

# DORADO

**ACTIVITY & COLOURING BOOK**







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**Written by** Christina Shaffer BSc, Cassandra Sinyerd BSW, SWC, and Kathy Bourgeois MSW, RSW, RYT

**Illustration by** Anthony Mah

**Layout by** Anthony Mah and Christina Shaffer

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Changing The Way People Think  
**Mental & Health**  
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# HI THERE!

This is a book about emotions and the different ways that our brains and bodies respond to them.

This book is yours to keep. You can colour the pages, try the activities, and doodle your ideas. Make this book yours.

This book is not a replacement for getting other help and support if you need it. If you are having a hard time, talk to a grownup you trust. They can help you get the support you need to feel better.

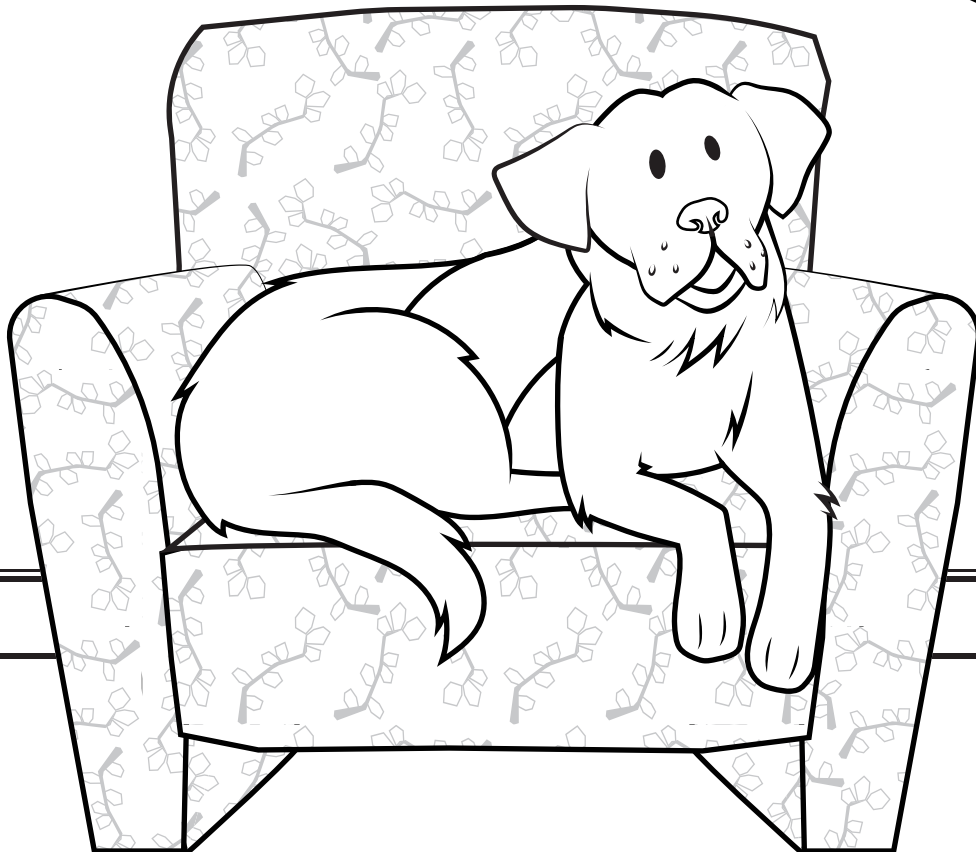




# MEET DORADO

Dorado is a dog with a special job. He helps kids to feel safe and calm, especially when they have big feelings.

