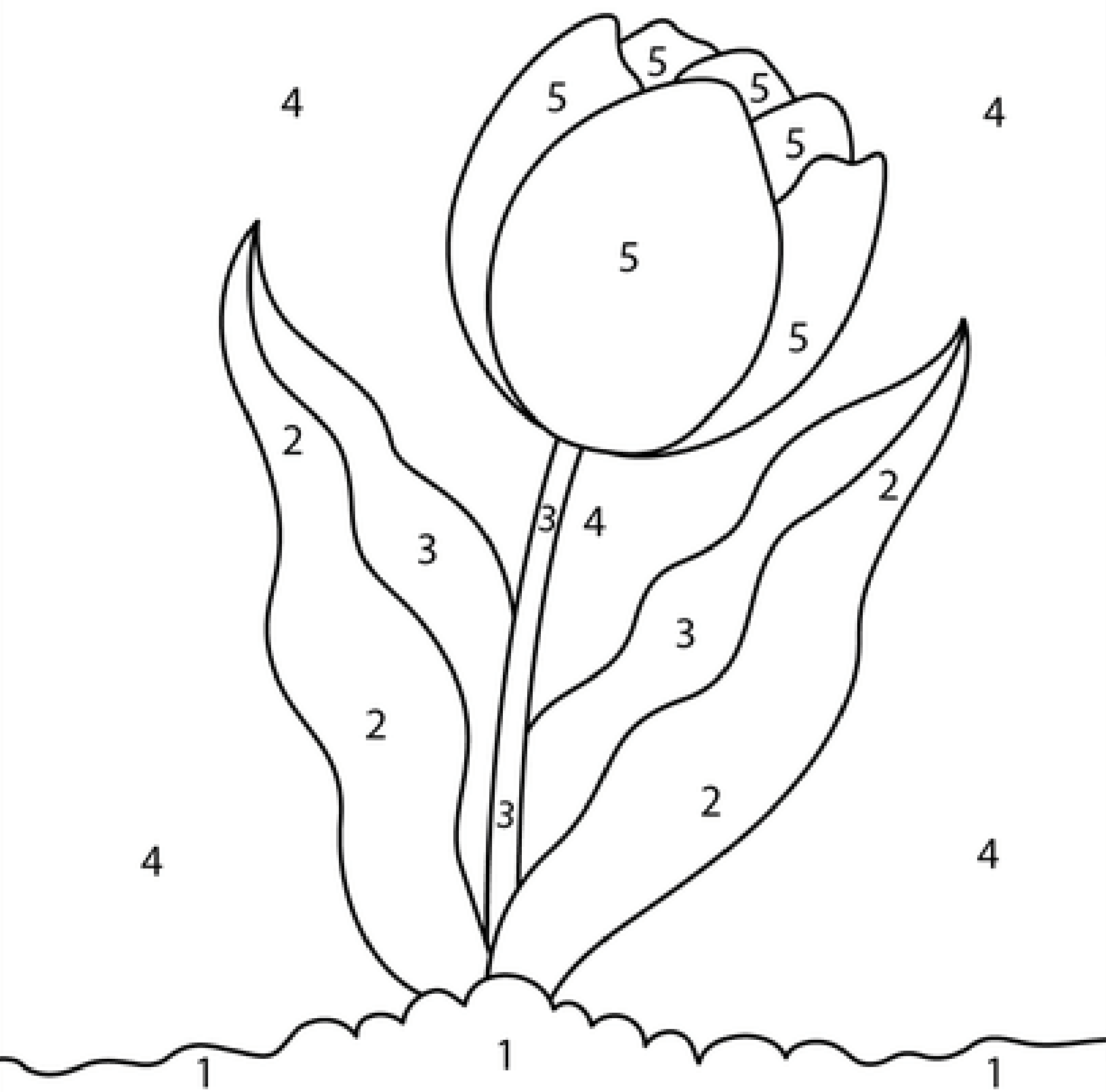


**I AM** \_\_\_\_\_

**CREATE YOUR OWN POSITIVE AFFIRMATIONS.  
PRACTICE REPEATING THEM EVERYDAY.**



**THERE ARE PLENTY OF WAYS TO CONNECT WITH FRIENDS,  
EVEN WHEN YOU FEEL LIKE YOU DON'T HAVE MUCH ENERGY.**



