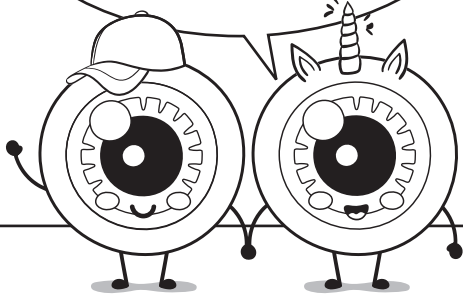
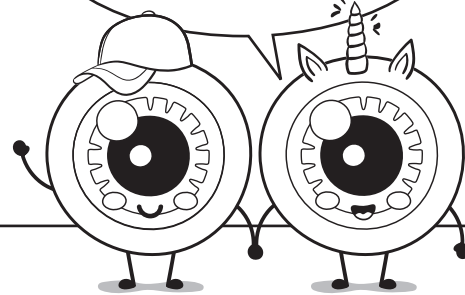


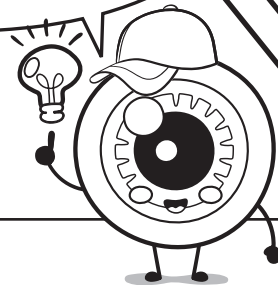
Welcome to the *EMDR Coloring and Activity Book*, friends.
This is where your EMDR journey begins!



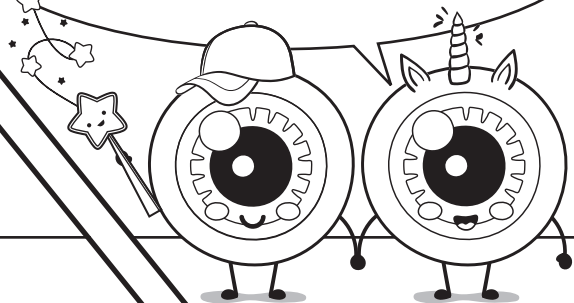
We're Eyesic and Eyela,
the EMDR twins,
and we really like helping
all of our friends!



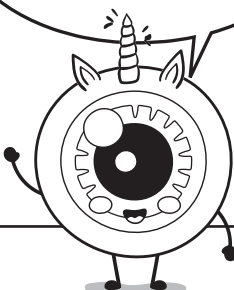
If you picked up this book, we're
going to take an educated guess
that something is bothering you
and you aren't feeling your best.



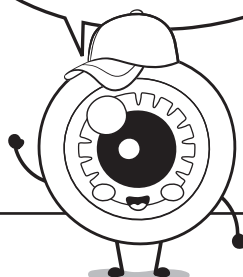
If so, EMDR therapy is something really handy.
It stands for "eye movement desensitization
and reprocessing" if you want to be fancy!



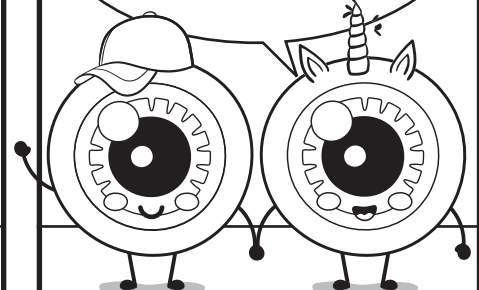
EMDR can help those
bothers go away
so that you can feel happy
for most of your days!



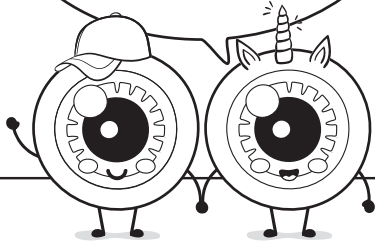
EMDR is made up
of 8 little phases,
and you'll find fun activities to
do within all of these pages!



