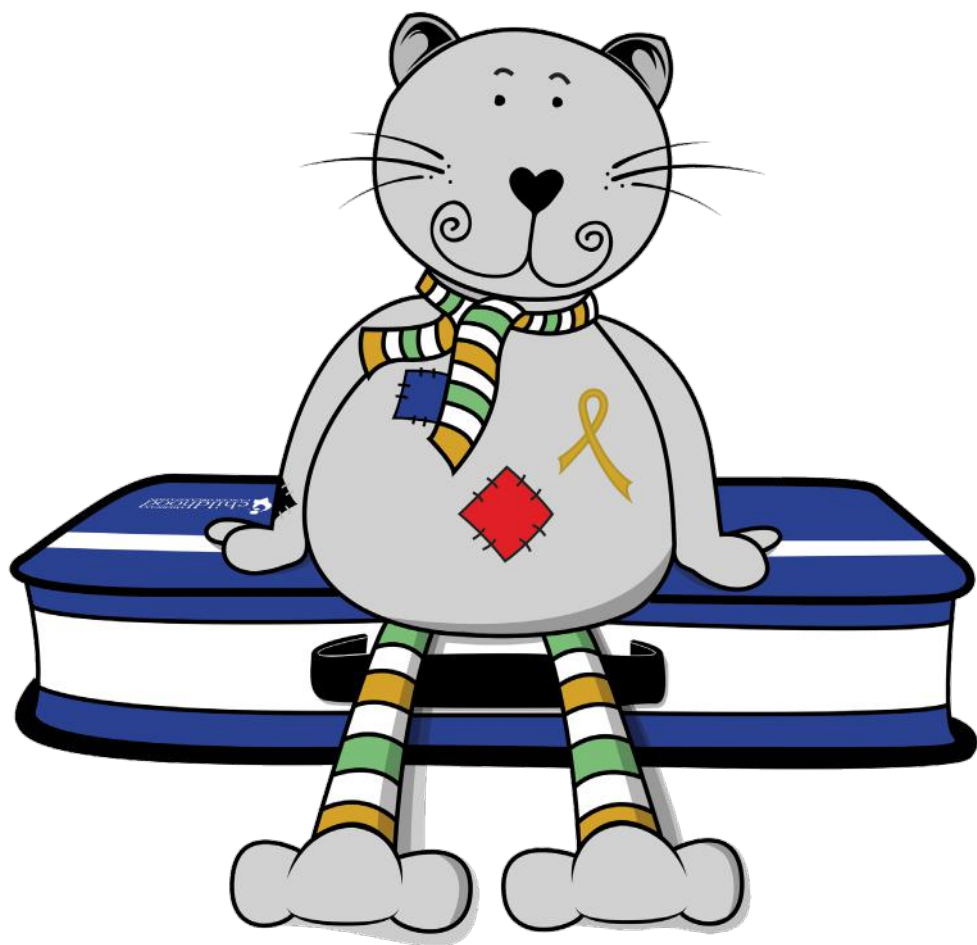
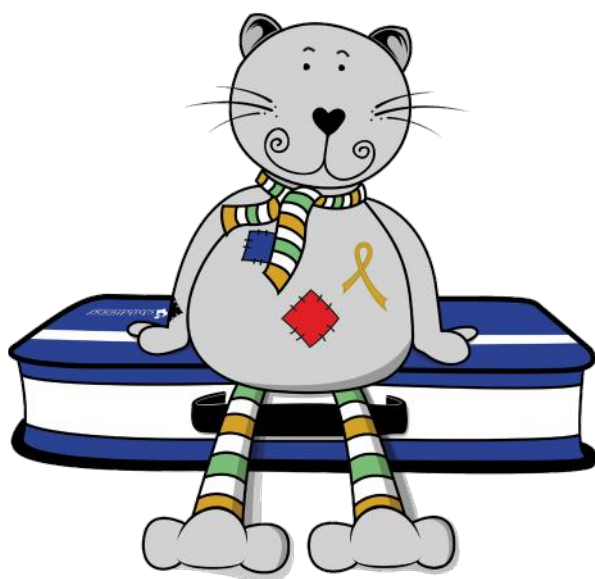




Cozy Port-a-Cat Cares Journal

By Ruth I Hoffman & Trevor Romain

Cozy Port-a-Cat Cares Journal



This Journal Belongs
to

Cozy Port-a-Cat Cares Journal

Author: Ruth I Hoffman MPH

Creator of Cozy & Illustrator: Trevor Romain

Illustrator: Tommy Burns

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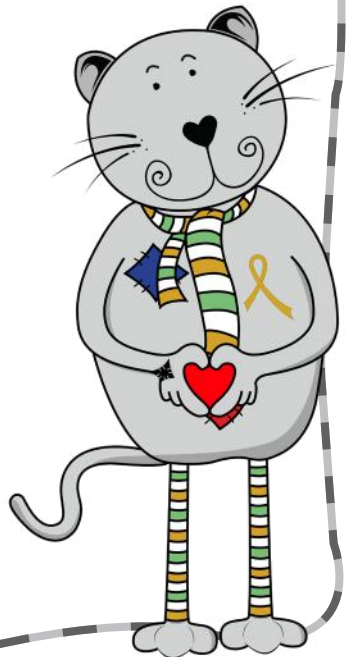
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"Children are the world's most
valuable resource and its best
hope for the future."

