

I AM PROUD OF WHO I AM

Coloring & Activity Book
for African American Boys Ages 5-9



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Peace in Progress Publishing

I AM PROUD OF WHO I AM

Boys Coloring & Skills Book Ages 5-9

This coloring book helps boys practice:

- Feelings + expression
 - Strong words + self-advocacy
 - Calm body skills
 - Boundaries + personal space
 - Problem-solving + trying again
 - Family/support connections
 - Goal-setting + future dreams
-

Bonus pages at the end:

These 3 extra pages are just for fun and motivation. They are not part of the 15-skill sequence.

- The Guiding Star
 - I Am Strong
 - Plan Ahead
-

How to use this book:

- ① Color the page.
- ② Read the title out loud.
- ③ Talk about one time you used (or could use) that skill.
- ④ Practice the skill for 30-60 seconds.



MY POWER PLAN

JOY



SADNESS



ANGER



CALM



MY STRONG WORDS



MY STRONG WORDS ARE...

STOP! THAT'S NOT MY NAME

**RUDE
WORDS**

**WRONG
NAME**

TEASING

**I NEED
HELP**



**PLEASE
STOP**

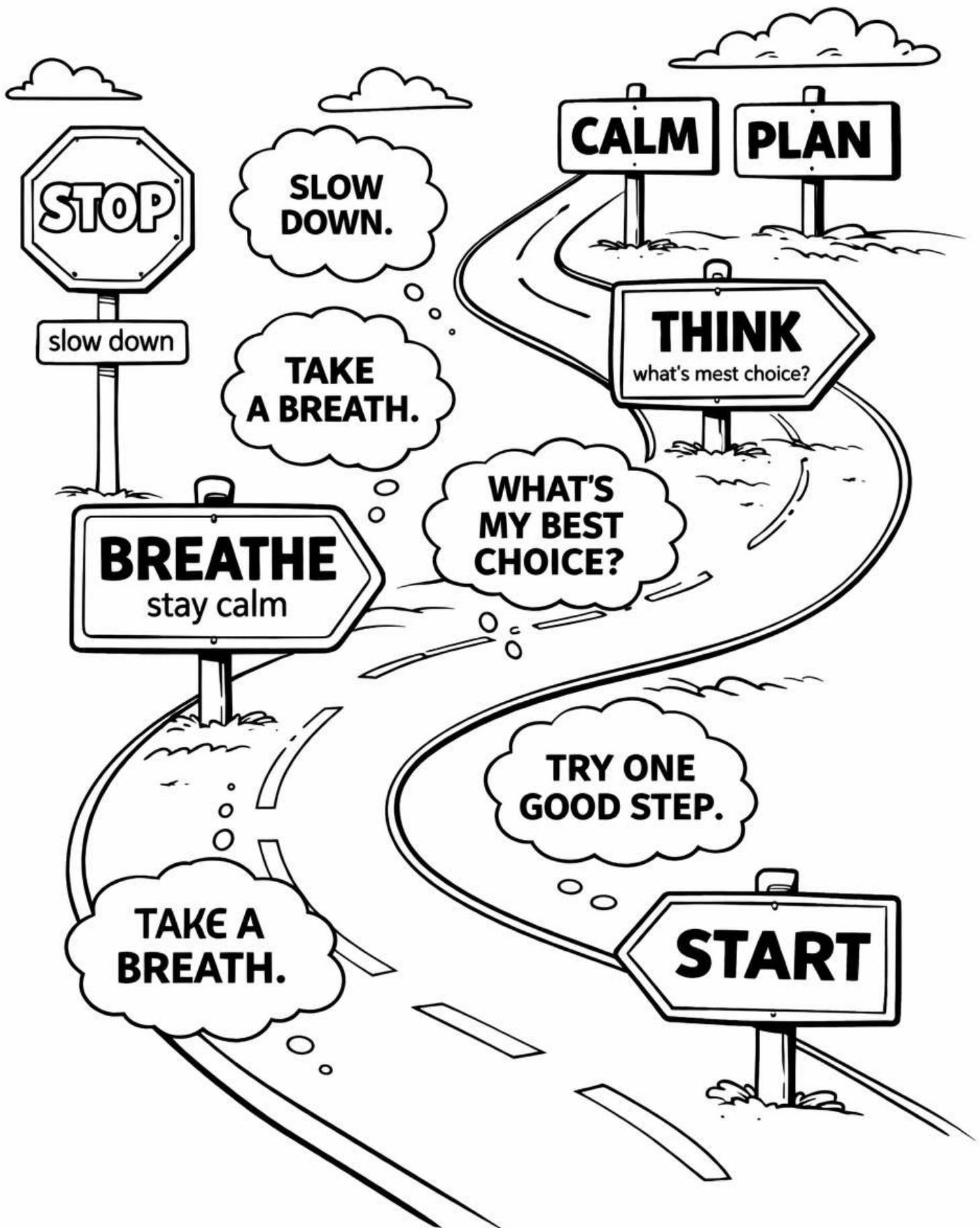
**PLEASE
STOP**

**I CAN
FIX IT**



I SPEAK MY TRUTH

MY GOOD IDEA ROAD



MY SAFE CIRCLE



CALM DOWN BEAT



TAP... TAP... BREATHE.