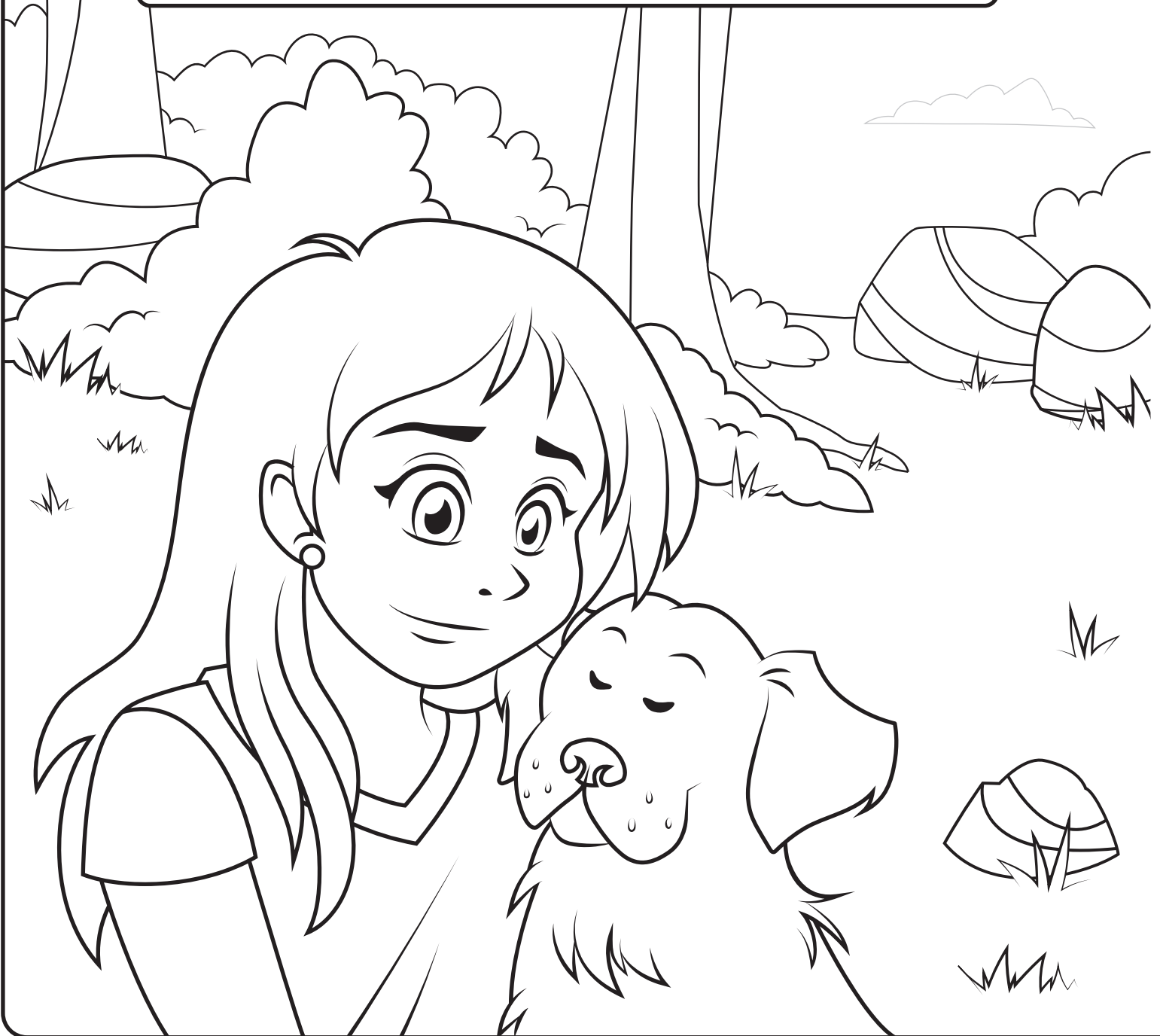
Dorado is a lot like you! He has six brothers and sisters. He likes going for walks in the forest and playing with his favourite toys.



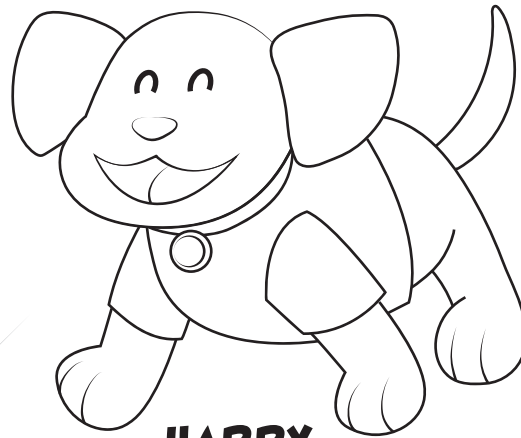
Just like you, Dorado has feelings.

Feelings, which are sometimes called **emotions**, are the different ways our brains and bodies react to what's going on around us.

Emotions work to quickly give you information about a situation, which can help you decide what to do.







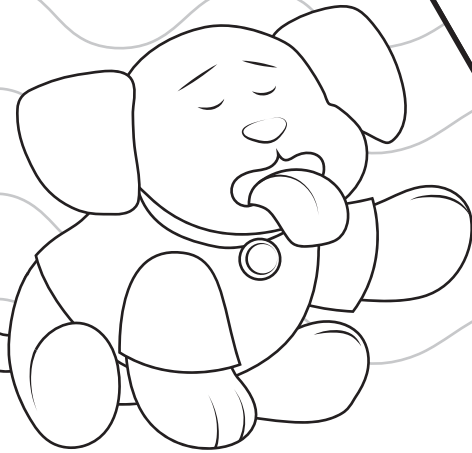
## **HAPPY**

I feel great!  
I need space to be playful.



## **SAD**

I need comfort.



## **DISGUSTED**

Gross! I need to get away.



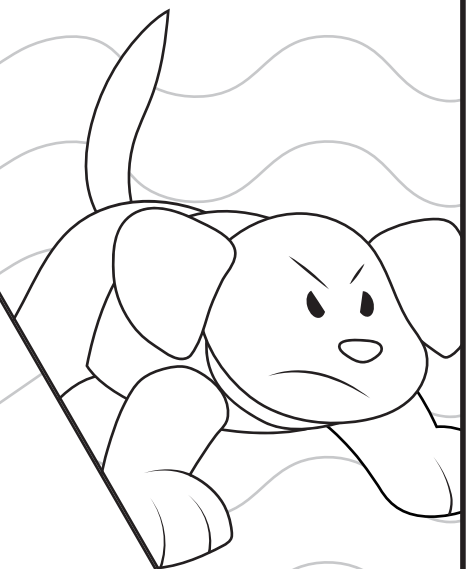
Everyone feels emotions. Emotions  
can come and go, and they change.

Different emotions are connected to  
different needs. You might feel...



