

Mini Comfort Kit for Littles

**Gentle pages for the younger ones inside when
everything feels confusing.**

**You can show this to your therapist if you want to.
Or keep it just for you. ❤️**

Hi Sweet One



It's okay to feel mixed up.

It's okay to wonder, or not be sure, or feel like you don't remember.

Even when things feel foggy or scary, you are real. And we're glad you're here.

★ *Gentle Reminder*

"We don't have to know everything today.

Even if we forget, someone remembers.

We are safe enough now.

Every part matters—even the unsure ones.



Activities:

Draw a helper — real, magical, or made-up — who can remind you what's true.





More Activities:

Make a “truth heart” — Color one half for the parts who know, and one for the ones who wonder.

**Build a safety kit — What would you put in a box that helps you feel okay?
A blanket? Stuffed animal? Star sticker?**

Soft Sayings for Littles:

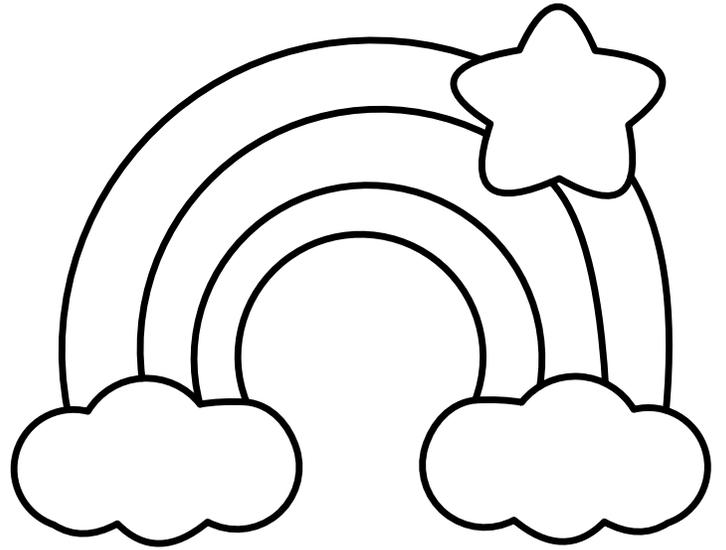
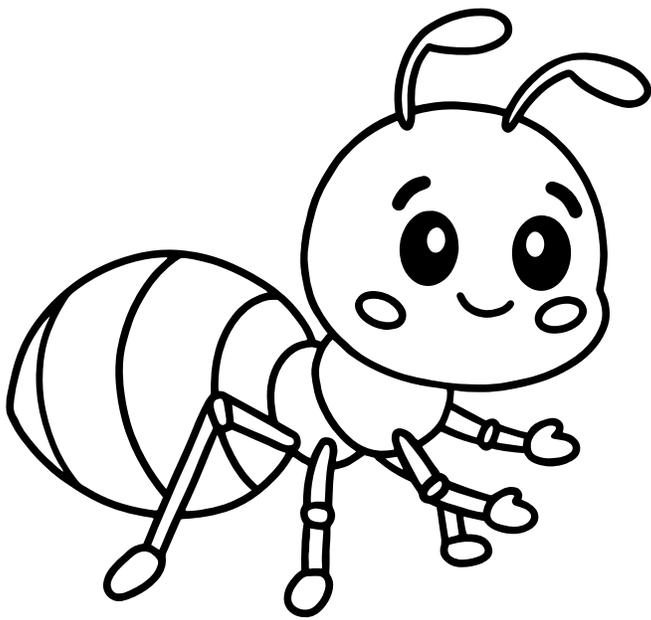
1. Even if I forget, someone else remembers.
2. We don't have to be sure to be safe.
3. Doubt doesn't mean we're bad.
4. We are still real, even when things feel pretend.





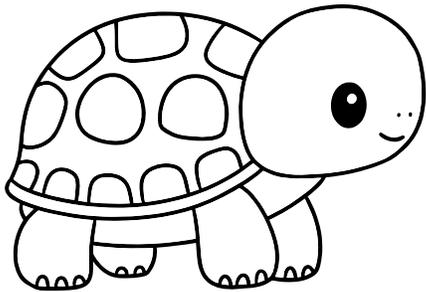
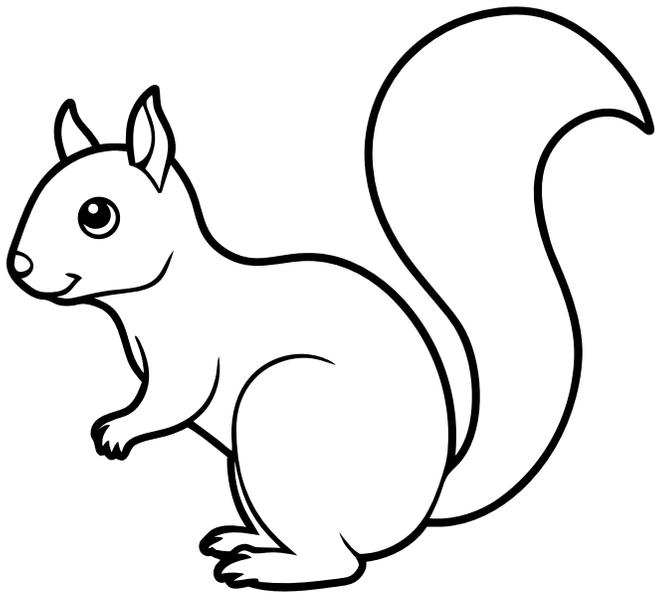
Coloring Pages

Some little reminders for you to decorate 🧸

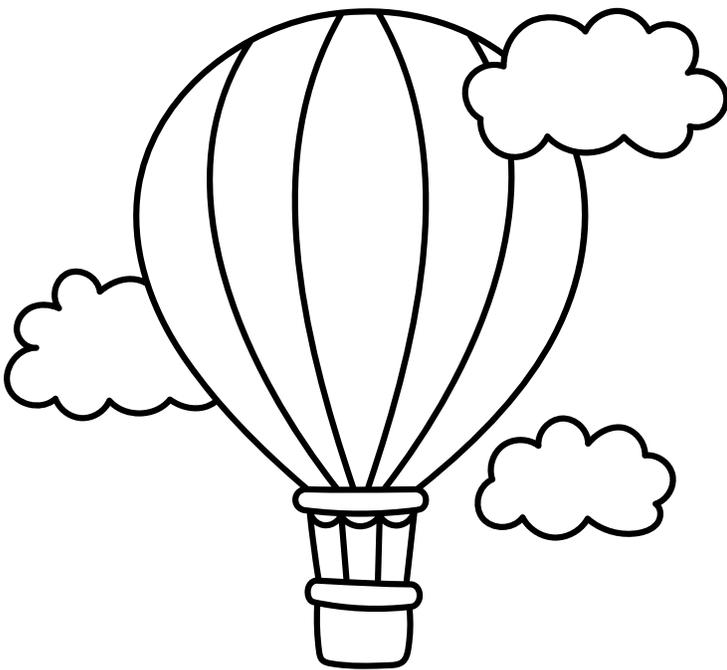


**“Even if I forget,
someone else remembers”**





**“All our parts are real—
even the confused ones”**





**“We don’t have to know everything
to be okay.”**