**1**

**BROWN**

**2**

**LIGHT GREEN**

**3**

**DARK GREEN**

**4**

**BLUE**

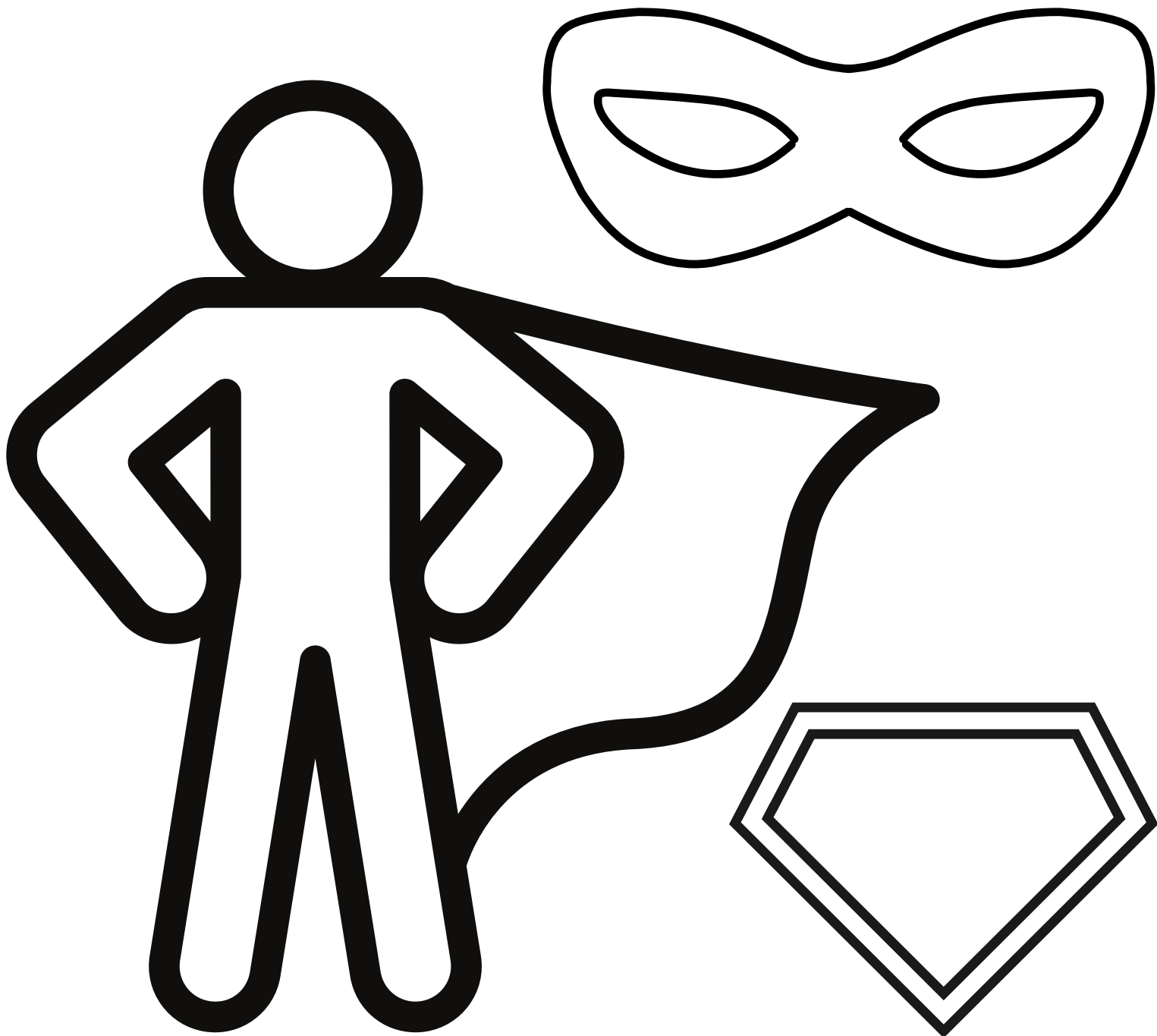
**5**

**RED**

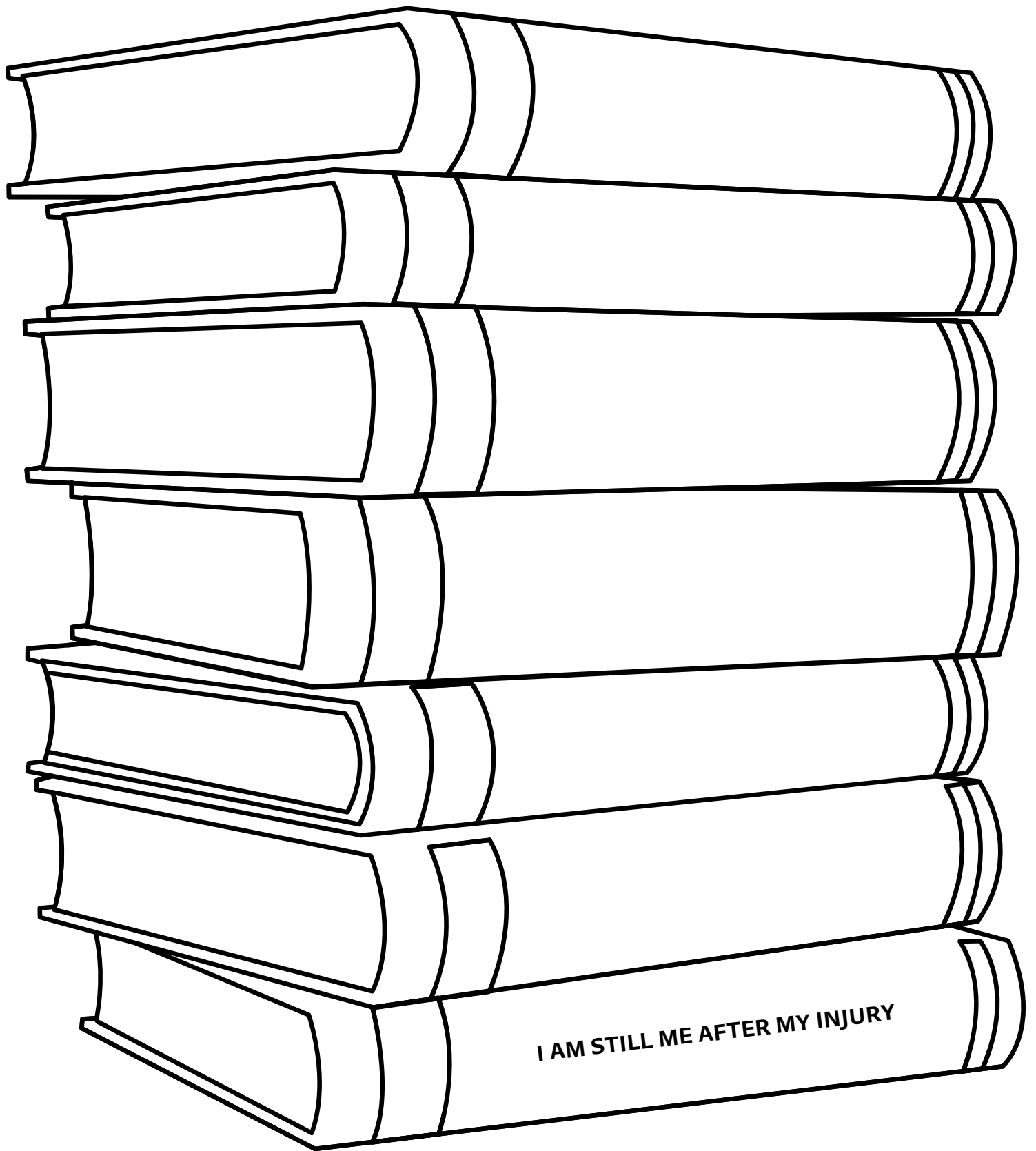


**EVEN WHEN OUR CAPABILITIES CHANGE, THERE ARE WAYS TO ADAPT**

# I AM STRONG



**SURVIVORS ARE SUPER HEROS!  
SHOW OFF YOUR STRENGTHS BY DESIGNING YOUR OWN SUPER HERO COSTUME.**



I AM STILL ME AFTER MY INJURY

WHAT WOULD YOU WANT PEOPLE TO UNDERSTAND ABOUT YOUR EXPERIENCE.  
WRITE IN TITLES FOR THESE BOOKS.