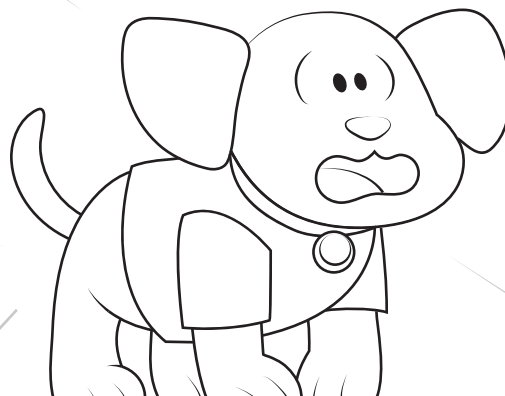
## **MAD**

This isn't fair!  
I need things to feel right.



## **SCARED**

I need to feel safe.

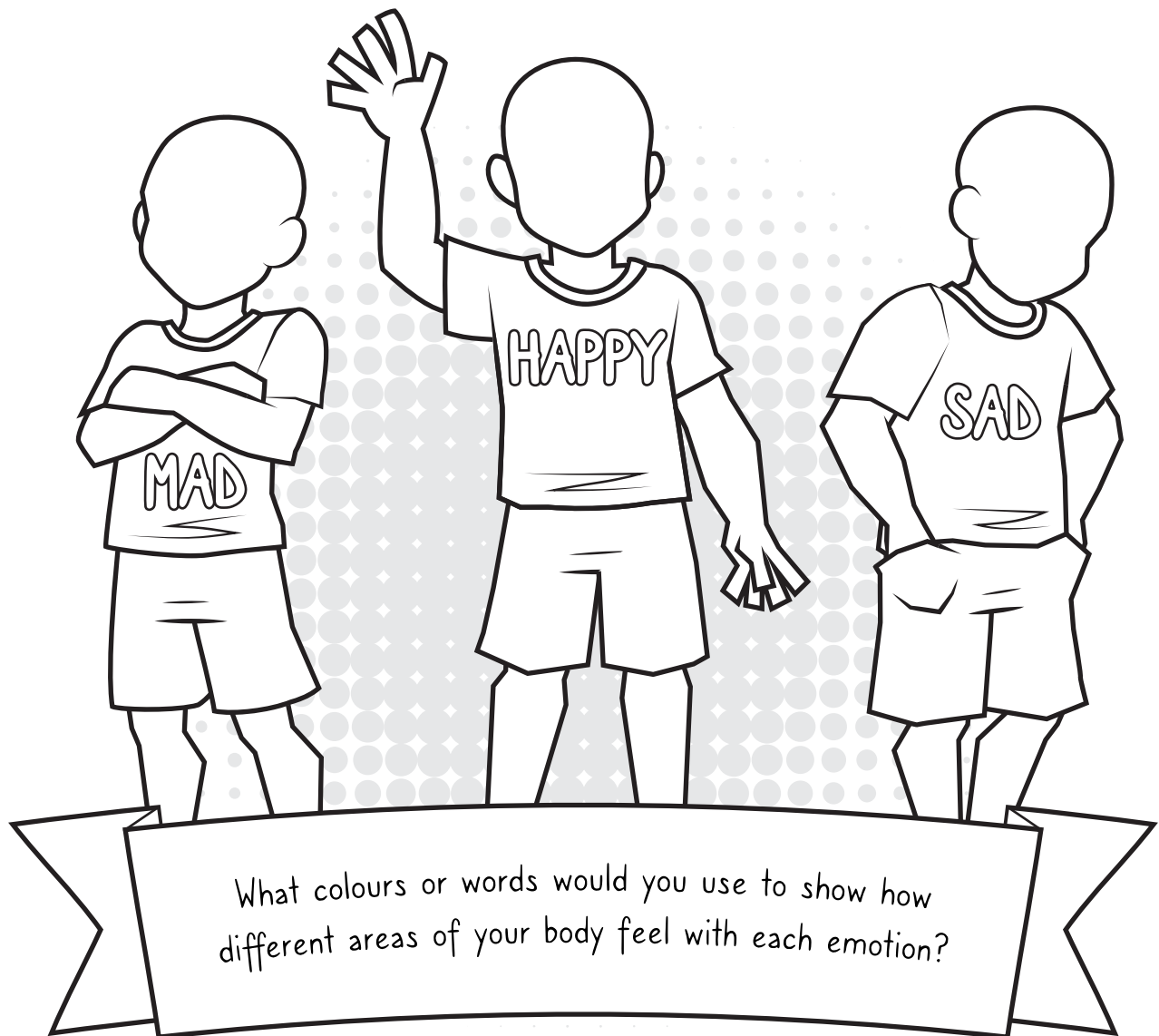


## **ASHAMED**

I need reassurance that  
there's nothing wrong with  
who I am.

Did you notice how Dorado's face and body change with his emotions?  
Yours do too! That's because you feel emotions in your thoughts and in your body.

Think about how your body feels different when you are...



What colours or words would you use to show how  
different areas of your body feel with each emotion?

Light    **BIG**    ☺☺☺ Hot    Relaxed    ☀Bright☀  
**HEAVY**    SMALL    ☹☹☹ Cool☹☹    Tense    **DARK**

Sometimes emotions can feel  
REALLY BIG.

