

THE LITTLE TINY

VERY QUEER

COLORING &

ACTIVITY BOOK

ABOUT SURVIVING

THE HOLIDAYS

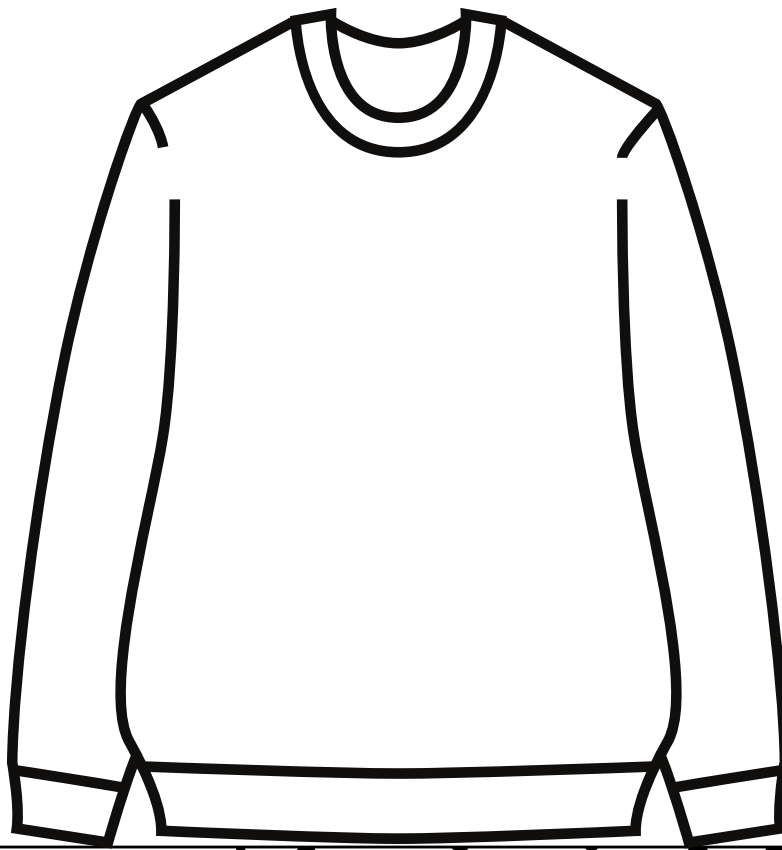
WITH YOUR FAMILY

ANGRY

Holidays Sweaters You Wish You Could Wear

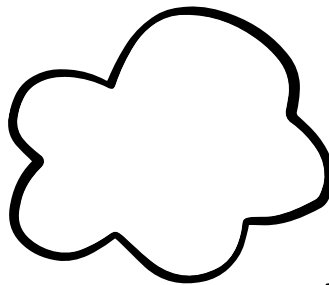


Design and color your own below:

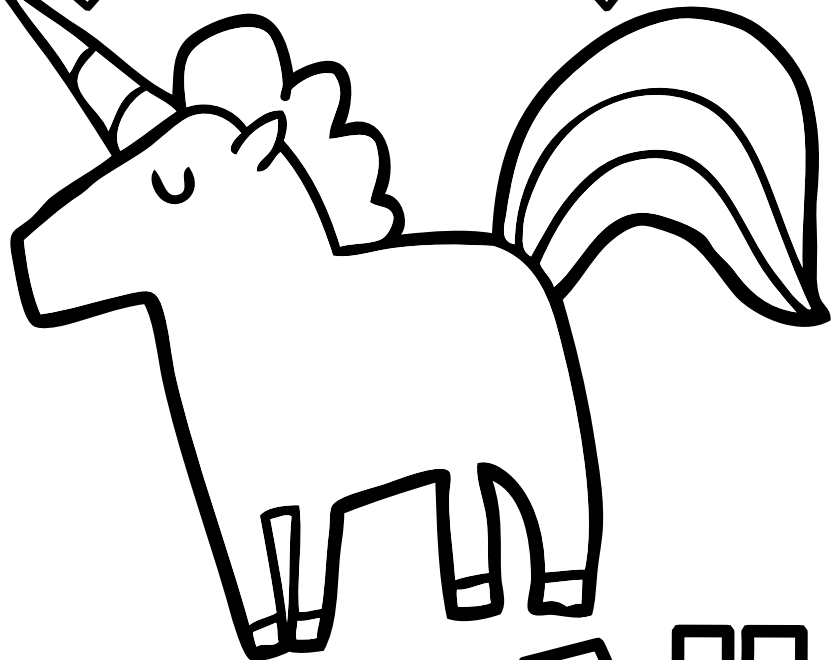


REMEMBER

YOU



ARE






A BEAUTIFUL
UNICORN



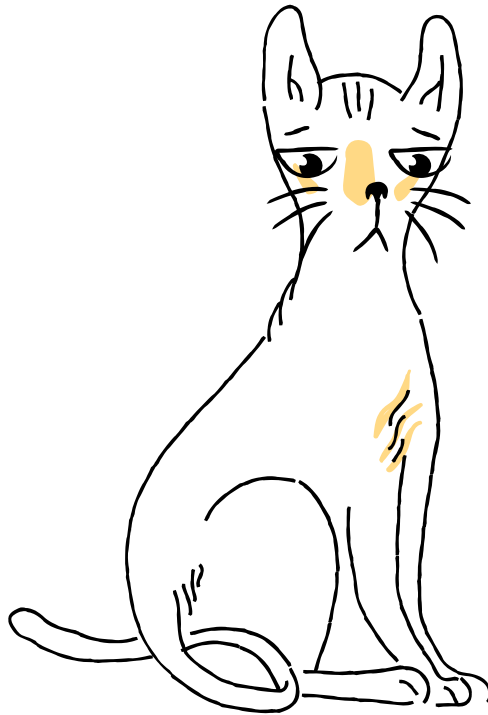
VISITING WITH BANANAS

FAMILY *bingo*

... color in the square when ...

