Room to Be You

EXPANDED / 18 pages / All-ages creative and support activities



A little more room for your whole self.

Inside

More journal pages, sensory and self-care planning, connection scripts, supporter guidance, four create-and-color activities, and the same free-resource directory available in the free starter. No need to buy this packet to access help or free products.

Amber Michaels, LPC

Original educational exercises. Not diagnosis, individualized treatment, or a promise of a particular outcome. No therapy relationship is created by downloading.

PUBLIC SAMPLE 1/4 | Selected pages from the paid packet

Your pace is part of the plan.

All-ages activities; younger readers may draw or work with a trusted supportive adult.

Pick one page and use words, marks, collage, AAC, dictation, or a drawing. Ask a helper to read instructions aloud if wanted. You can skip any prompt, leave labels blank, or revisit an answer later.

Choose privacy and support

You decide who sees completed pages. Do not put someone else's private identity on a shared page. Consider whether a device, printer, email account, or package can be seen by other people. Private browsing does not erase all records or guarantee privacy.

All-ages refers to these reflection and art activities, not universal eligibility for external products. Directory pages clearly separate program rules. There are no medical procedures or body-changing instructions in this collection. A supportive adult can help younger readers explore external links.

My favorite way to respond; a place I can keep this safely:

One page or activity I want to try first:

Notice a moment of joy.

Choose a small moment; joy is welcome but not required.

A comfortable name, a shared joke, a game, a piece of art, or a kind interaction may offer a little ease. You do not have to feel proud or positive every day to belong.

Something that gave me ease, interest, or a sense of being myself:

Who or what helped make that possible:

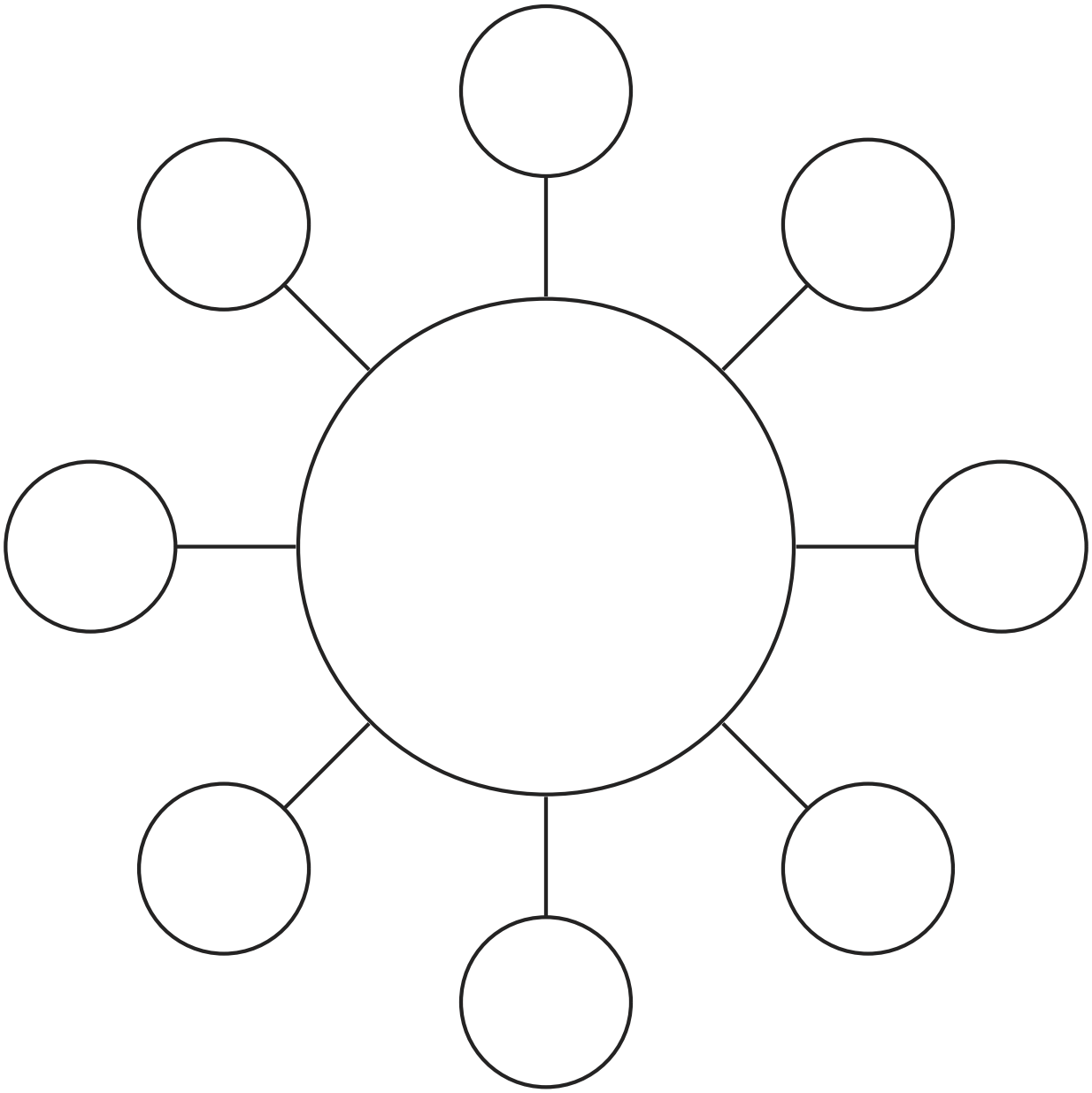
A small way I might make room for it again:

PUBLIC SAMPLE 3/4 | Selected pages from the paid packet

Me as a whole world.

Draw, color, trace, collage, or ask someone to help. No realistic likeness is required.

Use the center for a portrait or a symbol of you. Let the circles hold interests, important people, values, languages, or anything else that matters.



You can use any skin tone, shape, style, or symbol. There is no correct way to look LGBTQ+. You may leave the page blank or keep it private.