Big emotions can make us pay  
attention to something important. They  
can also help keep us safe by working  
with our brains' emergency alarm.

When you feel calm, your brain and  
body are in **Safe Mode**.

Notice how happy and relaxed Dorado  
looks here. His brain and body are  
telling him that everything is ok.



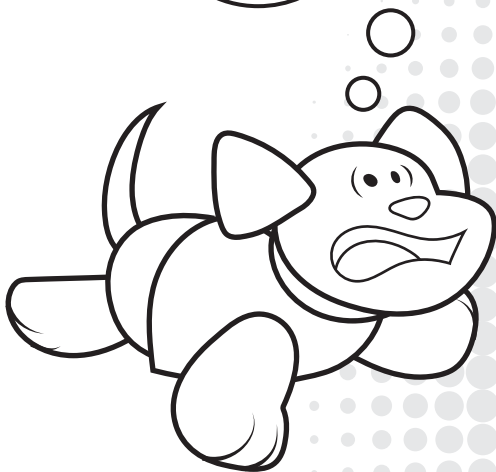
When something big or scary happens, we feel a rush of big emotion, and our brains sound the alarm to go into **Emergency Mode**.

Emergency mode is like a superpower designed to help us stay safe. It makes our breathing and heartbeats faster and gives our muscles extra power, so that our bodies are ready to RUN, FIGHT, or FREEZE.



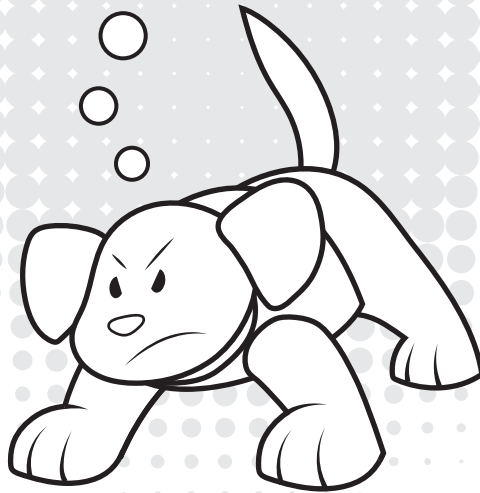
Emergency mode can feel different for everyone.  
It can make you feel like....

