

COSMO'S ACTIVITY PACK



**Fun games, stories
& activities to build
confidence &
creativity**

**You Really, Truly Do Belong!
You Really, Truly Are Enough!**



Inside This Activity Pack

About This Pack:

This activity pack is made for everyone — from kids as young as 4 years old all the way to teens and adults.

You'll find:

- Coloring pages
- Word games
- Creative writing
- Reflection sheets
- Gratitude activities
- Silly Mad Libs
- Story-building games

There's something fun for every age and every mood!

Activities:

1. Coloring Pages (5 pages) Ages 4+
2. Cosmo Word Search Ages 6–10
3. Affirmation Jar Ages 6+
4. Roll a Story Ages 7–12
5. My Belonging Story Worksheet Ages 8+
6. Positive Affirmation Prompts. Ages 6+
7. Gratitude & Kindness Sheet Ages 6+
8. Cosmo the Alien Mad Libs Ages 7–12

Some activities are fun for teens & adults too!



I AM
Loved



I AM

Enough

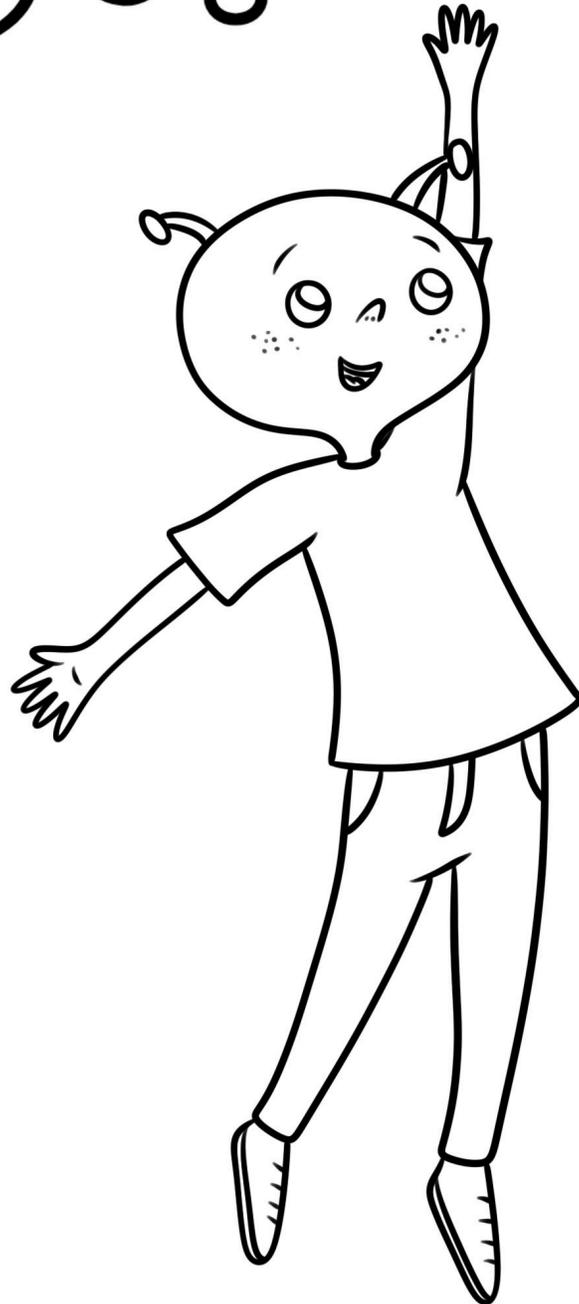


I AM Brave



I REALLY, TRULY DO

Belong



I Matter



Cosmo the Alien

WORD SEARCH



Find the words hidden in the word search

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

BELONG

FRIENDSHIP

KIND

HEART

ENOUGH

SMILE

COURAGE

LOVE

COSMO

LINCOLN

BRAVE

READ

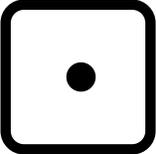
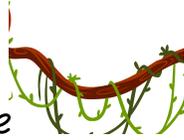
AFFIRMATIONS

Brainstorm words to positively describe yourself:



Roll a Story

Roll a die three times to pick a character, setting, and problem.
Then, use these to tell or write your own creative story.

	Character	Setting	Problem
	A Dog 	At School 	Finds a magic wand 
	A Princess 	On a ship 	Gets Lost 
	A Dragon 	On a Beach 	Meets a big monster 
	A Pirate 	In Space 	Drops their Ice cream 
	A friendly Alien 	In a Jungle 	Gets Tangled in Rope 
	A Unicorn 	At a Park 	Sees a ghost 



MY BELONGING STORY WORKSHEET



CHARACTER NAME:

WHERE IS YOUR CHARACTER FROM?

WHAT MAKES THEM FEEL LIKE THEY BELONG?

WHAT IS A CHALLENGE THEY FACE?

HOW DO THEY OVERCOME IT?

DRAW YOUR CHARACTER HERE!

Positive Affirmations

Read the prompts and complete the sentences about you.

1) I am proud of myself because...

2) One thing I like about myself is...

3) Something kind I did for someone else was...

4) A strength I have is...

5) I feel happy when I...

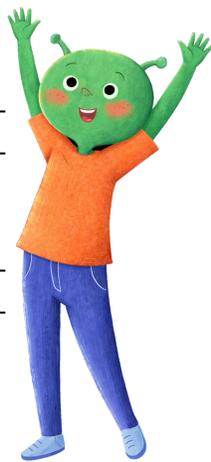
6) I am getting better at...

7) A challenge I overcame was...

8) I help others by...

9) I am unique because...

10) One thing I did this week that made me feel proud was...





Gratitude & Kindness

- List 3 things I'm grateful for today:

- One kind thing I did today:

- How did it make me feel?



COSMO THE ALIEN MAD LIBS ACTIVITY

Directions: Fill in the blanks with words like adjectives, nouns, and verbs, depending on the label under the line. Practice using new words that you have learned and let your imagination run wild to make it fun and silly!

NOUN: A noun is a person, place, thing, or animal. Examples: dog, school, pizza, alien, park, teacher

VERB: A verb is an action word. It tells what someone is doing. Examples: run, jump, eat, laugh, zoom, dance

ADJECTIVE: An adjective describes a noun. It tells what kind, how many, or what color. Examples: silly, blue, tiny, loud, stinky, sparkly

ADVERB: An adverb describes a verb. It tells how something is done. Many adverbs end in -ly. Examples: quickly, loudly, happily, sneakily

PLURAL NOUN: A plural noun means more than one person, place, or thing. Examples: cats, aliens, tacos

PAST-TENSE VERB: A past-tense verb shows an action that already happened. Examples: jumped, laughed, slipped

On Planet _____ (planet name), there lived a super weird alien named _____ (alien name). Every morning, they ate _____ (food) and brushed their teeth with _____ (gross thing). One day, they felt _____ (emotion) because their _____ (body part) turned _____ (color). So they zoomed to Earth in a _____ (adjective) spaceship that smelled like _____ (food). When they landed, they met a _____ (adjective) kid named _____ (name) who was wearing _____ (clothing item). Together, they went to the _____ (place) and accidentally stepped on a _____ (silly object). SPLAT! Everyone screamed. The alien tried to _____ (verb) but slipped on a _____ (noun) and fell _____ (adverb). In the end, _____ (alien name) learned that friends don't care if you are _____ (adjective), _____ (adjective), or smell like _____ (food). They all laughed so hard they _____ (verb, past tense)! And they lived _____ (adverb) ever after!