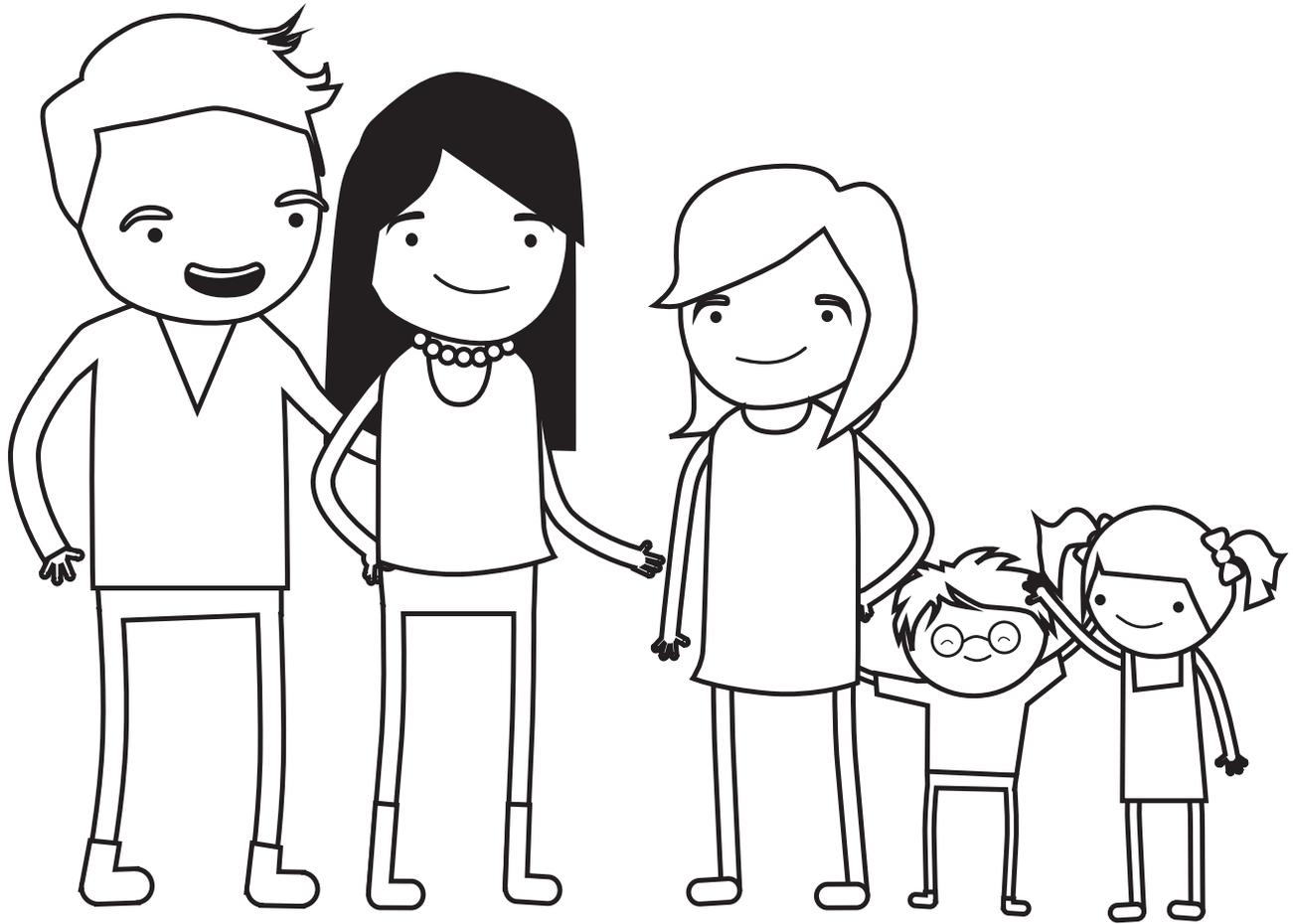


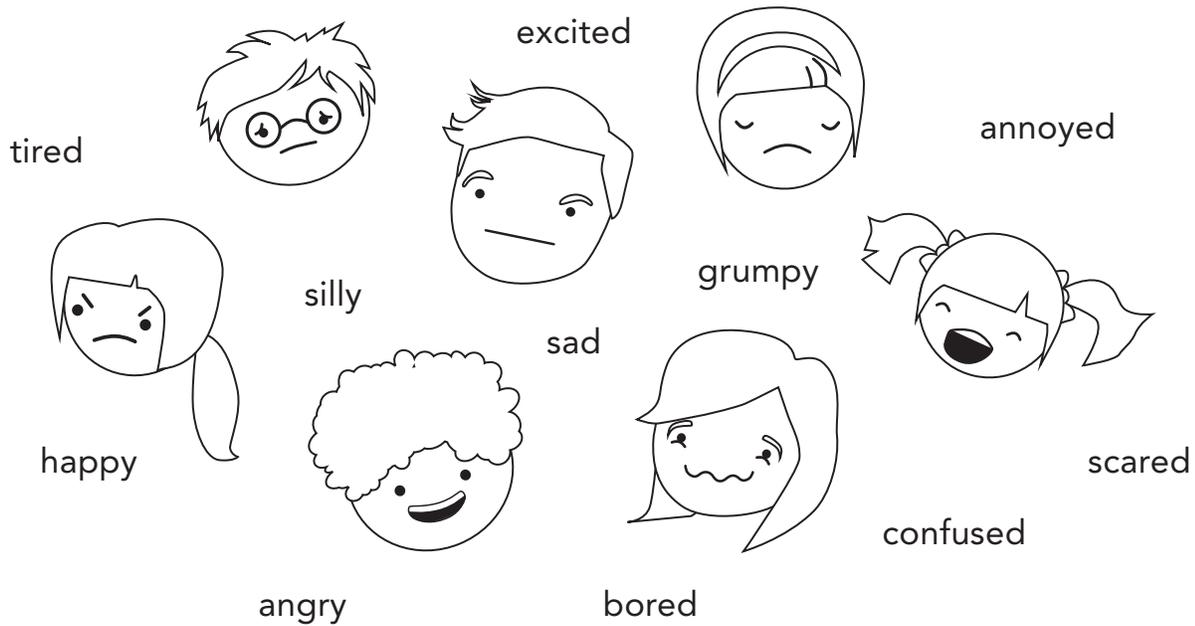


# HEALTHY KIDNEYS

FAMILY COPING ACTIVITY SHEET



Can you draw a line to connect each person with how you think they are feeling? It doesn't have to be just one. Circle how you are feeling today.



Unscramble the tiles to reveal a message!

**GROU**

**ORT**

**P**

**SUPP**

\_\_\_\_\_

**FILL IN THE BLANKS!**

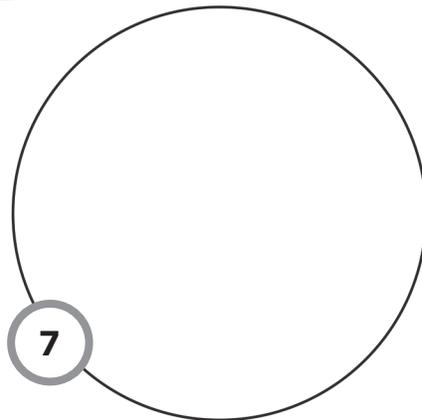
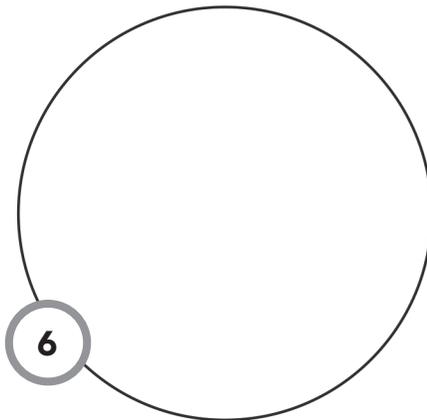
The Kidney Health Team wants you to share how you are \_\_\_\_\_.

Lots of people do different things to stay \_\_\_\_\_.

Something that helps us feel strong is keeping our daily \_\_\_\_\_.

When you feel sick, tell your \_\_\_\_\_ or an adult you trust.

What are some of the things **you** do every day? Can you draw two more?



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

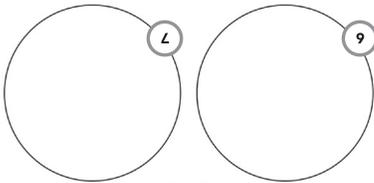
