

The PATCH Model

A simple way to move through everyday moments.

Every day brings feelings, choices, challenges, mistakes, discoveries, and new experiences.

The **PATCH** Model offers five simple steps that children, teens, and grown-ups can use to slow down, notice what they already have, connect with support, choose what to do next, and recognize their growth.

Small Steps

Brighter Days

FEELINGS
NEIGHBORHOOD

Mistakes happen.
Growth does too!

P

Pause & Reflect



Pause in the moment. Notice what is happening, how you feel, and what matters before making a choice.

What is happening right now?

A

Anchor in Strengths



Remember the strengths, values, skills, and past experiences you can draw on.

What strengths can help me here?

T

Trusted Support



Think about the people who care about you and can listen, help, encourage, or guide you.

Who can I reach out to?

C

Choose & Practice



Choose a next step. Try something, practice a skill, make an adjustment, or try again.

What can I do next?

H

Honor & Celebrate



Notice what you learned, tried, changed, or accomplished—big or small—and make the moment worth remembering.

What am I proud of?

Every day is a new adventure.

Every feeling, choice, and friend helps build a life worth remembering.

FEELINGS
NEIGHBORHOOD



P

Practice Pause & Reflect

Notice today. Make a thoughtful choice tomorrow.

FEELINGS
NEIGHBORHOOD



Sometimes
the bravest thing
you can do is
pause.



1

PAUSE

Stop for a moment.

You don't have to decide
what to do right away.



2

NOTICE

What is happening
around you?
What is happening
inside you?



3

NAME IT

What are you feeling?
What thoughts are
showing up?



I feel...

I think...

I notice...

4

REFLECT

What matters in this moment?
Is there something you want
to understand before you
choose what to do?



A calmer mind
helps you find
a brighter way.



YOUR PAUSE & REFLECT



Right now I notice...

I am feeling...

Before I choose, I want to think about...

Small
Pauses

Brighter
Choices

Brighter
Days



You don't have to solve the moment yet.
First, notice it.



CURIOSITY

KINDNESS

PATIENCE

SELF-AWARENESS

BRIGHTER DAYS

A

Practice Anchor in Strengths

You have more strengths than you think.

FEELINGS
NEIGHBORHOOD



Your strengths help you handle challenges, try new things, and keep going.



1

NOTICE YOUR STRENGTHS

Take a moment to think about the strengths, skills, and qualities you already have.



2

EXPLORE EXAMPLES

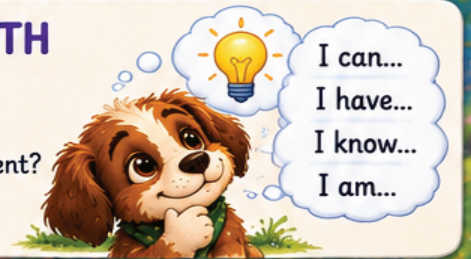
Think about times when you have handled something well. What helped you then?



3

FIND A STRENGTH FOR NOW

Which of your strengths could help you in this moment? You can always choose more than one.



4

REMEMBER & BELIEVE

Your strengths are always with you. You can use them, grow them, and discover new ones.



You already carry so many strengths.



YOUR STRENGTHS

Take a moment to reflect.

Some of my strengths are...

A time I used one of my strengths was...

A strength I can use right now is...

Something I want to keep growing is...

KINDNESS

CURIOSITY

PATIENCE

BRAVERY

PERSEVERANCE

Stronger

Choices

Brighter

Days



You already have what it takes.

Your strengths can help you today and tomorrow.

T

Practice Trusted Support

We are stronger together.

FEELINGS
NEIGHBORHOOD

You don't
have to do
everything alone.
There are people
who care!

1

THINK ABOUT YOUR SUPPORT

Who are the people in your life
who care about you and can
listen, help, encourage, or guide you?



2

EXPLORE WAYS TO REACH OUT

You can talk, text, ask a question,
share how you feel, or simply
spend time with someone.



3

BE CLEAR ABOUT WHAT YOU NEED

It's okay to ask for what would
be helpful. You might need a
listening ear, advice, a hug,
some space, or help finding a solution.



4

NOTICE THE DIFFERENCE

When you reach out, even a
small connection can help you
feel more supported, calm, and
ready to take your next step.



It's brave
to reach out.

YOUR TRUSTED SUPPORT

Take a moment to think about it.

People I can talk to...

When I need support, I can...

It can be helpful to ask for...

Something I want to remember...

Different
People

Different Ways

A Stronger
You

CONNECTION

KINDNESS

TRUST

BELONGING

SUPPORT

Reaching out is a sign of strength.

You are never alone in Feelings Neighborhood.

C

Practice Choose with Care

Small choices make a big difference.

FEELINGS
NEIGHBORHOOD

You always
have a choice.
You can choose
what feels right,
kind, and helpful.

1

PAUSE AND THINK

Take a moment.
What are your options?
What might happen next?



2

CONSIDER OTHERS

How might your choice
affect you?
How might it affect
other people?



3

CHOOSE WHAT FEELS RIGHT

Pick the option that is kind,
helpful, and in line with
your values. You can always
choose to try your best.



4

TAKE ACTION

Do your best and notice
how it goes. It's okay
if it's not perfect —
every choice is a chance
to learn and grow.



Small
Choices
Brighter
Days

I can choose
a kinder, brighter
tomorrow.

MY CHOICE PLAN

I can choose with care.

Right now, my options are...

I will choose...

This choice feels right because...

I will notice how it goes...

KINDNESS

THOUGHTFULNESS

RESPONSIBILITY

PERSISTENCE

GROWTH

Small choices today
can lead to a brighter tomorrow.

H

Practice Honor and Celebrate

Notice progress. Celebrate you and others.

FEELINGS
NEIGHBORHOOD

Every effort
matters.
You can celebrate
your progress and
the progress of
others!

1

PAUSE AND NOTICE

Take a moment.
What is something you did well?
It can be big or small.



2

RECOGNIZE EFFORT

Think about the steps you took.
What helped you?
What made it challenging?
You can be proud of your effort.



3

CELEBRATE YOURSELF AND OTHERS

Find a way to celebrate!
You can say something kind
to yourself or someone else,
give a high-five, or do something
that feels good.



4

KEEP GOING

Celebrating progress helps you
feel good and gives you energy
to keep trying. Each step matters!



Progress
Brings
Brighter
Days

Celebrate
the steps.
You are growing!

MY CELEBRATION PLAN

I can honor my progress.

Today, I am proud of...

I can celebrate by...

I can also celebrate someone else for...

Something I want to keep working on...

Progress is something to celebrate.
You are doing better than you think.

GRATITUDE

KINDNESS

CONFIDENCE

PERSISTENCE

JOY

FEELINGS
NEIGHBORHOOD



Keep Practicing



You're
Doing
Great!



Growth doesn't happen perfectly.
It happens one moment at a time.

Some days may feel easier.
Other days may feel harder.

You might forget a step.
You might need more support.
You might make a choice that didn't work.

And that's part of growing, too.

You don't have to practice PATCH perfectly.



Keep noticing.
Keep learning.
Keep connecting.



Progress
looks different
for everyone.
And that's okay.



Feel ♥ Express ♥ Connect