**TOMMORROW  
IS  
WORTH  
IT**

**RECOVERY CAN BE HARD, BUT TOMORROW IS WORTH IT.**

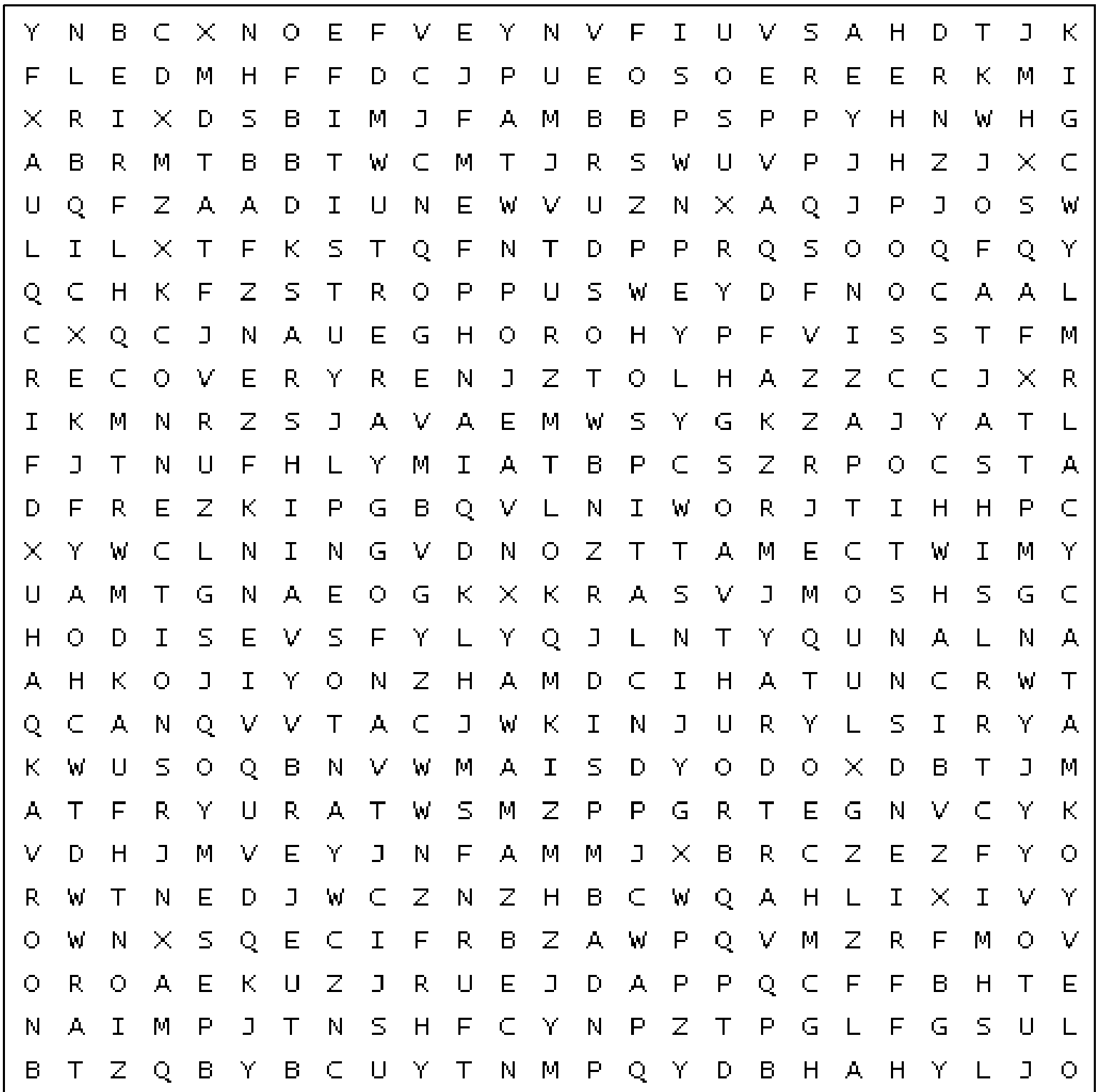


**YOU MAY NEED TO LEARN NEW THINGS DURING RECOVERY.  
LIKE WITH ANY NEW SKILL, BE PATIENT WITH YOURSELF.**

# WORD SEARCH PUZZLE

WORDS CAN GO IN ANY DIRECTION

WORDS CAN SHARE LETTERS AS THEY CROSS OVER EACH OTHER