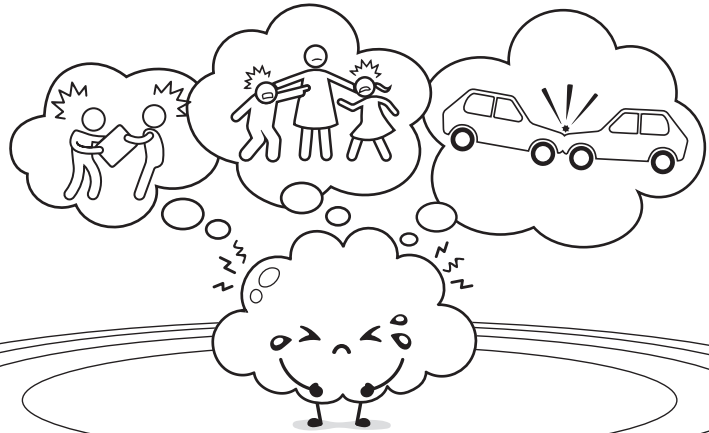
My brother and I will walk
you through every step
and we'll be here for you
if you need any help!



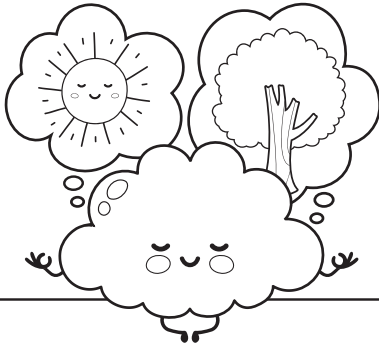
Are you wondering how exactly EMDR works? If so, we'll let you know all of the quirks.



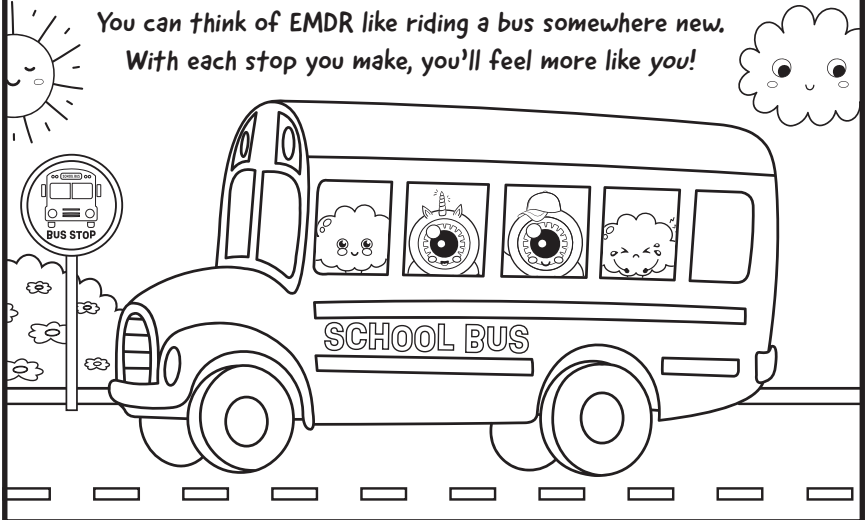
Sometimes, when you have upsetting events from the past, they get stuck in your brain, making yucky memories last.



EMDR gets those memories unstuck and shakes them out so you can start feeling better again, without a doubt!



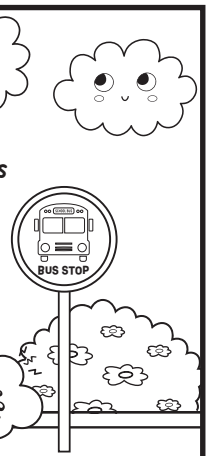
You can think of EMDR like riding a bus somewhere new. With each stop you make, you'll feel more like you!



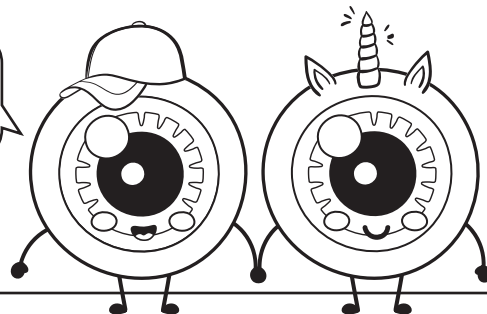
The bad stuff gets off at each stop you make, making room for the good stuff to take up more space.