President John Fitzgerald Kennedy





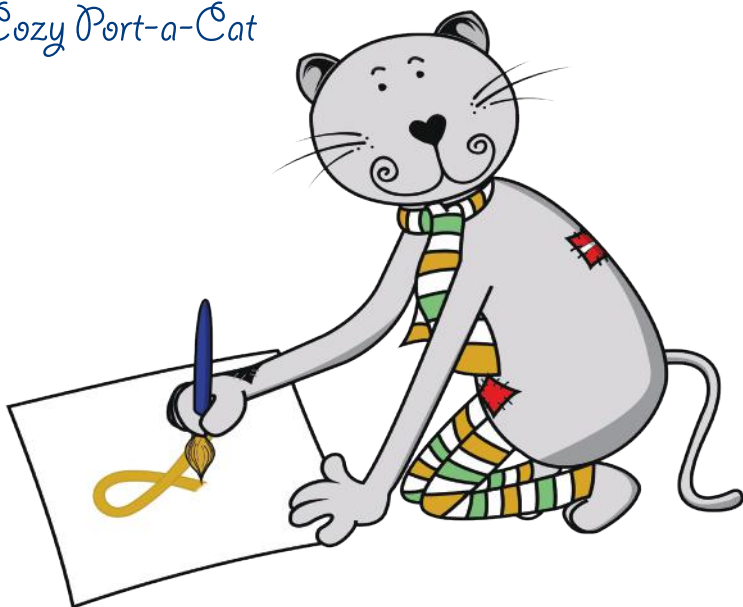
Dear Friend,

You probably have this journal in your hands because you are being treated for childhood cancer. Right now you are filled with all kinds of feelings. I found that writing and drawing in my journal helps me to understand my feelings, as well as keep track of my daily adventures.

A journal is a really great way to take care of yourself. I hope you will have fun filling it up.

Your pal,

Cozy Port-a-Cat



MY JOURNAL

All About Me

My Full Name _____

Age _____ Height _____ Weight _____

Shoe Size _____ Grade _____

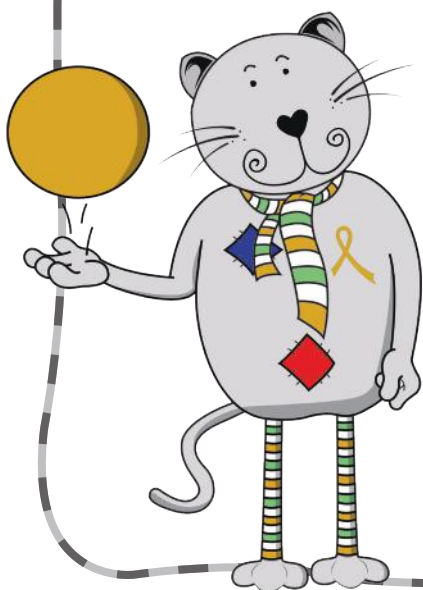
Diagnosis _____

My Favorite Things

Color _____ Book _____

Food _____

Song _____ Movie _____



All about me.

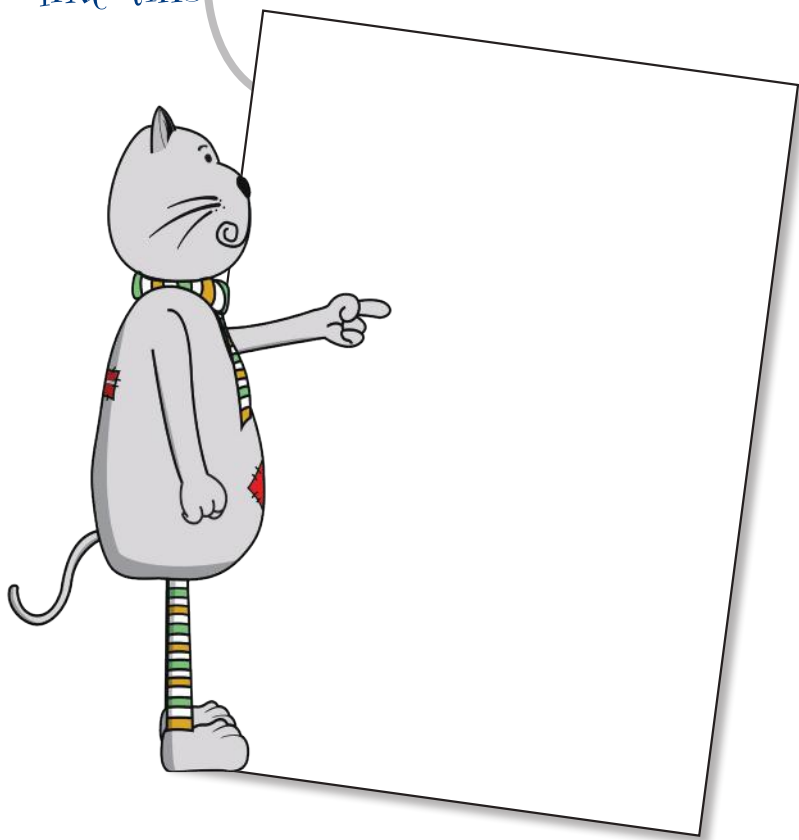
List people you know you can talk to
about your cancer.

