



## Fall Mailer:

Change is hard, change is good!

Hello Friends!

Fall is a season that comes with lots of changes. Leaves go from green 🌳 to colorful shades of orange, yellow, red and brown 🍁. The temperature goes from warm to cool and the days start to get shorter 🌙.

Some changes in fall might feel sad at first. Watching leaves shrivel 🍂 and fall off of trees 🌳 may look like the tree is "dying," but in reality, losing their leaves is an important and helpful change. Dropping leaves protects the tree from heavy winds and snow ❄️ so that the branches don't break during winter 🧊. It saves the tree energy by not needing to get water and nutrients to the leaves during a time with less light. Finally, shedding leaves gives the tree a much needed fresh start in spring 🌱 AND the dropped leaves nourish the earth 🌍 as they decompose!

Change can feel scary and new but it often means growth is happening. We hope you enjoy the activities in this mailer including things that help us cope with change like identifying supportive people, identifying healthy coping skills and self care.

From your friend,

Lauren Rencher



YIELD: 1

## Coffee Filter Bat Craft

These coffee filter bats are a cute and easy Halloween craft project for kids.

ACTIVE TIME  
20 minutes

TOTAL TIME  
20 minutes

DIFFICULTY  
Easy



### Materials

- [Wooden Spring Clothespins](#)
- Round Coffee Filters
- Assorted Googly Eyes
- Washable Markers – Black, Blue and Purple
- [Liquid Glue with fine tip applicator \(I like this tacky craft glue\)](#)
- Black Acrylic Craft Paint
- Paintbrush
- Black Cardstock
- Scissors
- [White Gel Pen](#)
- Pencil

### Tools

- Scrap of Cardboard
- Non-Stick Craft Mat or Large Plastic Zip Top Bag
- Water Spray Bottle

### Instructions

1. Flatten coffee filters and draw patterns with blue, black, and purple washable markers.
2. Place the colored coffee filter on a craft mat and spritz with water.
3. Clip clothespins to scrap of cardboard and paint all sides black. Set aside to dry.
4. Glue eyes to clothespin. Let dry.
5. Draw mouth and teeth with white gel pen. Let dry.
6. Fold coffee filter in fourths (in half and in half again) and cut a scallop edge.
7. Unfold filter once so it is folded in half. Cut a 3 inch slit up from scallop edge.
8. Open clothespin and insert the coffee filter wings.
9. Cut little triangle ears from black cardstock and glue to clothespin.

### Notes

Easily make just one or several at a time. Drying times may vary and impact total time from start to finish of this project.

© Darcy Zalewski  
<https://www.darcyandbrian.com/coffee-filter-bats-halloween-craft-for-kids/>

CATEGORY: Crafts

\* You will need black marker (or paint), glue, scissors, washable markers or watercolors, and white paper for the fangs.

# YOUR SUPPORT TREE

Life can feel scary sometimes. You know what makes life less spooky? Having enough supportive people you can lean on in times of need. Take a look at the next page to try a fun activity that helps you identify supportive people in your life.



Feel free to cut and paste these pictures on the previous page for a festive picture that represents the supportive people in your life. Don't worry if you can't think of anyone that fits each of these categories. Building supportive relationships takes time and practice!



Owls represent wisdom. Can you name a person in your life that you could go to for help finding solutions to problems?

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Can you name someone you don't know yet that probably be good at problem solving?

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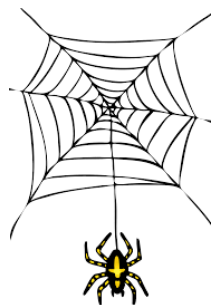


Witches are said to have magical powers. Is there someone in your life that can "cast a spell" on you when you are in a bad mood and magically make you feel better?

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Is there a movie, book or show that has the magic powers to put you in a good mood?

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Spiders represent strength. Who do you have in your life that is a good example of strength? (Doesn't have to be physically strong, could mean emotionally or mentally strong too.).

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Can you think of someone you don't know yet that seems like a strong person?

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You can't always see a ghost, even when they are there! Is there a person in your life who has the ability to "be there for you" even when you aren't physically together? (sending you a card in the mail, or calling you on special days...)

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Have you ever been that kind of person to someone else? (left a nice note, surprised someone with a thoughtful surprise, or stuck up for someone when they weren't around).



Fortune tellers are said to be able to see the future. Can you name a person in your life that plans to spend time with you?

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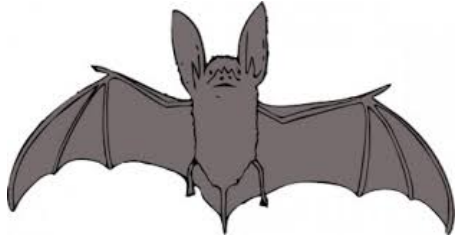
Is there someone you would like to maybe ask to spend time with sometime?

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Zombies are nearly impossible to get rid of! Is there a person in your life that, no matter what, would always be there for you?



Is there anyone in your life that you would be there for no matter what?



Bats can represent new beginnings. Is there someone in your life that you struggled to get along with before, but you feel close to them now?

What did they (or you do) to change?

Legend has it that Jack-o-lanterns were originally used to protect houses from evil spirits. Can you think of a person in your life who helps you stay safe?



What is one way you help yourself stay safe?



Name a person that, when life feels dark, helps you to see the light.

Can you name someone you don't know yet that seems like a positive person to be around?

Skeletons can't really hide anything from you, they are "bare bones." Is there someone you know that can trust to always tell you the truth, even if the truth is hard to talk about?

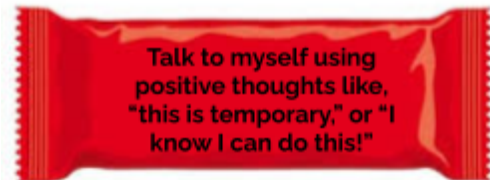
Can you name someone you don't know yet that you might be able to trust?