So if you have yucky memories bothering you today, EMDR therapy can help make them go away!



Before we get started, we want to know about you.
Tell us all the things that are special about you!

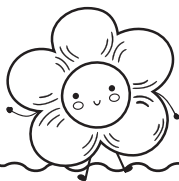


My name is . . .

My favorite sport is . . .



I live with . . .



My favorite music is . . .



My favorite color is . . .

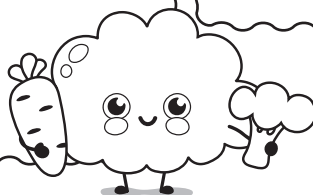


I like to play . . .

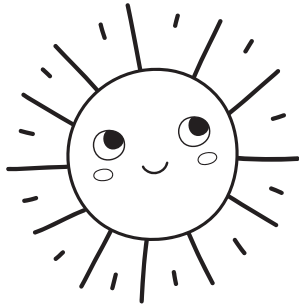
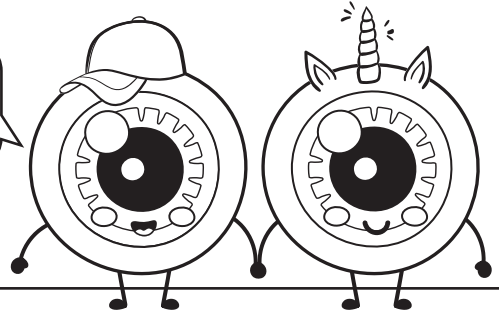
My favorite animal is . . .

When I grow up . . .

My favorite food is . . .



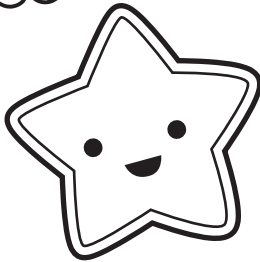
*All of us have memories that make us want to cheer!
Can you write or draw about your happy memories here?*



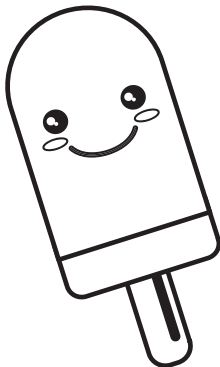
A memory that makes you feel warm and fuzzy!



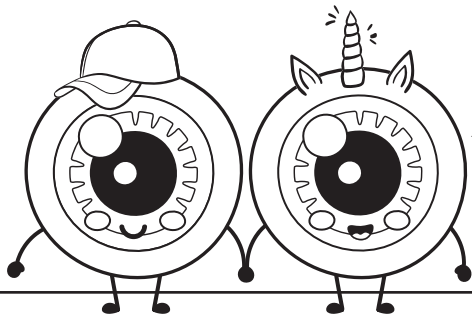
A memory where you felt unique!



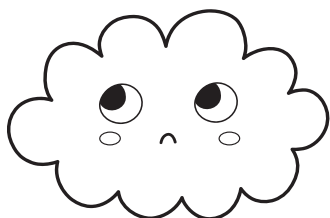
A memory where you shined like a star!



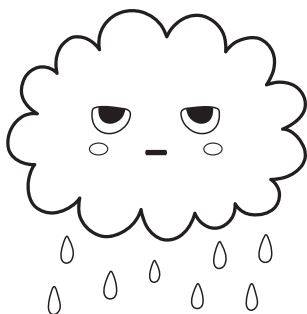
A memory that feels sweet!



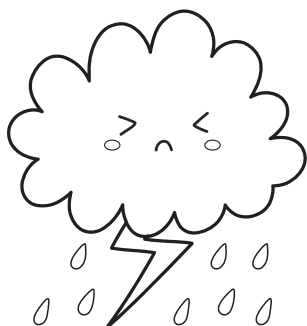
We also have memories that make us feel really bad.
Can you make a list of yucky memories you have?