1. _____
2. _____
3. _____
4. _____
5. _____



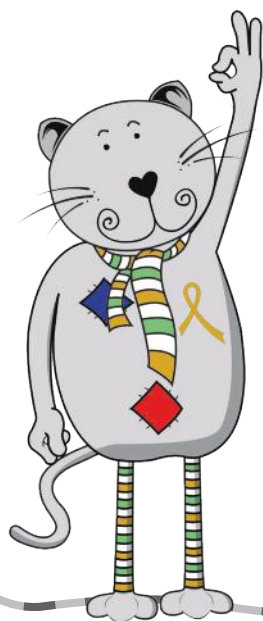
Make this journal your own.
Writing prompts are provided,
but feel free to write or draw
about anything you're feeling.

In your journal you'll find
pages that look
like this



You can draw or write a
warm 'cozy' for yourself
or for someone you love.

I am
special because...



Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...



Cozy Wordfind

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

doctor

clinic

nurse

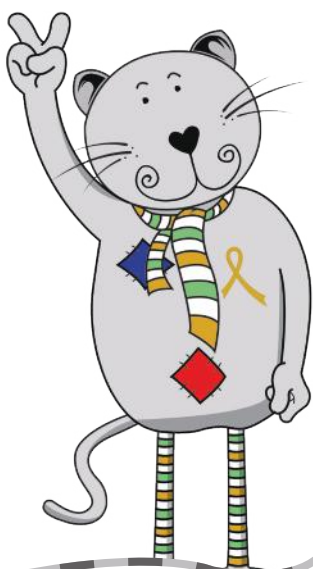
surgery

procedure

radiation

playroom

chemo



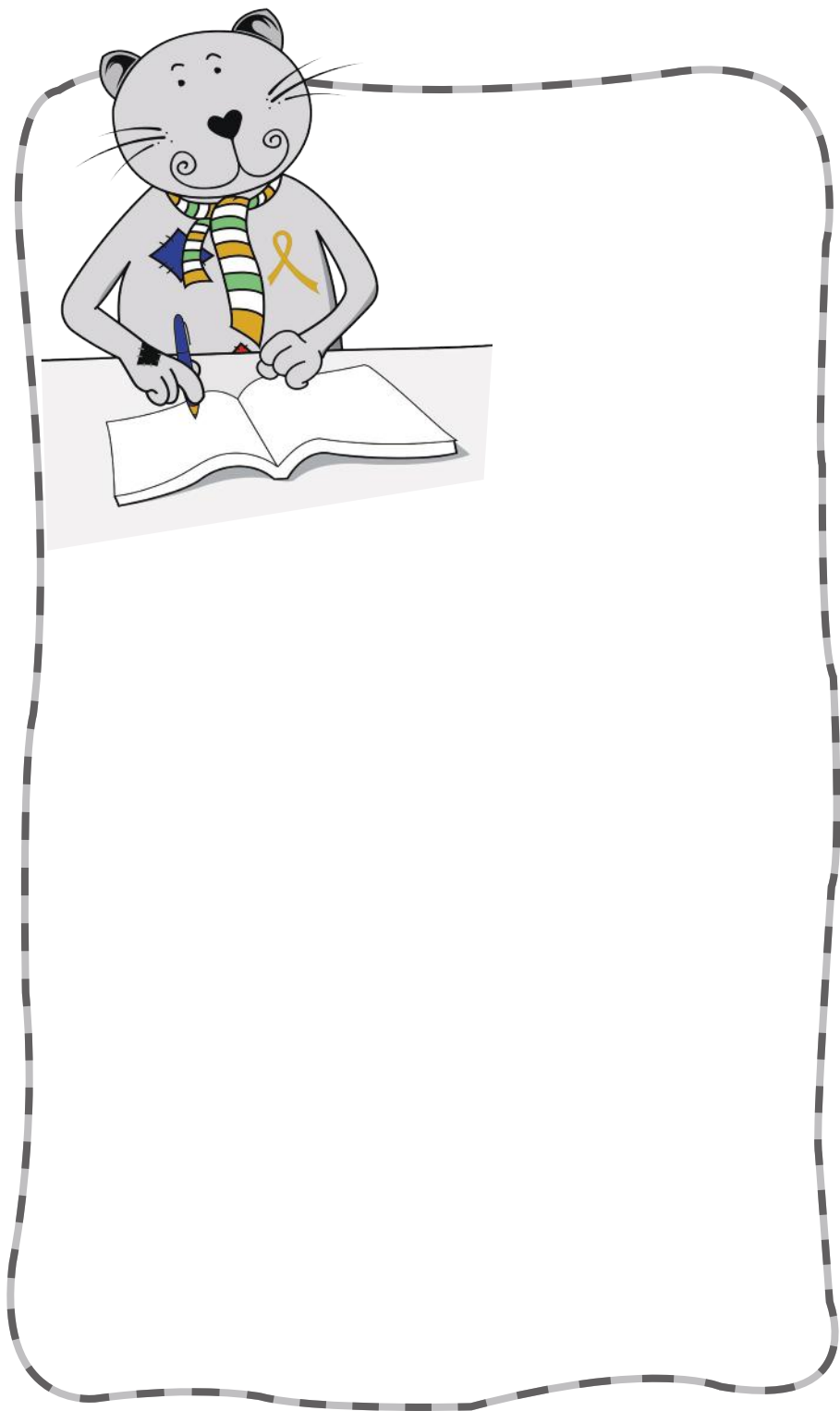


When I am getting a
procedure I like to
close my eyes and
think about...



