

My Food Feelings and Body Support Workbook

For children ages 6 to 12

Name: _____ Date started: _____

Trusted person or care team: _____

Food and body worries can feel confusing. You are not bad or in trouble. Tell a trusted grown-up what is happening; you deserve help.

This workbook is for reflection and support. It is not a meal plan or a substitute for evaluation or treatment. Do not use it to record calories, weight, body measurements, food amounts, compensatory behaviors, or exercise.

When to get help now

Seek urgent medical care for fainting, chest pain, an irregular or racing heartbeat, severe weakness, confusion, dehydration, vomiting blood, severe abdominal pain, or inability to keep fluids down. If you cannot stay safe or have thoughts of suicide or self-harm, tell a trusted person and seek immediate help. In the United States, call or text 988; call 911 for immediate danger.



My support circle

Ask a grown-up to help you fill this out. Keep it where you can find it.

Person or role	How they can help	How to reach them
Caregiver or trusted grown-up		
Doctor or nurse		
Counselor or therapist		
Teacher or school nurse		

Words I can use

I am having a hard time with food or body worries. I need help.



Feelings and early signs

My feelings today

What I notice in my body

A safe person who can sit with me

Something that helps me feel cared for



Respecting my body

My body helps me learn, play, rest, and connect. I can treat it kindly even on a hard day.

Three things my body helps me do

A body comment I want help with

A kinder message I can practice



Support around difficult moments

Fill this page out with a caregiver and treatment team. Adults can help make meals predictable and supportive.

What helps me feel safe and supported at meals

A calm activity I can do afterward

What I want my grown-up to remember

Ideas: sit near someone safe, draw, read together, use a comfort item, listen to a story, or talk about something else.



My personalized plan

What I notice first

What I can say to myself

One coping action

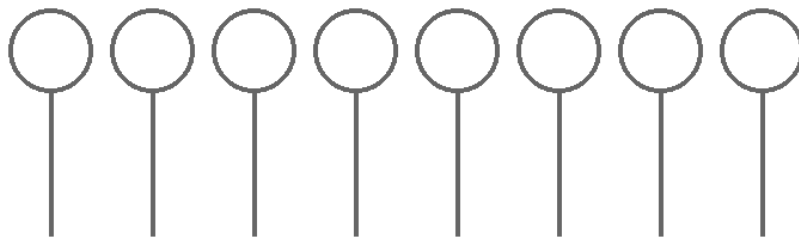
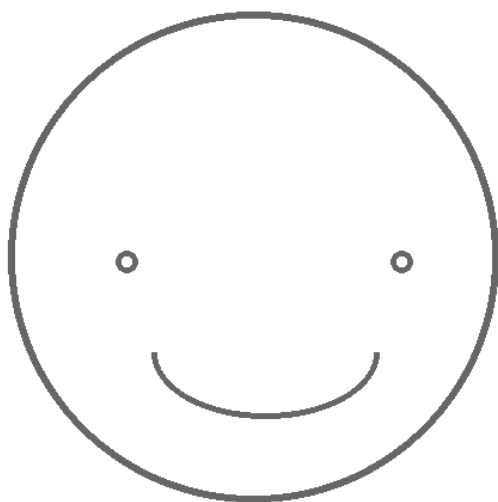
Who I will contact

How I will reconnect with my care team



Color and pause

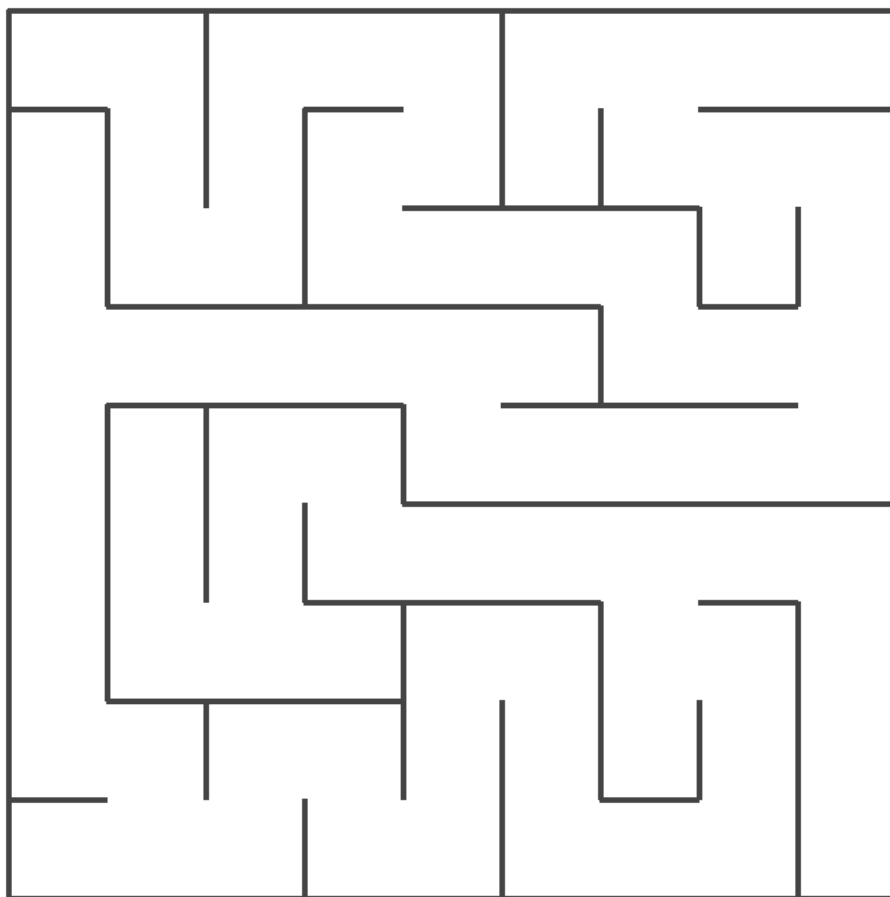
Color this page while you notice how your hand moves. It is fine to stop whenever you like.