<p>misgendering of trans celebrity despite widespread knowledge of their current pronouns</p> 	<p>RANDOM conspiracy theory that you've never even heard of is espoused by your brother</p>	<p>Sugar as main ingredient in non dessert items</p> 	<p>alcohol added to a main dish</p> 
<p>criticism of your haircut</p> 	<p>criticism of your tattoos</p> 	<p>Your partner suggests sleeping elsewhere</p> 	<p>child punished for having feelings</p> 
<p>Life threatening feather allergy ignored</p> 	<p>TRUMP TALK</p> 	<p>Before meal prayer that extends over five minutes</p> 	<p>Watching an unwatchable Hallmark movie</p> 
<p>Visiting neighbors ask "when are you getting married?"</p> 	<p>Your partner is called your friend</p>	<p>Your mistress is called your partner</p>	<p>Snowperson heavily gendered</p> 

Yes, you are a kick-ass,
awesome intersectional
queer activist. This does
not mean you can save
your family.



You know who
you can save?
Yourself.



Important stuff to remember

1. You're doing fine. Seriously.

2. Someone else seeing you
as a failure doesn't make
you one.

3. Add your own...

NAME: _____

DATE: _____

MY EMOTIONAL SAFETY PLAN

HERE ARE FIVE PEOPLE I CAN TEXT:

MY THERAPIST'S #

MY BACK UP THERAPIST'S #

LOCATION OF NEAREST CAT I CAN PET

PLAN FOR LEAVING EARLY IF
NEEDED (TRAIN? UBER?
GRINDR IN A PINCH?):

SOME VERY SPECIAL BOUNDARIES I REALLY NEED TO KEEP

Do-a-Dot

Use a marker to fill in each microaggression.
When your paper is full GO THE FUCK BACK TO
PEOPLE WHO LOVE YOU!

A large rectangular area containing a grid of 49 empty circles, arranged in 7 rows and 7 columns. This area is intended for the user to write microaggressions.

CREATE THE ULTIMATE VISITING YOUR FAMILY PLAYLIST

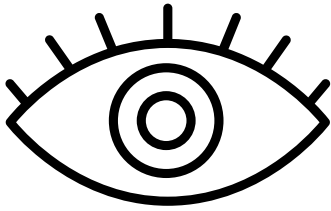


REMINDE ME OF MYSELF!	A SONG THAT REMINDS YOU OF THE PLACE YOU LIVE NOW	A SONG THAT REMINDS YOU OF YOUR QUEER FRIEND CIRCLE	A SONG THAT REMINDS YOU OF YOUR VERY BEST EX
ENTERTAIN ME!	A SONG THAT MAKES YOU LAUGH	A SONG YOU CAN SING UNDER YOUR BREATH ON REPEAT BECAUSE YOU KNOW ALL THE WORDS	YOUR FAVORITE 'I WANT' SONG FROM A MUSICAL
QUEER ANTHEMS	A SONG THAT TALKS ABOUT FREEDOM IN A RELATABLE WAY	A SONG THAT REPRESENTS YOUR SEXUAL AWAKENING	A song that perfectly describes your gender identity (you might have to write this one yourself)
SOOTHE ME!	A SONG THAT REMINDS YOU OF A NICE MEMORY	A SONG THAT REMINDS YOU OF YOUR BEST FRIEND	A SONG THAT MAKES YOU LAUGH
DISTRACT ME!	A song that makes you feel safe.	A SONG TO PLAY ON SPEAKERPHONE "ACCIDENTALLY" JUST TO BOTHER YOUR HOMOPHOBIC COUSIN	Your go to positivity song. ESPECIALLY ONE WITH A LOT OF SWEAR WORDS
LET'S JUST GO WITH THESE FEELINGS!	AN ANXIOUS VIBE SONG	AN ANGRY VIBE SONG	A SAD VIBE SONG

5-4-3-2-1

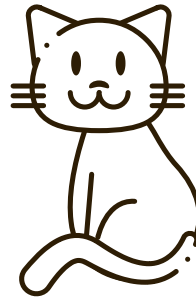
GROUNDING TECHNIQUE*

SERIOUSLY. YOU MIGHT NEED THIS. ALSO YOUR THERAPIST PROBABLY ALREADY TAUGHT YOU THIS. OR YOUR EX.



5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH



Oh really. One of them
wasn't gonna be a cat?



3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL



Psst- if this gives you covid anxiety, just skip it.
unless you're one of those queers
who doesn't believe in covid?
In that case, please start believing in covid!



1 THING YOU CAN TASTE

*We also recognize that not all folks access these same senses- adapt as needed. But you already knew to do that, so that's kind of a silly suggestion. But we didn't want to ignore folks with sense differences. Not trying to make this family visit harder for you!

What am I doing?
Just um, practicing
my, um,
penmanship?

This is

fucking bullshit

Hey friend.

If any of this made you laugh. Or cry. Or helped you.
Or yknow whatever, please come hear more from Kelli
Dunham, everyone's favorite ex-nun nonbinary nurse
author comedian and general helpypants on all the
socials (Twitter, IG, youtube, Tiktok) @kellidunham
or head to kellidunham.com
reach out at 215.964.1963 if you'd like!