A memory that makes you worry.



A memory that is upsetting.

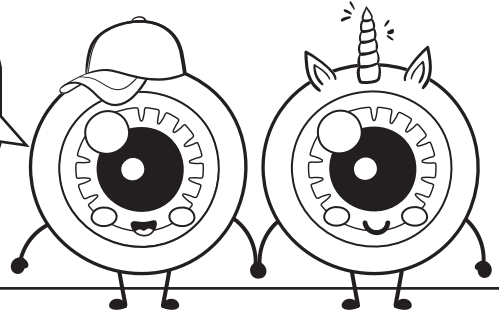


A memory that makes you feel mad.



A memory that feels twisted!

Practice tracing back and forth here
to make all your worries disappear!



Start here and trace to the right!



Trace to the left



Trace to the right

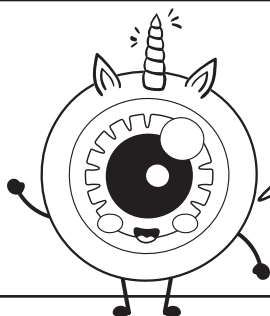


Trace to the left

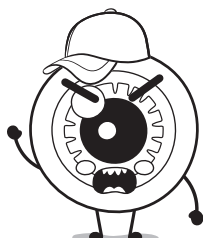


Trace to the right

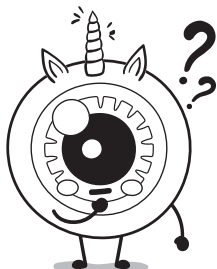




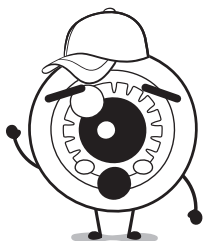
Eyesic and I got our feelings mixed up!
Can you help connect the feelings back to us?



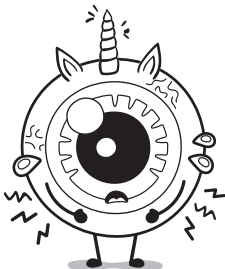
Confused



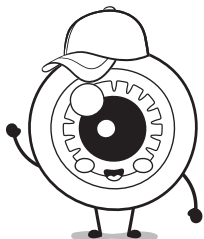
Surprised



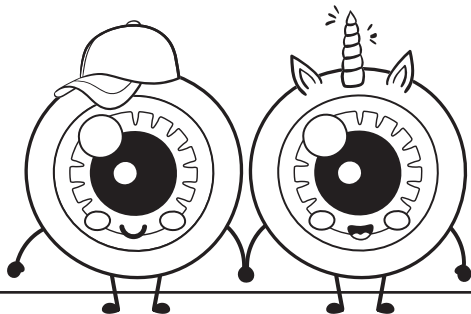
Happy



Mad



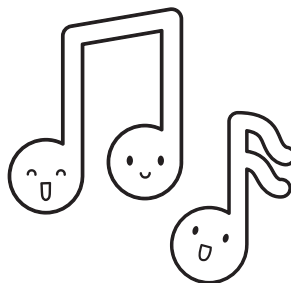
Worried



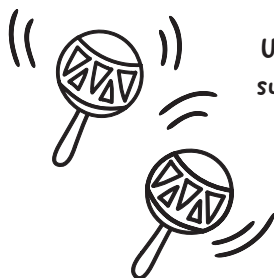
Here are some other ideas to move back and forth.
We're wondering if you can come up with more!



Using your hand, scribble back and forth on a piece of paper with a crayon, marker, or pencil. Follow your hand with your eyes as you scribble!



Pick your favorite song and do a dance move that has a back-and-forth motion! For example, shake your hips from side to side!



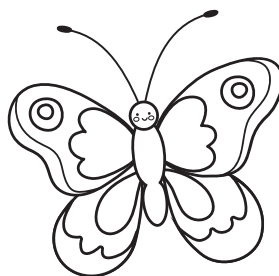
Use musical instruments such as drums or shakers to create back-and-forth movement.



