



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!