*All feelings are okay!
It's what you do with
them that matters.*





Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

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Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

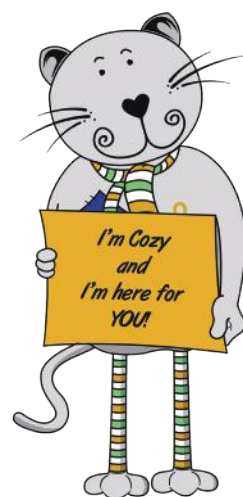
Today I...

Date _____

Today I...

Date _____

Today I...



Cozy Wordfind

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

intravenous

scan

fingerpoke

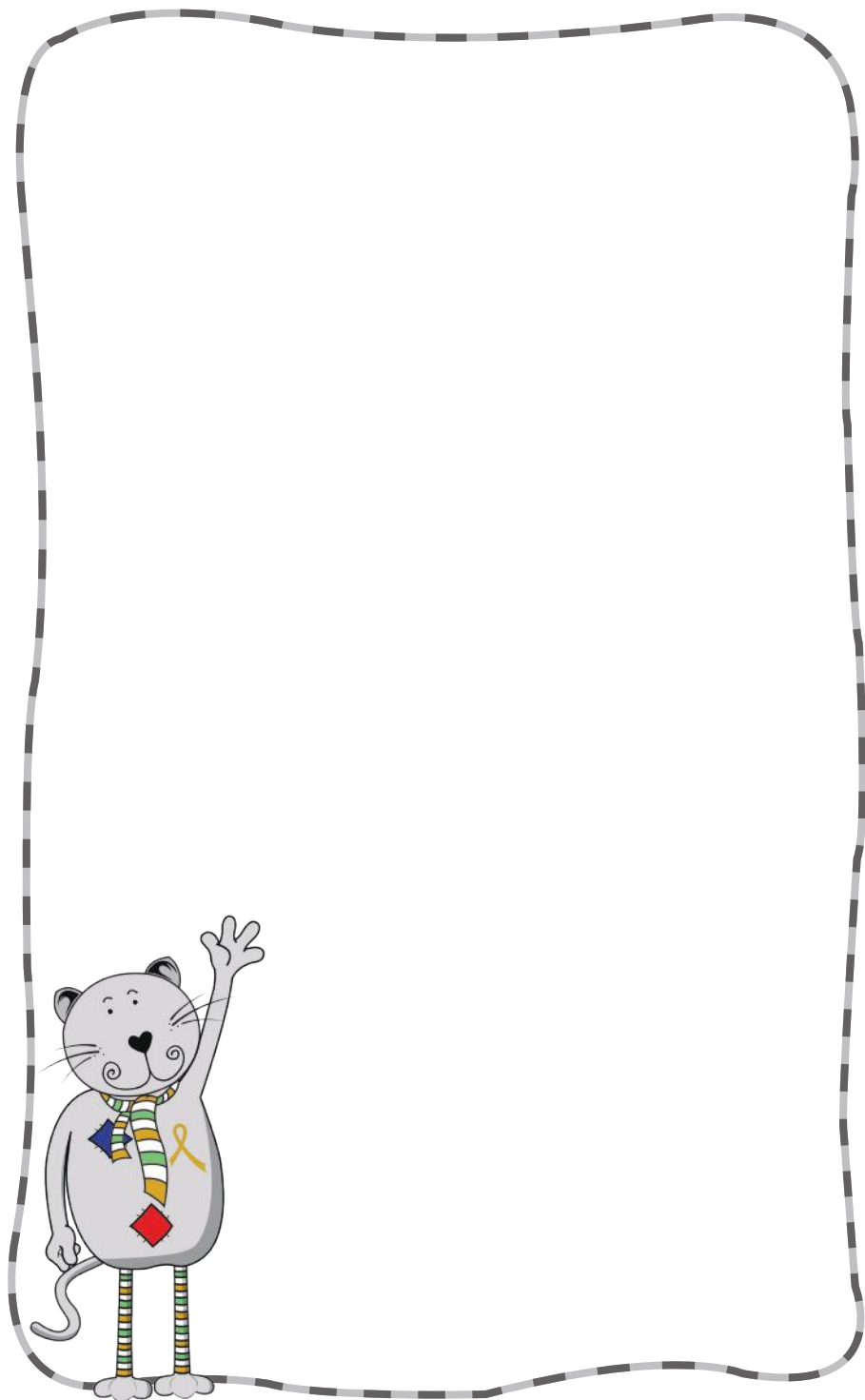
