Karli’s 7 Cs

Children can color in Karli as an adult colors the background. As you work together, you might discuss the 7 Cs:

You didn’t **Cause** the problem.
You can’t **Control** it.
You can’t **Cure** it.

**But**…

You can help take **Care** of yourself
You can **Communicate** your feelings.
You can make healthy **Choices**.
You can **Celebrate** yourself!