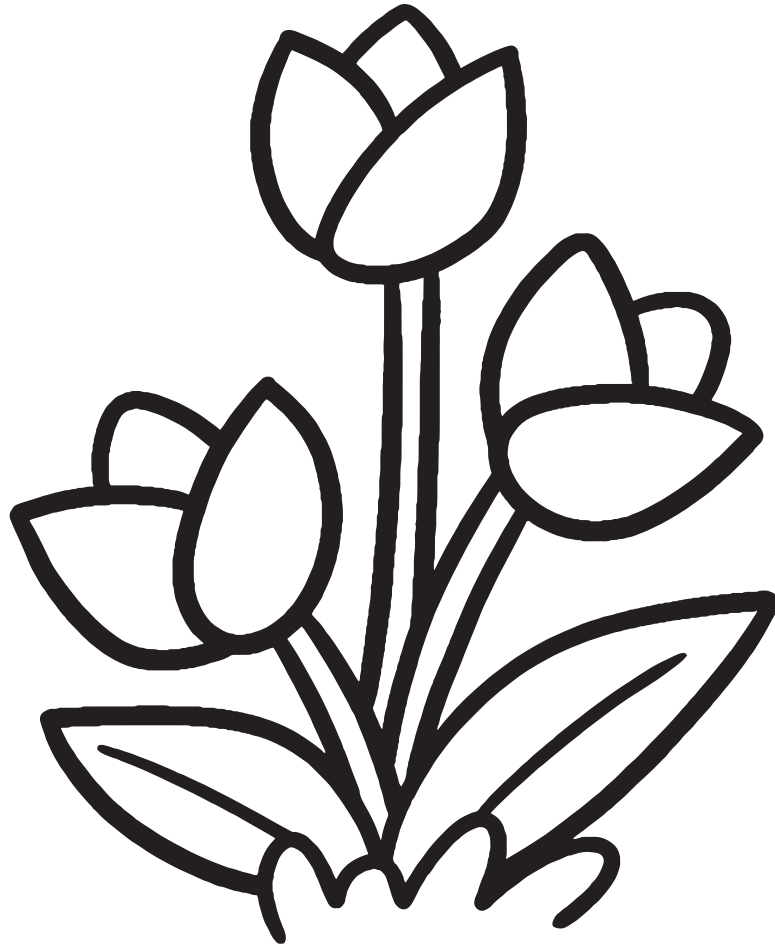
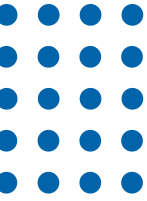
**COMMUNITY  
CONNECTION  
FAMILY  
FRIENDS**

**HEALING  
HOSPITAL  
INJURY  
RECOVERY**

**SCAR  
SUPPORT  
SURVIVOR  
THERAPY**



WHAT MILESTONES DO YOU WANT TO CELEBRATE?



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