My Health Feelings Map

I live with a health condition. I am more than my condition.

Name: _____ **Date:** _____

1 How I feel about my condition

Tick all that fit. Two feelings can be true at once

- ☐ Worried
- ☐ Frustrated
- ☐ Brave
- ☐ Tired
- ☐ Sad
- ☐ Different
- ☐ Proud
- ☐ Okay

2 Things on my mind

Tick the ones I want to talk about

- ☐ Shots or pokes
- ☐ Missing school
- ☐ What friends think
- ☐ Food rules
- ☐ Doctor visits
- ☐ Sports and play
- ☐ Feeling sick
- ☐ Will it go away?

3 My questions

Write or tell a grown up who can write it for me

What I know about my condition: _____

Something I wonder: _____

A question for my doctor: _____

What I want my class to know: _____

4 More than my condition

Draw me doing something I love or I am good at

This is me:

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My Health Coping Plan

What helps me, my jobs and choices, and who I tell.

Name: _____ **Date:** _____

1 Things that help me

Pick 2 or 3 and share them with my grown up

- [ ] Knowing what is next
- [ ] A comfort item
- [ ] Calm breathing
- [ ] A friend who knows
- [ ] Kids like me
- [ ] Making a choice
- [ ] Saying how I feel
- [ ] Doing what I love

2 My jobs and choices

Agreed with my grown up and my care team

A health job I do myself: _____

A health job I am learning: _____

A choice I get to make: _____

Who I tell when I feel unwell: _____

3 My weekly check in

Color a box each week

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
I did a health job	☐	☐	☐	☐	☐	☐	☐
I did something I love	☐	☐	☐	☐	☐	☐	☐
I said how I feel	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Feelings support, not medical care

Always follow the written plan from the care team. This page has no medical instructions. Say it is not their fault.

Prepare them for appointments, offer real choices and add health jobs step by step, as the care team advises.

Watch for sadness, worry, withdrawal or skipping treatment. Ask the pediatrician about counseling support.

Crisis: call or text 988. Danger: 911.

Adult notes: what my child said, questions for the care team, what to share with the school

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