OOPS!
I TRY AGAIN



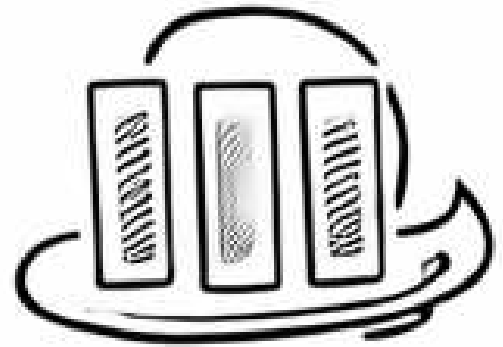
I AM AMAZING



WE ARE FAMILY



WAIT TO TALK



WAIT



BREATHE



**THEN
TALK**

MY BIG CROWN



MY SPACE





THE GUIDING STAR

I AM STRONG

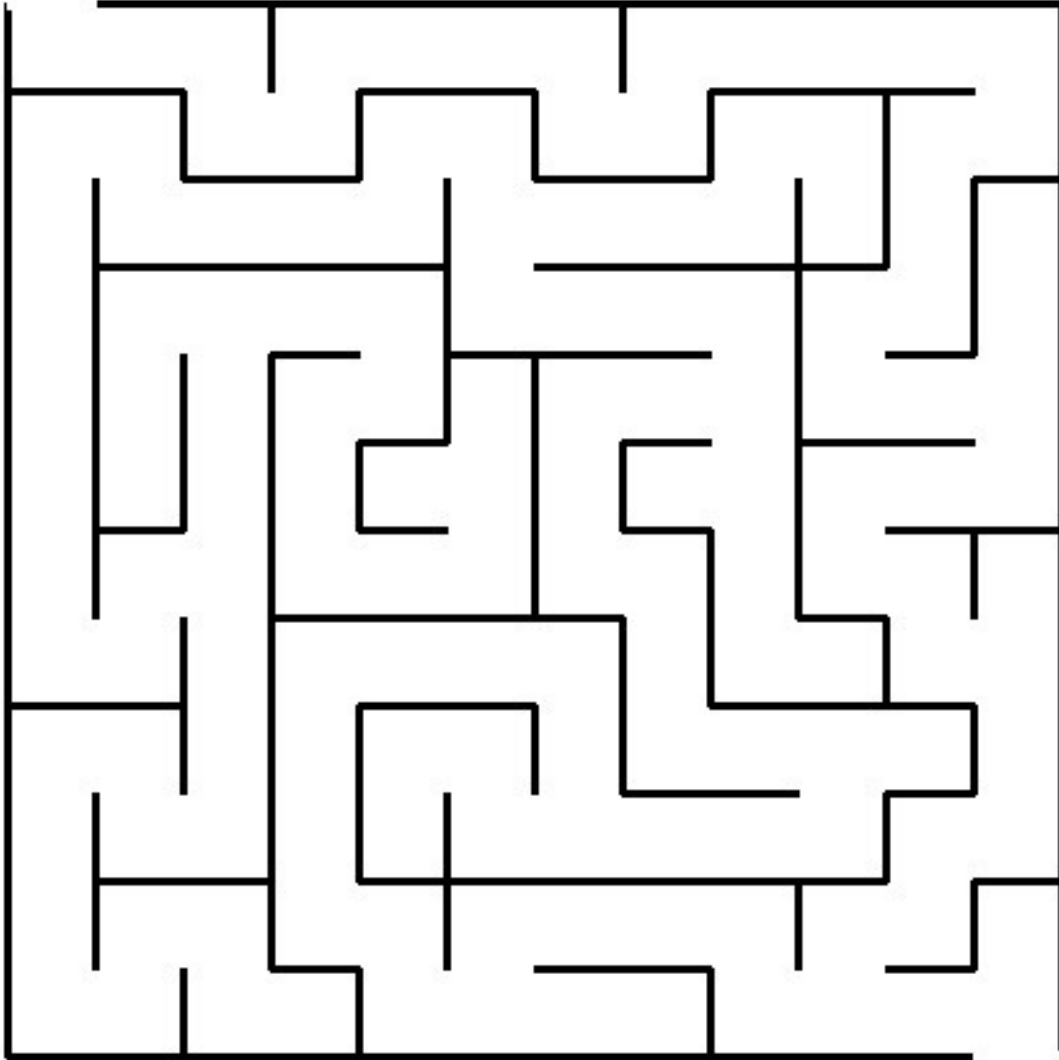


PLAN AHEAD



HELP ME FIND MY CALM - MAZE

Start at BIG FEELINGS and find the path to the CALM CORNER.



START: BIG FEELINGS **FINISH:** CALM CORNER

What helps me feel calm? _____

MATCH THE FEELING TO THE FACE

Draw a line from each feeling word to the matching face.

FEELING		FACE
1. HAPPY		A. Big smile
2. SAD		B. Tears / frown
3. ANGRY		C. Furrowed brows / tight mouth
4. CALM		D. Relaxed eyes / soft smile
5. PROUD		E. Chin up / confident smile