Talking fast  
Feeling jumpy or fidgety  
Wanting to get away



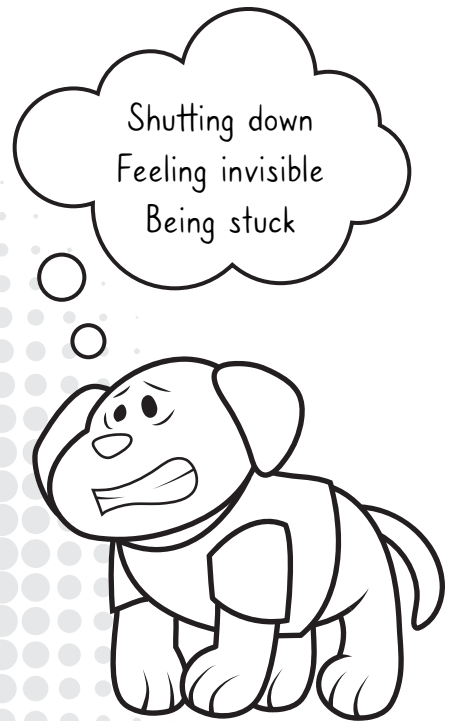
RUNNING

Yelling  
Hitting  
Feeling hot all over



FIGHTING

Shutting down  
Feeling invisible  
Being stuck

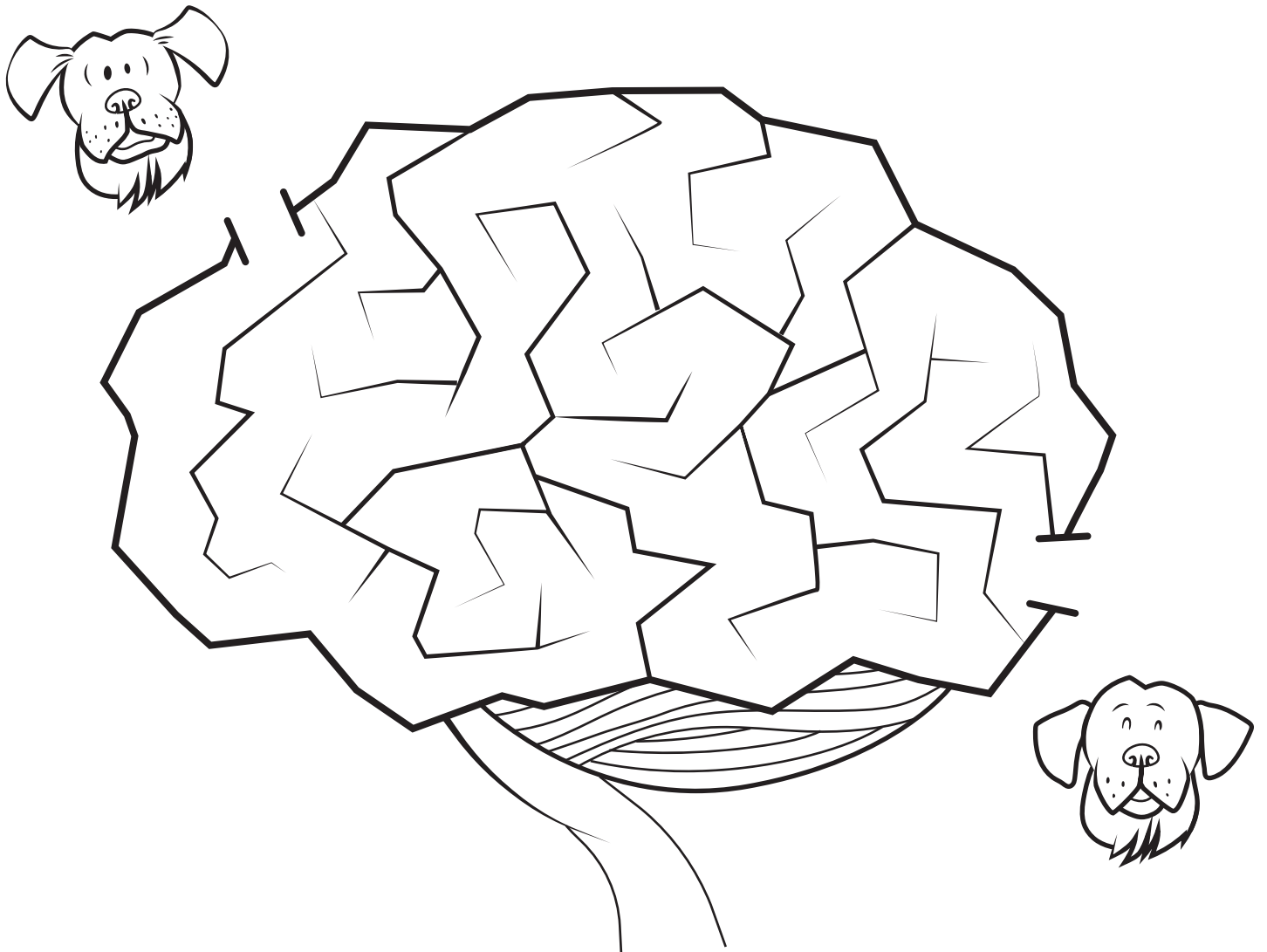


FREEZING

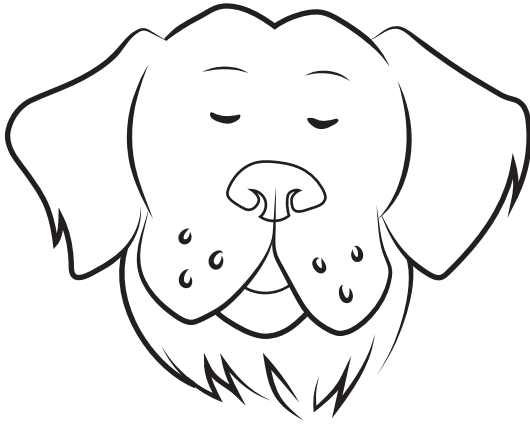


Emergency mode focuses energy away from 'usual' things our brains and bodies do. It can make it feel harder to think clearly, or to find your words when you talk. It can take your focus away from noticing little things happening around you. It can cause changes to how you eat or sleep.

Emergency mode takes a lot of energy, so it's designed to only last a short time. Once the emergency is over, we switch back into our usual safe mode.



When Dorado is ready to switch back to safe mode, he can do things to feel calm and settled again, like...