A path through a hard moment

Trace the maze from START to FINISH. You can pause and try another path.

START



FINISH



Optional writing and drawing prompts

Days 1 to 3. Use these in any order. Skip a prompt that does not feel useful.

Day 1 Draw yourself doing something you enjoy.

Day 2 Name one person who helps you feel safe.

Day 3 What is something your body helps you do?



Optional writing and drawing prompts

Days 4 to 6. Use these in any order. Skip a prompt that does not feel useful.

Day 4 Draw a place where you feel calm.

Day 5 What can you say when you need help?

Day 6 What does being cared for mean to you?



Optional writing and drawing prompts

Days 7 to 9. Use these in any order. Skip a prompt that does not feel useful.

Day 7 Draw or write about a favorite activity.

Day 8 What makes you feel brave?

Day 9 What is one kind thing you can say to yourself?



Optional writing and drawing prompts

Days 10 to 12. Use these in any order. Skip a prompt that does not feel useful.

Day 10 What is something you are good at?

Day 11 Who can sit with you when you are worried?

Day 12 What helps your body feel calm?



Optional writing and drawing prompts

Days 13 to 15. Use these in any order. Skip a prompt that does not feel useful.

Day 13 What is one thing you like about your personality?

Day 14 Draw a comfort item or safe person.

Day 15 What does a kind grown-up say?



Optional writing and drawing prompts

Days 16 to 18. Use these in any order. Skip a prompt that does not feel useful.

Day 16 What is one thing you want your body to help you do today?

Day 17 What makes you laugh?

Day 18 What is one thing you can do when a worry shows up?



Optional writing and drawing prompts

Days 19 to 21. Use these in any order. Skip a prompt that does not feel useful.

Day 19 What does a good friend do?

Day 20 Draw a picture of hope.

Day 21 What helps you rest?



Optional writing and drawing prompts

Days 22 to 24. Use these in any order. Skip a prompt that does not feel useful.

Day 22 What makes school or home feel safer?

Day 23 What feeling do you want help with?

Day 24 What is one thing you are proud of?



Optional writing and drawing prompts

Days 25 to 27. Use these in any order. Skip a prompt that does not feel useful.

Day 25 Who listens to you?

Day 26 What is a fun way to spend time with someone you trust?

Day 27 What would you tell another child who was struggling?



Optional writing and drawing prompts

Days 28 to 30. Use these in any order. Skip a prompt that does not feel useful.

Day 28 What is one thing you want to learn or try?

Day 29 What coping skill helped you this month?

Day 30 Finish this sentence: "I deserve care because _____."



30 day support tracker

Record feelings and support without listing food, weight, body measurements, or behaviors. Blank days are okay.

Day	Feeling	Worry-low medium high	Support or coping used	Something I noticed
1				
2				
3				
4				
5				
6				

What support might help next?



30 day support tracker continued

Day	Feeling	Worry-low medium high	Support or coping used	Something I noticed
7				
8				
9				
10				
11				
12				

What support might help next?



30 day support tracker continued

Day	Feeling	Worry-low medium high	Support or coping used	Something I noticed
13				
14				
15				
16				
17				
18				

What support might help next?



30 day support tracker continued

Day	Feeling	Worry-low medium high	Support or coping used	Something I noticed
19				
20				
21				
22				
23				
24				

What support might help next?



30 day support tracker continued

Day	Feeling	Worry-low medium high	Support or coping used	Something I noticed
25				
26				
27				
28				
29				
30				

What support might help next?



Looking ahead

What helped me feel less alone

A supportive practice to keep

A question for my care team

A compassionate message to remember

Adapted from Disordered Eating Support Workbooks. General guidance checked against National Institute of Mental Health and American Academy of Pediatrics resources. This workbook does not diagnose or prescribe treatment.