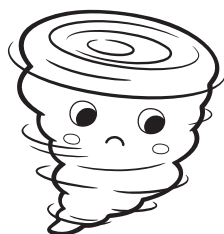
Pick a part of your body to tap back and forth on!
Try tapping your head, shoulders, knees, and toes!



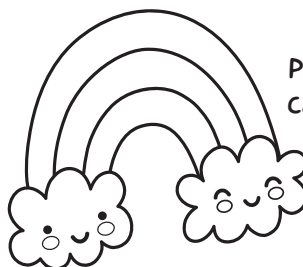
Hula hoop using your hips and whole body to make back-and-forth movements.



Try a butterfly pose!
Can you sit criss-cross applesauce and pretend that your legs are butterfly wings?



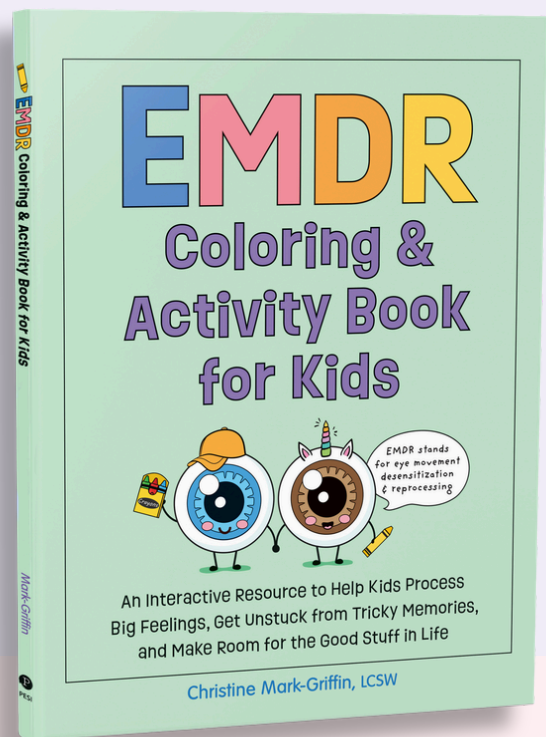
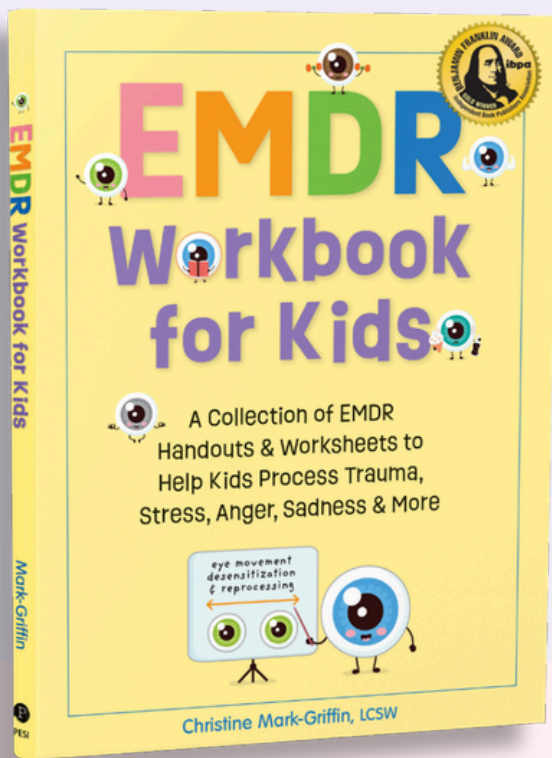
Pretend to be a tornado!
Can you twist your body back and forth like a twister?



Pretend to be a rainbow!
Can you use your arms to create a rainbow with your arms back and forth?

**Help kids get unstuck from
scary and traumatic thoughts,
memories, and emotions.**

Award-winning!



Buy Now!

Christine Mark-Griffin, LCSW

Christine is a certified EMDR therapist and EMDRIA-approved consultant and specializes in EMDR therapy with children.

@sparkallwellness

