

ALLERGY ADVENTURERS

You are not alone.
We're here to support
you every step of
the way.

You've got
this!
One choice at
a time makes
a big difference.

• LEARN • STAY SAFE • THRIVE •

Living with food allergies is part of your story, but it doesn't define you.
You are brave, capable and amazing—just as you are!

1 COLOUR YOUR ADVENTURE!

Colour the scene. What safe, happy places do you love?



2 WORD SEARCH

Find these important words.

- ♥ BRAVE
- ♥ SAFE
- ♥ SUPPORT
- ♥ FRIENDS
- ♥ PREPARED
- ♥ KIND
- ♥ ALLERGY
- ♥ RESPECT
- ♥ CARE

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

★ TIP: Words can go across, down and diagonally!

3 FEELINGS CHECK-IN

Some days are easy, some days are hard.
How are you feeling today?



Draw or write something that helps you feel better
when things feel tricky.

♥ It's okay to ask for help. You are strong and never alone.

4 SPOT THE DIFFERENCE

Circle 5 things that are different in the second picture.



5 I'M AN ALLERGY SAFETY HERO!

I can make safe choices
and help others too!



- ★ I wash my hands.
- ★ I don't share my food.
- ★ I tell an adult if I'm worried.
- ★ I ask questions.
- ★ I help include others.
- ★ I celebrate being unique!

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My superpower today:

You are
amazing just
the way you are.