6. NERVOUS		F. Worried eyebrows / uneasy mouth

I feel proud when I: _____

MY PLAN AHEAD WORKSHEET

Make a plan for a strong and safe week.

My goal this week:

One thing I want to learn or practice:

When I have big feelings, I can:

- Take deep breaths
- Count to 10
- Ask for help
- Go to my calm space
- Use kind words
- Other: _____

Trusted people who help me (write 1-3 names):

1. _____
2. _____
3. _____

My strong words for this week:

My reward for trying my best:

I can make a plan. I can practice. I can grow.

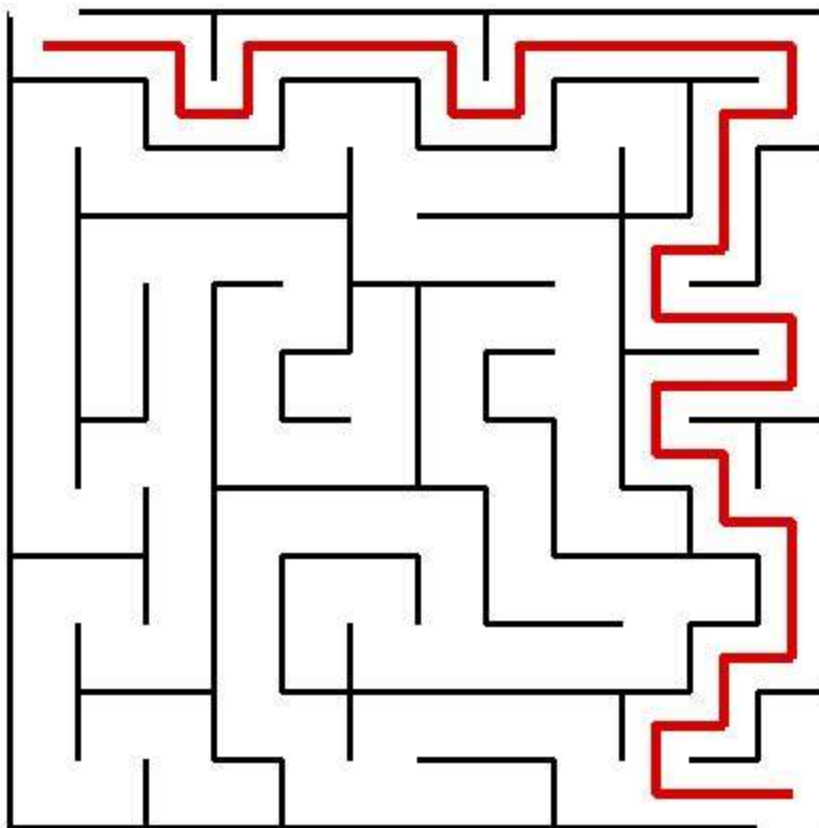
ANSWER KEY - PAGE 1

Word Search, Maze, and Matching

Word Search locations (row, column; 1-based):