What makes them a person you may be able to trust?



# COPING SKILLS TRICK OR TREAT!

Circle the candies representing **HEALTHY** coping tricks or treats (self-care is pretty sweet!) to go in your Halloween bag! Cross out the ones that are better to avoid...



# COPING SKILLS TRICK OR TREAT

## ANSWER KEY



**AVOID:** Everyone puts things off from time to time. However, avoiding problems means the problem will still need to be solved. And in the meantime, waiting might create other problems for you.

Can you think of a better way of coping with homework you don't understand?

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**Healthy Trick:** Anytime you are struggling it's a good idea to remember to H.A.L.T, which means pause, and ask yourself if you are **H**ungry, **A**ngry, **L**onely, or **T**ired. If you are hungry, eating a healthy snack could help you feel so much better!

Can you think of something healthy you could do for the others?

Angry

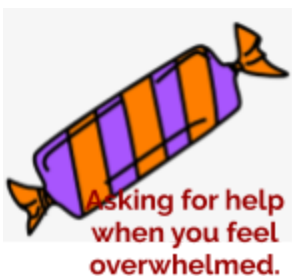
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Lonely

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Tired

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**Healthy Trick:** Everyone needs help from time to time. And, for the most part, people LIKE helping other people when they are struggling. Asking someone to help you is a win win. It helps you during a time of need and gives someone else the opportunity to be of service, which feels good! It's can be hard to ask someone to help you, below is a practice sentence you could use.

I'm feeling really \_\_\_\_\_ with this, do you have any suggestions I could try?

I don't know that I can do this by myself so I was wondering if you had time to help me?



**Avoid:** Although it may feel good at the time, to vent a frustration by throwing something, it's not a good idea.

Can you think of a couple consequences that might happen by throwing something out of anger?

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Can you think a different way of coping with a big uncomfortable feeling like frustration?

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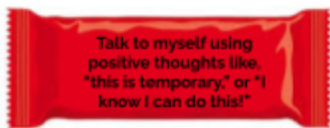
**Healthy Trick:** It is always ok to tell someone that what they are doing is making you uncomfortable. It can feel really scary to say things like "no, I don't like that," or "please stop, that is making me uncomfortable." So, although it may feel silly, practicing those types of statements can help. It's also a good idea to tell an adult you trust what happened.



**Healthy Trick:** Listening to a favorite tune can really help you when you are feeling down!

Can you think of an alternative to listening to a song for times where you don't have access to music?

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**Healthy Trick:** The way you talk to yourself is really powerful! So stay away from "Stinkin Thinkin" and practice positive self talk!



**Avoid:** Dealing with a bully by acting like a bully isn't very helpful, and could even make matters worse.

Can you think of a better way of coping with a bully?

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# MAD LIBS

Fill out the key below with your own words, then fill in the story on the next page using this list!

1. Adjective

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2. Number

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3. Plural noun

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4. Adjective

---

5. Name

---

6. Name

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7. Adverb

---

8. Noun

---

9. Exclamation

---

10. Name

---

11. Number

---

12. Verb

---

13. Adjective

---

14. Noun

---

15. Name

---

16. Adverb

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17. Verb (past tense)

---

18. Adverb

---

19. Verb (past tense)

---

20. Number

---

21. Adjective

---

22. Noun

---

23. Adjective

---

24. Noun

---

25. Adjective

---

26. Noun plural

---

27. Adjective

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28. Adjective

---

29. Number

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30. Body part

---

31. Adjective

---

32. Exclamation

---

33. Adjective

---

34. Number

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35. Body part (plural)

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## MAD LIBS STORY



It was a [1. \_\_\_\_\_] night. It was October [2. \_\_\_\_\_] and all the Riley Foundation kids were at their [3. \_\_\_\_\_] getting very [4. \_\_\_\_\_] for Halloween.

[5. \_\_\_\_\_] and [6. \_\_\_\_\_] were [7. \_\_\_\_\_] planning what kind of costume to wear to a socially distanced neighborhood trick or [8. \_\_\_\_\_] get together. [9. \_\_\_\_\_]!, said [10. \_\_\_\_\_]. We only have [11. \_\_\_\_\_] hours before our costumes must be ready! We better [12. \_\_\_\_\_] like a [13. \_\_\_\_\_] [14. \_\_\_\_\_] and work on our costumes before we are late.

[15. \_\_\_\_\_] [16. \_\_\_\_\_] [17. \_\_\_\_\_] off their bed and [18. \_\_\_\_\_] [19. \_\_\_\_\_] the [20. \_\_\_\_\_] steps down the hall to the closet that held the costume trunk. Hmm, do I want to be a [21. \_\_\_\_\_] [22. \_\_\_\_\_]? Or a [23. \_\_\_\_\_] [24. \_\_\_\_\_] this year? They went with [25. \_\_\_\_\_] [26. \_\_\_\_\_] and started getting ready. With costumes on they both headed outside. The night was [27. \_\_\_\_\_] and everyone was in a [28. \_\_\_\_\_] mood. All the kids stayed safe by keeping [29. \_\_\_\_\_] feet apart from one another and keeping their [30. \_\_\_\_\_] covered with a mask. Once their bags were full of [31. \_\_\_\_\_] treats, all the kids went back to their houses.

"[32. \_\_\_\_\_]" they said, "what a [33. \_\_\_\_\_] night. I already can't wait to do this all again next year, we just have to wait [34. \_\_\_\_\_] days until next Halloween." With tummies full of tasty treats all the Riley Foundation kids went to bed after brushing their [35. \_\_\_\_\_] and dreamt about all the Halloween fun they had that day.

