



Dr. Compass Coloring Book

"It's okay to feel nervous. We'll take
this one step at a time."



"You're doing a great job being brave."



"Your body is amazing, and I'm here to help you stay healthy and strong."



"I'm right here with you—you're safe."



"Talking about your feelings
helps you feel better."



"Healthy bodies help us do the things we love."



» — you are — «

BRAVER

than you believe

STRONGER

than you seem

SMARTER

than you think

AND LOVED

more than you know



Complimentary Coloring Book

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