

# Family Time: Mighty Mom & Mighty Minds Resource Links



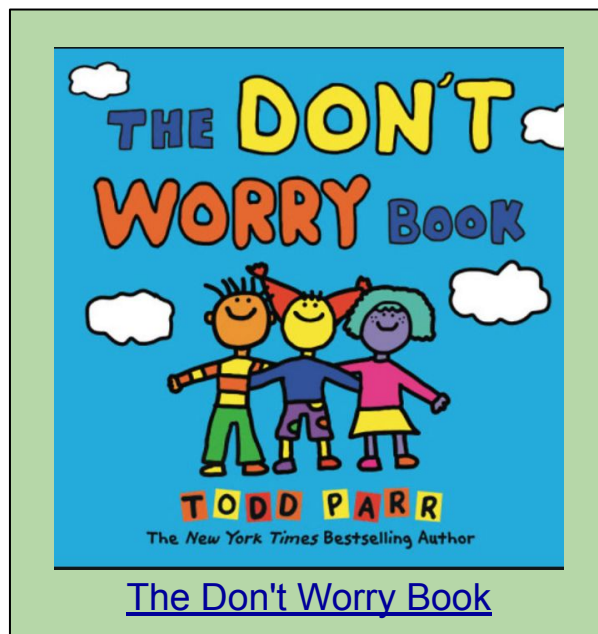
Children's Mental Health Matters.org  
A MARYLAND PUBLIC AWARENESS CAMPAIGN

## Coping Skills Cards


**Instructions:**  
You can either cut these out or allow your child use a clothes pin to select which coping skill they would like to use!



[Coping Skills Cards](#)



**THE DON'T WORRY BOOK**



**TODD PARR**  
The New York Times Bestselling Author

[The Don't Worry Book](#)









<https://onelittleproject.com/coffee-filter-butterflies/>



WY Quality Counts.org

## ACTIVITIES DICE GROSS MOTOR CUBE

ACTIVITY

 <b>Spin</b> in a circle	 <b>Jump</b> up and down	 <b>Clap</b> your hands
 <b>Stomp</b> your feet	 <b>Flap</b> your arms	 <b>Hop</b> on one foot

Awareness & training for quality child care

<https://wyqualitycounts.org/motor-skills-dice/>