Taking deep breaths to help his brain and body remember that he's safe



Shaking away his extra energy



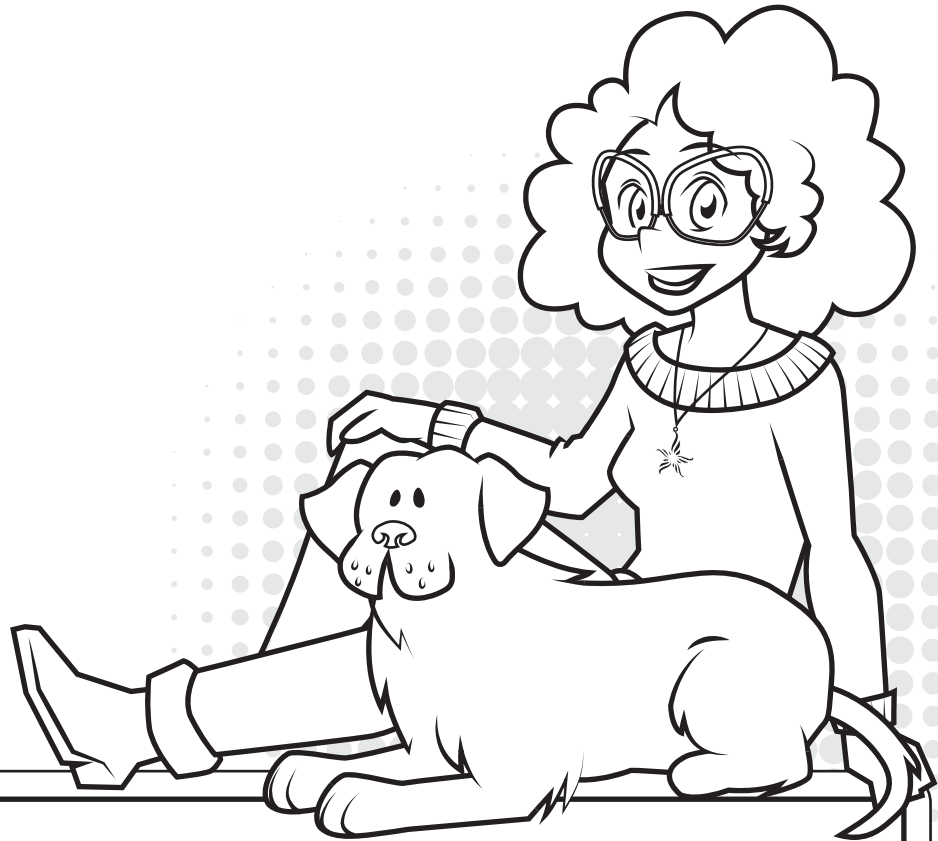
Being with someone he trusts



Using his brain and body together in a fun game

There are lots of things that humans, like you, can do to feel calm and settled too! The next part of this book is full of things you can do.

Try some of them, or all of them. See which ones you like best!



Sometimes after something big or scary has happened, it can feel hard to switch out of emergency mode. Sometimes it can feel like your brain keeps setting off the emergency alarm, even when you're safe.

This can happen when your brain is trying to do its job but is getting a little overwhelmed.

If you feel like this, talk to a grownup you trust. They can help you get the support you need to feel better.



# BELLY BREATHING

Have you ever thought about the way you breathe? It happens so automatically, you might not even notice.

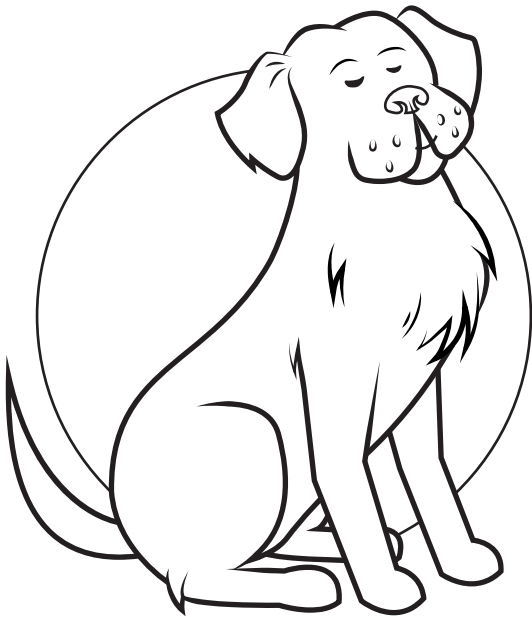
But your breath has a superpower - it can make your brain and body calm down.

Give it a try!

Take in a slow, deep breath.

As you breathe in, imagine your favourite colour filling your body with calm, happiness, and peace.

Pause for a second, feeling the fresh new air in your lungs.



Now breathe out, slowly and gently letting the air carry away any worry and stress.

Pause again. Notice how your body feels.

Try it again. Keep breathing slowly and thoughtfully for as long as you need to. Your brain and body will start to settle and feel a bit calmer with every breath.



## **SLEEPY STUFFY**

Pick your favourite stuffed animal. Now, relax somewhere comfortable, and put your stuffy on your belly. Take a big breath in and notice how your belly moves. When you breathe in, your belly pushes your stuffed animal up toward the sky. When you breathe out, your stuffed animal gently sinks toward the floor.

Using your breathing, you can rock your stuffed animal to sleep on your belly.

Take slow, gentle breaths in... and out... as you help your stuffed animal fall asleep.









## HORSE LIPS

Close your mouth, and relax your lips so they feel gentle and floppy.

Keeping your lips closed, quickly blow air out between them, just like a horse.

Take another slow breath in and do it again.

As you keep going, notice your lips start to feel silly, and your face and body relax. It also probably makes you laugh!





## LISTENING LIKE DORADO

Did you know that dogs have super hearing?  
They can hear quiet things far away, even better  
than humans can.

Try listening like Dorado. Take a deep breath in  
and out. Close your eyes if you want to, and now  
imagine your ears get big, like Dorado's.

Staying calm and quiet, notice...  
What sounds can you hear right next to you?  
What sounds can you hear far away?

Keep listening...  
How many different sounds can you count?

# HAPPY PLACE

Think of a place that makes you feel calm and happy. It might be somewhere you've been before, or somewhere new in your imagination.

It's your place, and it's totally up to you.

Dorado might picture a big, open field, where he can run and jump and play. Or he might picture the beach, where he can sit on the warm sand and watch the waves.