journal

giftshop

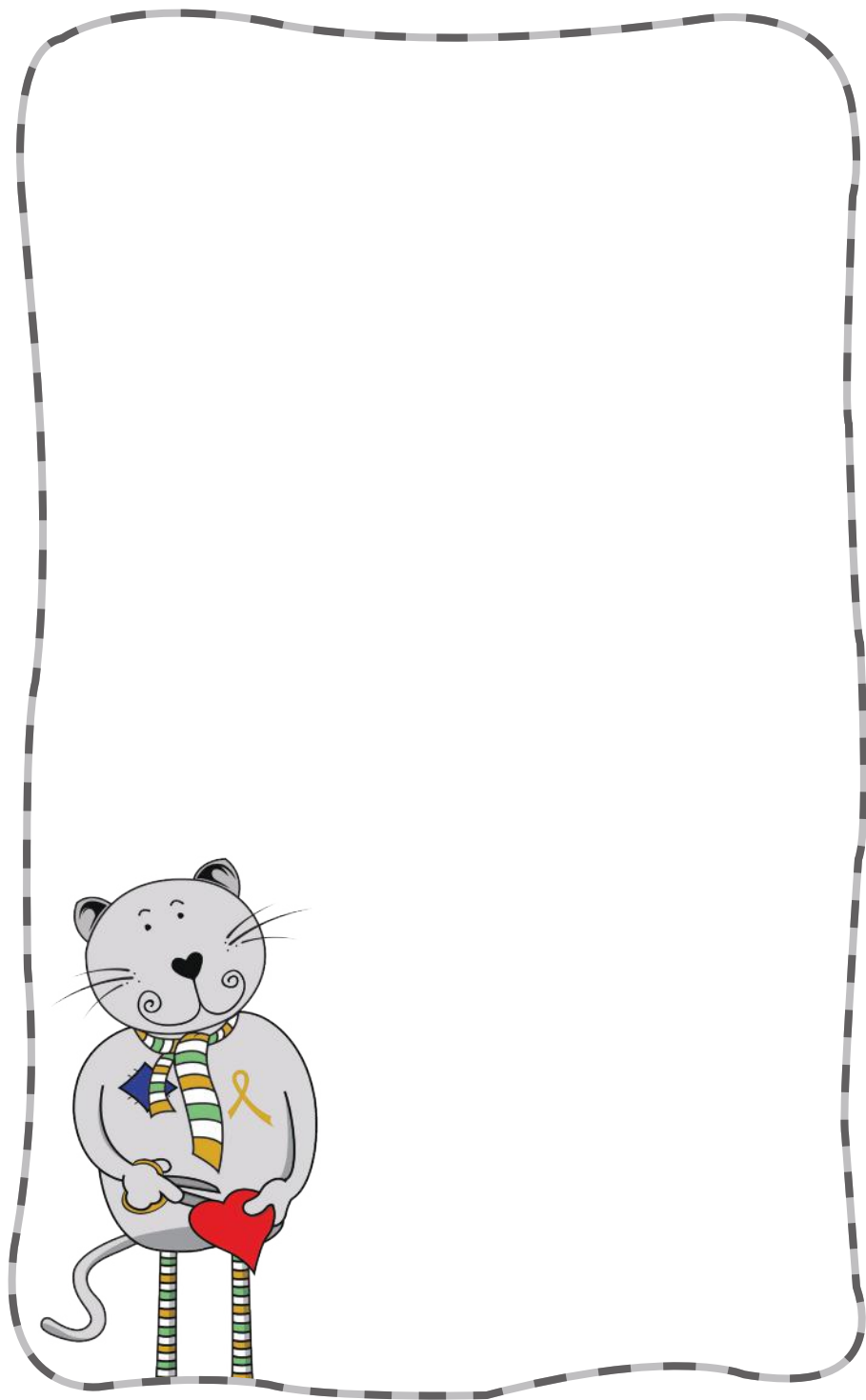
fever

xray

transfusion

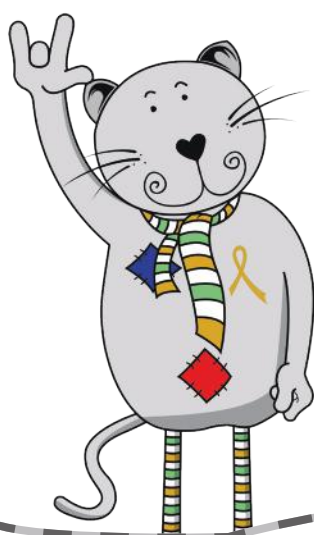


My favorite nurse is...



My favorite
hospital PJs are...





Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

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Today I...

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Date _____

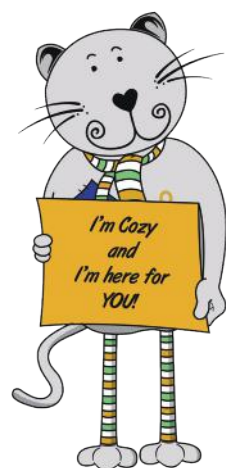
Today I...

Date _____

Today I...

Date _____

Today I...