- BRAVE: (1, 1) to (1, 5)
- CALM: (2, 1) to (2, 4)
- PROUD: (2, 6) to (2, 10)
- STRONG: (3, 1) to (3, 6)
- KIND: (3, 7) to (3, 10)
- HELP: (4, 3) to (4, 6)
- SMART: (5, 4) to (5, 8)
- RESPECT: (6, 1) to (6, 7)
- LEARN: (8, 1) to (8, 5)
- FAMILY: (9, 4) to (9, 9)
- SAFE: (10, 1) to (10, 4)
- GROW: (7, 10) to (10, 10)

Maze solution: (red path shown below)



Matching key: 1-A, 2-B, 3-C, 4-D, 5-E, 6-F

SAFE CHOICES / NOT SAFE CHOICES

Circle the safe choice in each pair.

A

B

1

☐ A)

Take a deep breath

☐ B)

Yell at someone

2

☐ A)

Keep a scary secret from safe adults

☐ B)

Ask a trusted adult for help

3

☐ A)

Use kind words

☐ B)

Hit when mad

4

☐ A)

Break things

☐ B)

Walk away and calm down

5

☐ A)

Tell the truth

☐ B)

Blame someone else

6

☐ A)

Keep arguing louder

☐ B)

Go to your calm space

One safe choice I can practice this week: _____

Teacher/Caregiver note: The safe answer is intentionally mixed between A and B.

ANSWER KEY

Word Search + Maze

- BRAVE
- CALM
- STRONG
- KIND
- SMART
- PROUD
- FAMILY
- RESPECT
- HELP
- SAFE
- LEARN
- GROW

Maze solution (text): Start at S and follow the open path to F. The maze is designed for child practice and may have multiple exploratory dead ends.

BLACK BOY POWER - WORD SEARCH

Find the hidden words. Words can go across, down, or diagonal.

Y	G	P	D	F	D	U	O	R	P	N	Z
U	K	N	C	Z	X	M	O	E	M	X	C
X	I	F	F	E	A	E	S	O	F	Z	U
K	E	T	T	P	N	V	L	E	R	A	R
M	E	A	A	Z	T	R	A	M	S	X	S
L	U	D	Q	X	E	N	A	G	G	A	I
A	F	A	M	I	L	Y	G	E	J	E	Q
C	H	Y	S	P	L	E	H	K	L	V	I
R	R	E	S	P	E	C	T	N	E	A	B
G	N	O	R	T	S	X	L	O	V	R	S
Q	N	Q	E	R	E	Q	Q	A	O	B	Y
F	T	A	W	O	R	G	Y	Z	E	F	E

Word Bank:

- | | | |
|----------|-----------|---------|
| - BRAVE | - SMART | - HELP |
| - CALM | - PROUD | - SAFE |
| - STRONG | - FAMILY | - LEARN |
| - KIND | - RESPECT | - GROW |

MY STRONG WORDS - TRACE & WRITE

Trace the words, then write them by yourself.

I AM BRAVE

I AM KIND

I AM SMART

I AM STRONG

I CAN LEARN

I AM PROUD OF ME

ANSWER KEY - BOYS ACTIVITY PAGES

1) Word Search - Hidden Words

BRAVE: (11,11) to (7,11)

CALM: (8,1) to (5,1)

FAMILY: (7,2) to (7,7)

GROW: (12,7) to (12,4)

HELP: (8,8) to (8,5)

KIND: (4,1) to (1,4)

LEARN: (8,10) to (4,6)

PROUD: (1,10) to (1,6)

RESPECT: (9,2) to (9,8)

SAFE: (5,12) to (2,9)

SMART: (5,10) to (5,6)

STRONG: (10,6) to (10,1)

2) Maze

Start at BIG FEELINGS. Finish at CALM CORNER. (Maze path intentionally not printed on student page.)

3) Match the Feeling to the Face

1-HAPPY -> A

2-SAD -> B

3-ANGRY -> C

4-CALM -> D

5-PROUD -> E

6-NERVOUS -> F

ANSWER KEY - SAFE CHOICES & NOTES

4) Safe Choices / Not Safe Choices

Correct pattern (mixed): 1-A, 2-B, 3-A, 4-B, 5-A, 6-B

1. A is the SAFE choice
2. B is the SAFE choice
3. A is the SAFE choice
4. B is the SAFE choice
5. A is the SAFE choice
6. B is the SAFE choice

5) Trace & Write / 6) Plan Ahead

Open-response pages - no fixed answer key.