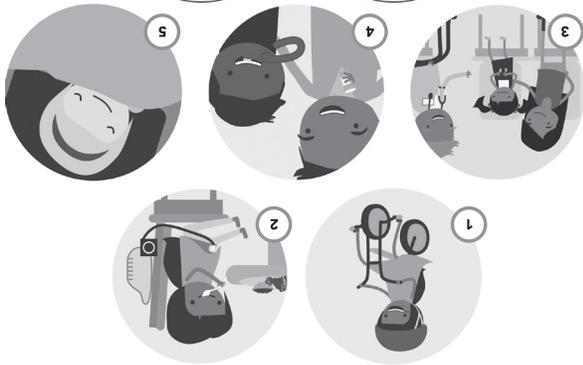
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## IMPORTANT THINGS I LEARNED:

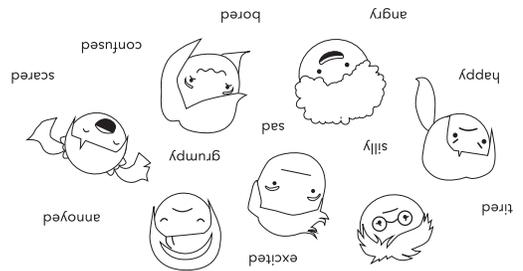
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ACTIVITY ANSWER KEY:

What are some of the things **you** do every day? Can you draw two more?



Can you draw a line to connect each person with how you think they are feeling? It doesn't have to be just one. Circle how you are feeling today.



Unscramble the tiles to reveal a message!

S U P P   G R O U   O R T   P

S U P P   G R O U   O R T   P

FILL IN THE BLANKS!

The Kidney Health Team wants you to share how you are feeling \_\_\_\_\_  
 Lots of people do different things to stay healthy \_\_\_\_\_  
 Something that helps us feel strong is keeping our daily routines \_\_\_\_\_  
 When you feel sick, tell your parents \_\_\_\_\_ or an adult you trust.