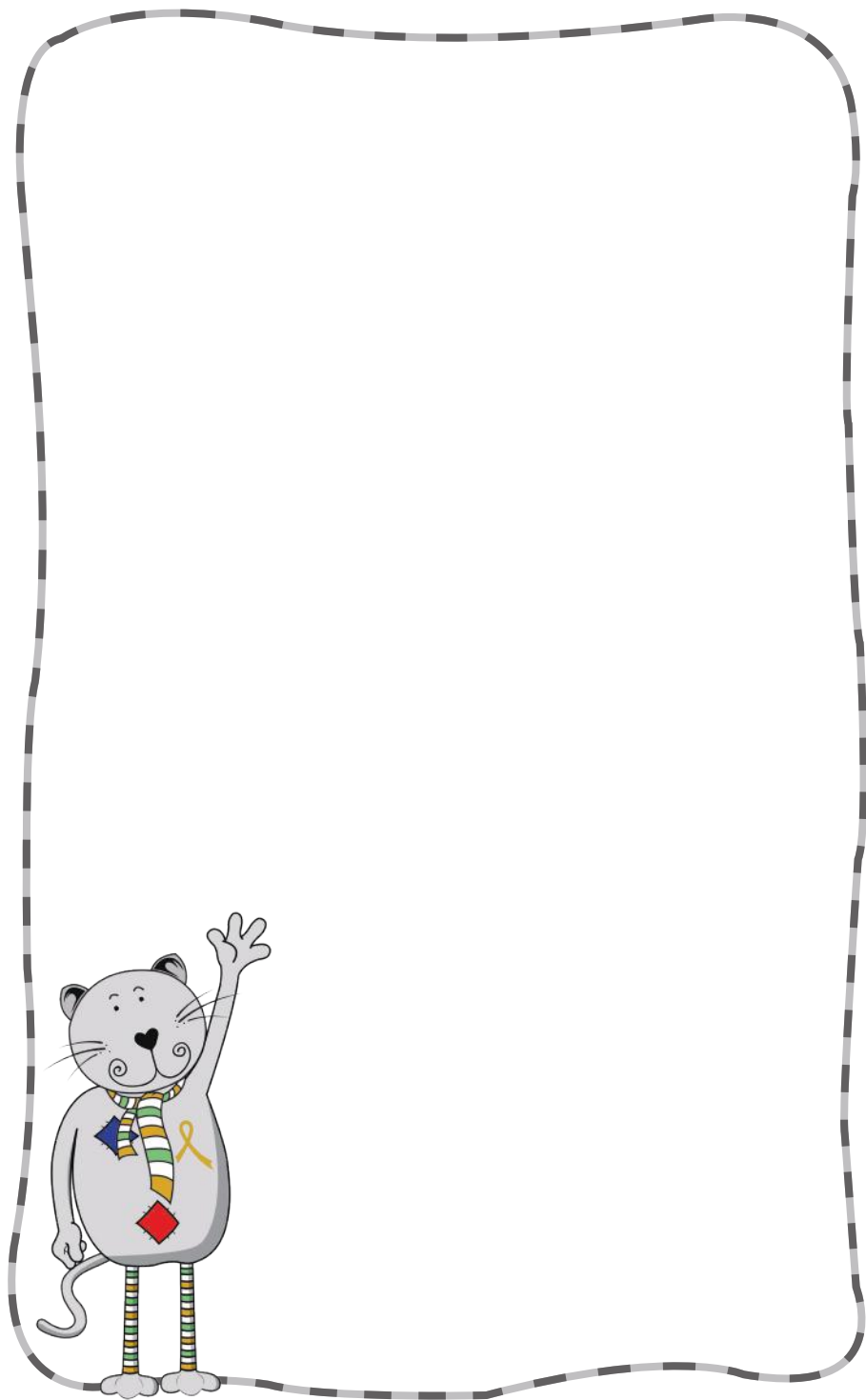


Cozy Wordfind

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

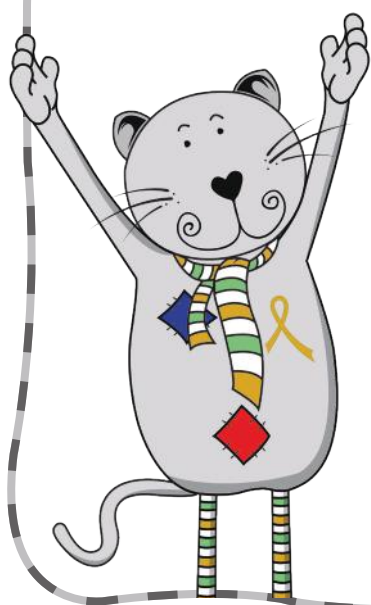
happy
angry
lonely
anxious

fears
cheerful
content
gloomy



*All feelings are okay!
It's what you do with
them that matters.*





Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

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Today I...

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Today I...

Date _____

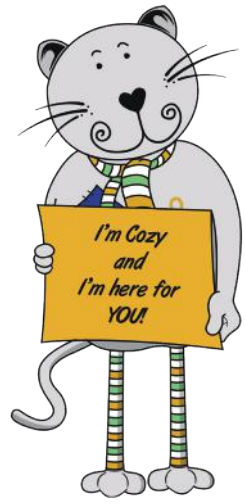
Today I...