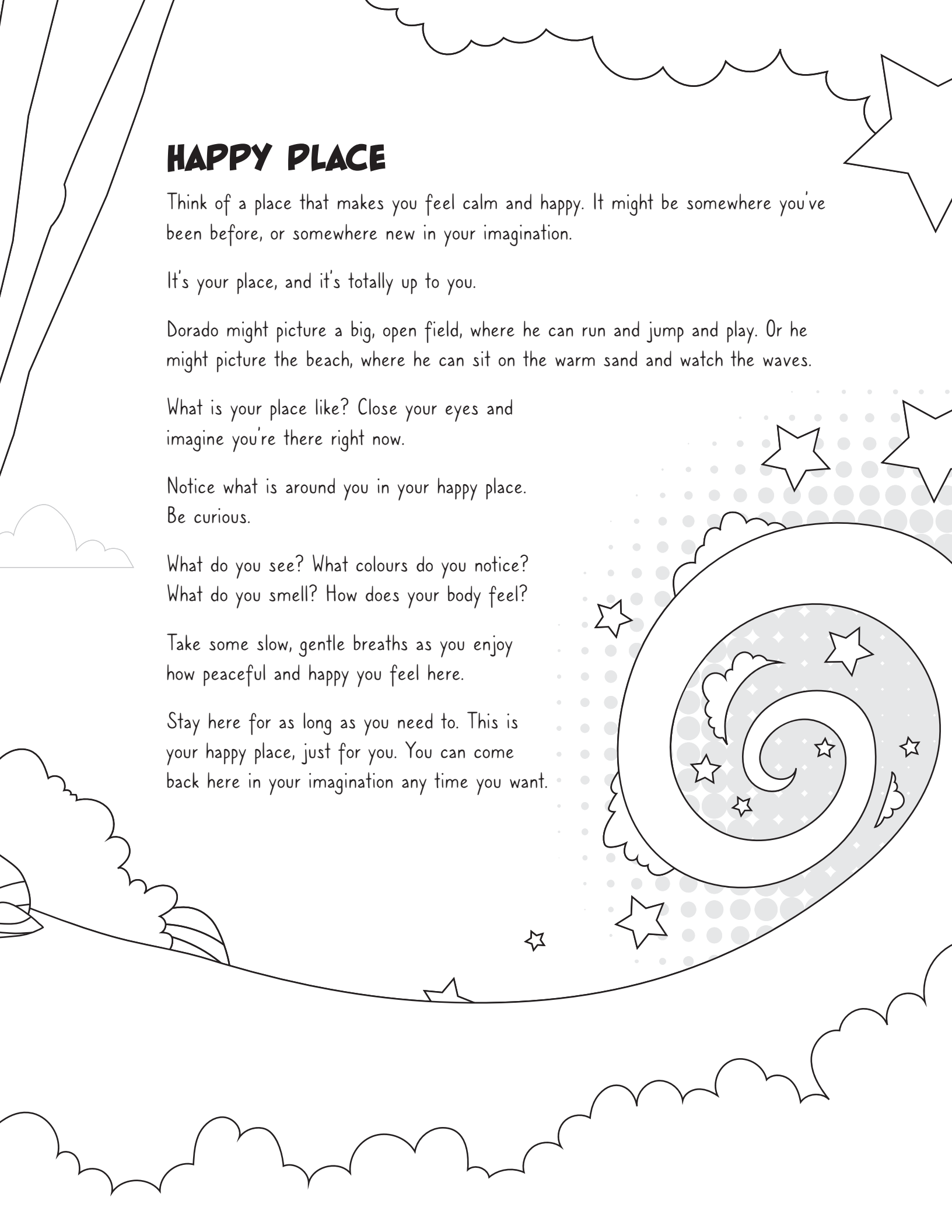
What is your place like? Close your eyes and imagine you're there right now.

Notice what is around you in your happy place.  
Be curious.

What do you see? What colours do you notice?  
What do you smell? How does your body feel?

Take some slow, gentle breaths as you enjoy  
how peaceful and happy you feel here.

Stay here for as long as you need to. This is  
your happy place, just for you. You can come  
back here in your imagination any time you want.



The worksheet has a background of simple line-drawn clouds and small leaf-like shapes. In the center is a rectangular box with a thick grey border containing the text.

## THOUGHT CLOUDS

Find somewhere comfortable where you feel relaxed.  
You can close your eyes if you want to.

Take a deep, gentle breath.

Now notice the thoughts and ideas and feelings  
you're having right now. Just notice them quietly, as  
they float in and out of your mind like fluffy clouds.

When a new thought or feeling comes along, all you  
have to do is notice that it's there, and then let it  
drift away like a cloud. That's all.

Notice the sound of your breathing, gentle and calm.

As each thought or feeling cloud floats away, your  
mind becomes like a calm, clear blue sky.

You can do this every day. The more you practice  
quietly noticing your thoughts and feelings float by  
like clouds, the easier it will be for your mind to  
feel like a clear blue sky.

## **SQUEEZE!**

### **1,2,3,4,5**

Take a calm breath in and out, and think about how your body feels right now.  
Do any parts of your body feel tight or tense?

Take a slow, deep breath in, and SQUEEZE!  
the muscles in that part of your body.  
Keep squeezing as you count 1...2...3...4...5.

Then, breathe out and relax those muscles.  
Let all the tension in those muscles melt  
away as you count back 5...4...3...2...1.

Notice how those muscles feel now.

Do this again a few more times. When you let  
go after every squeeze, let your muscles relax  
a little bit more each time.