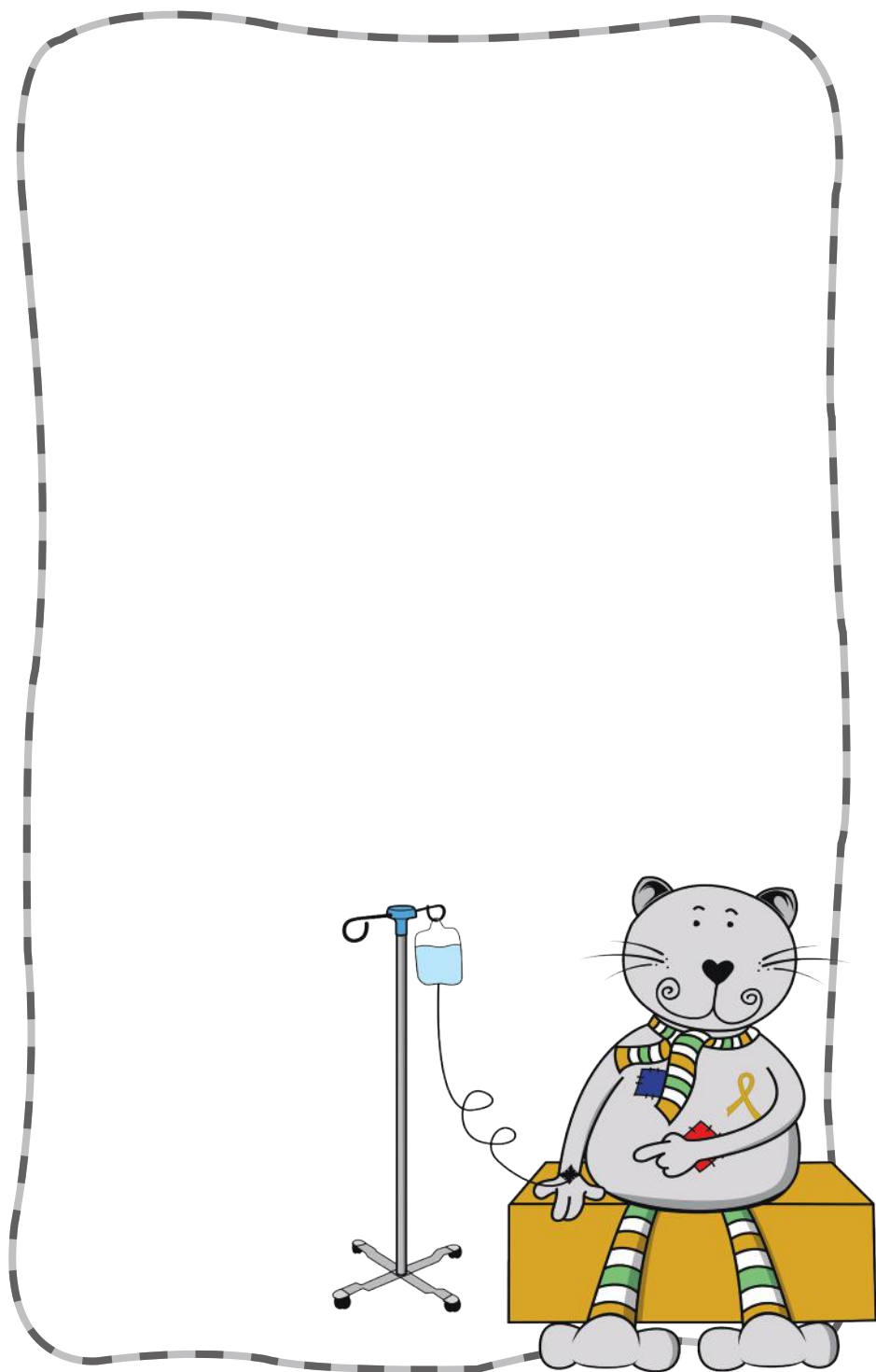
Date _____

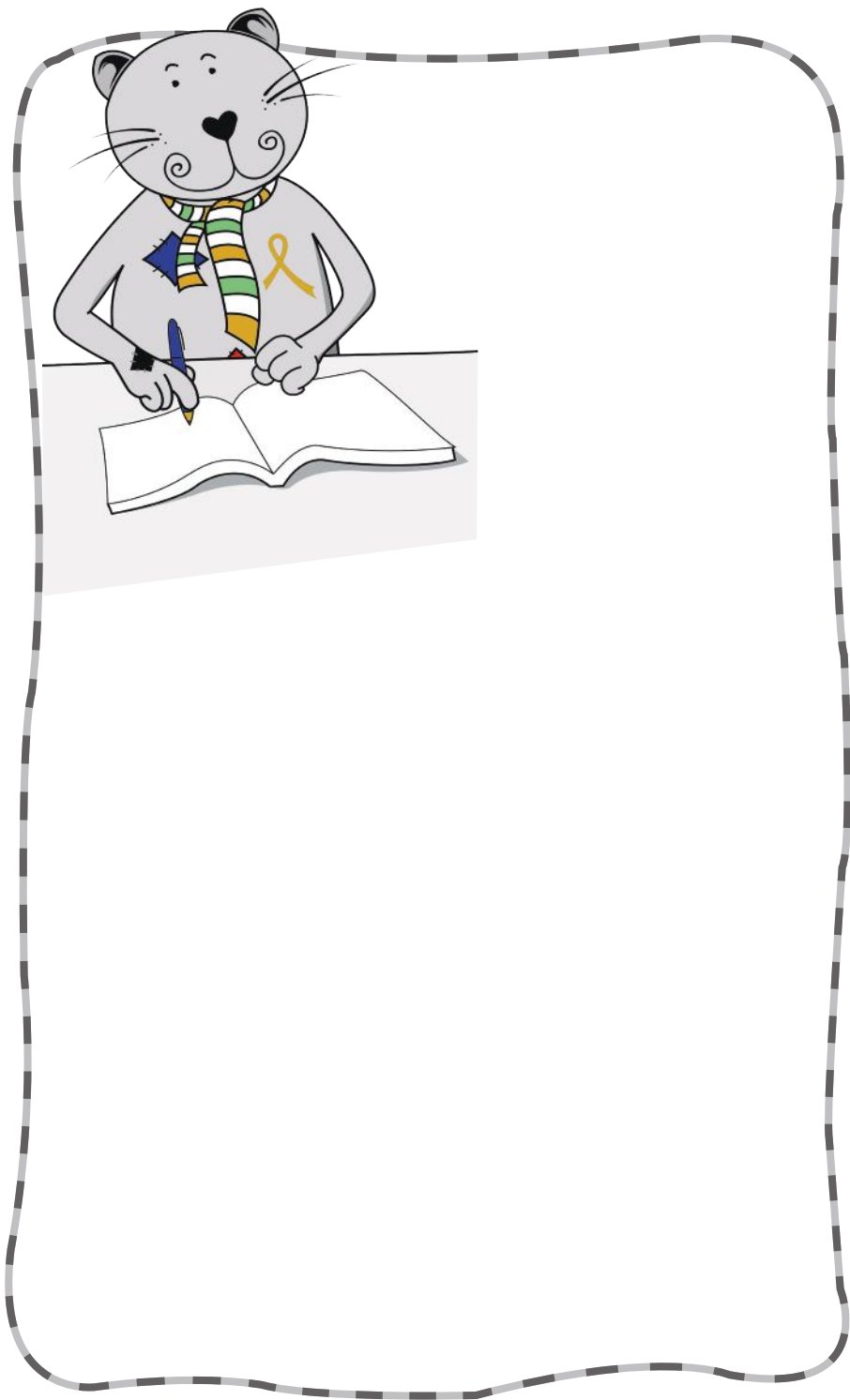
Today I...