When you're all done, you can shake, shake,  
shake away any last bits of tension, leaving  
your muscles feeling calm and relaxed.



# YOGA

## MOUNTAIN

Practice being big and strong, like a mountain. Stand up tall.

Imagine your feet pushing into the earth like the base of a mountain, keeping you strong and steady. Let your arms fall to your sides. Relax your hands and turn your palms forward. Reach your fingers out flat.

Now, make your spine tall, like the tallest mountain. Reach the top of your head up, up toward the sky.

Breathe in and out.

Feel the ground under your feet, and the air above you.  
You are strong and steady, just like a mountain.

## SEED

Practice being tiny and cozy, like a seed. Start with your hands and knees on the floor.

Now sit back on your heels and rest your forehead on the floor.

Rest your arms next to you, with your hands near your feet.

Breathe deeply in and out. Notice how you feel fully supported by the ground underneath you.

You are calm and relaxed like a tiny seed, full of potential to grow.

Now reach your hands out, like a sprout growing forward out of the seed. Reach with your shoulders, arms, and fingers along the floor.

Breathe in and out, as you grow your arms forward like a sprouting seed.

When you are ready, bring your hands back again to rest near your feet.

Notice how safe and peaceful you feel.  
Just like a seed, quiet and calm.



## **FIVE FINGER STAR BREATHING**

Fan out the fingers of one hand like a star.  
Use the pointer finger of your other hand  
to gently trace an outline of your hand.

Start below your thumb.  
Breathe in as you trace your  
pointer up to the tip of your thumb.  
Breathe out as you trace down the other side.

Do this again for each finger,  
moving up and down like a rollercoaster.  
Breathe in as you move up.  
Breathe out as you move down.

Notice the feeling of the tracing movement along  
your 'star' hand. Pause gently as you get to the top  
and bottom of each finger, noticing the pause in  
your breath between breathing in and breathing out.

Now switch hands and do it again.

The background of the entire page is a repeating pattern of musical notes and treble clefs. The notes are of various sizes and orientations, interspersed with small four-pointed stars. The pattern is black and white, creating a rhythmic and musical visual theme.

## Shake, SHAKE, SHAKE!

Put on some music with a fast beat.

Stand tall, and imagine a cord is attached to the back of your neck. Imagine the cord reaches all the way up to the sky and holds you up.

Relax your body like a rag doll.  
Let your neck go limp and your head drop forward.  
Close your eyes if you want to.

As you listen to the music, start bouncing and shaking your body to the beat.

Let the music take over and be silly!  
Bounce your knees, shake your arms, and move your body. Keep your neck relaxed and let your head move gently side to side with your body.

Let go of any tension as you let yourself shake and move to the beat.

Do this until the end of the song, or keep going for a few songs, then stop and notice how you feel.

(If at any point this feels too difficult or intense, open your eyes, stop shaking, and stand still until you feel settled again)



## HUMMING

Take a deep breath, and start humming as you slowly breathe out. Begin with a deep, low hmmmmmmmm....

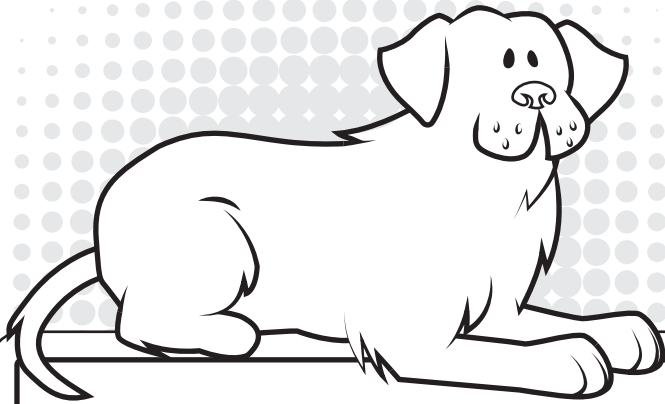
Notice how the sound feels in your chest. Is it a low buzz, like a bumblebee? Does it rumble like a big engine?

Pay attention to this feeling as you picture the sound vibrations moving out through your body.

Imagine the more relaxed you become, the farther the feeling will travel.

Keep taking deep, slow breaths and as you hum, imagine this feeling moving into your arms and hands, through your belly, and into your legs and feet. Let it move into your head and up into your brain.

Take a break and notice how you feel. Do you feel a little calmer? More settled?



## **DRAW YOUR OWN**

What are some things you like to do to help yourself feel calm and settled?



# EMOTIONS WORD SEARCH

Words are hidden → and ↓

O	S	J	O	Y	F	U	L	F	F
D	I	S	G	U	S	T	E	D	U
D	M	Z	M	S	P	D	Y	H	R
Q	A	N	G	R	Y	A	B	A	I
C	D	A	J	A	M	C	Y	P	O
A	S	H	A	M	E	D	S	P	U
L	Y	S	J	W	A	R	C	Y	S
M	P	E	A	C	E	F	U	L	A
F	R	U	S	T	R	A	T	E	D
S	C	A	R	E	D	H	L	Z	F

MAD  
SAD  
CALM

HAPPY  
ANGRY  
JOYFUL

SCARED  
FURIOUS  
ASHAMED

PEACEFUL  
DISGUSTED  
FRUSTRATED