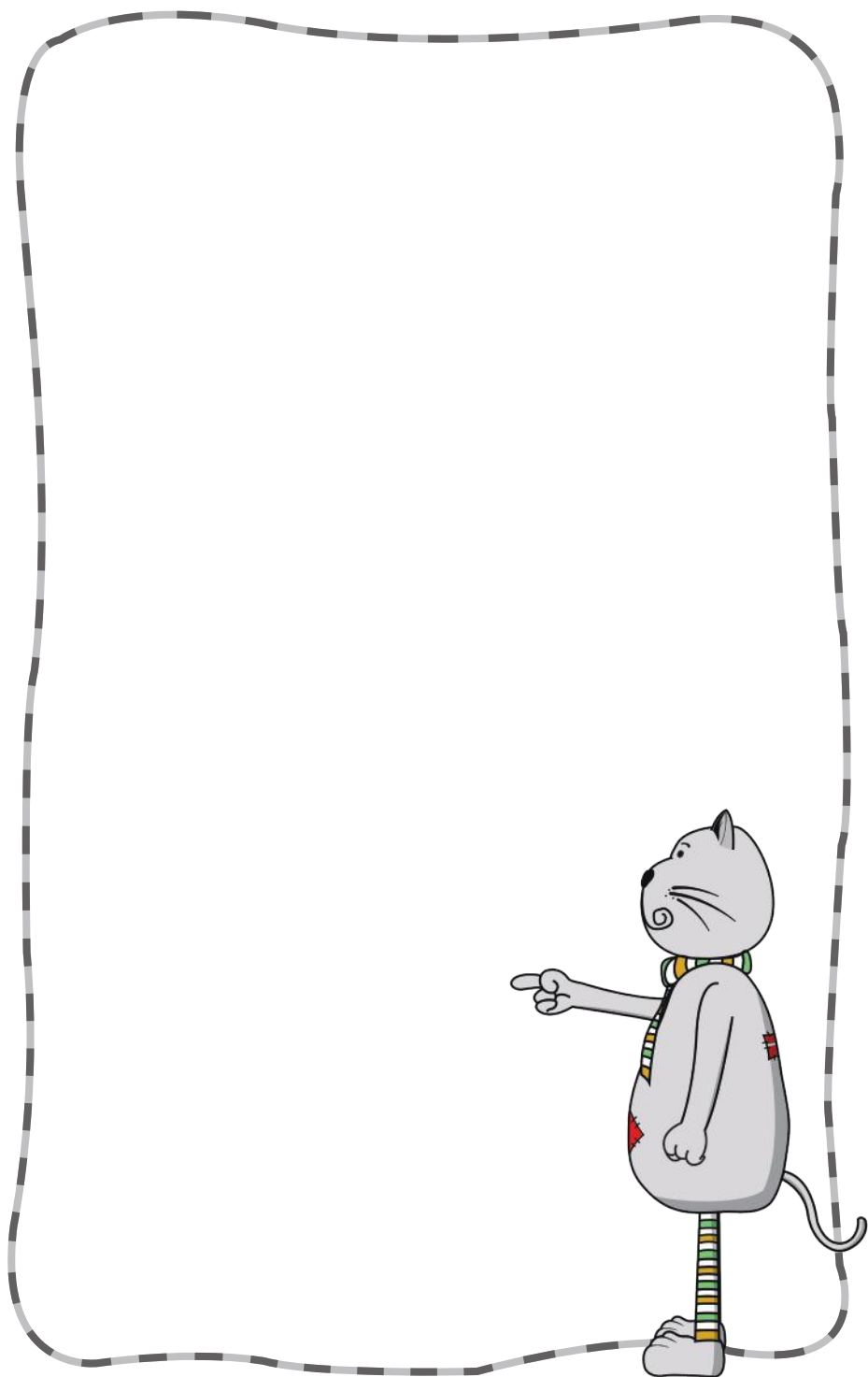
Date _____

Today I...









Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

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Today I...

Date _____

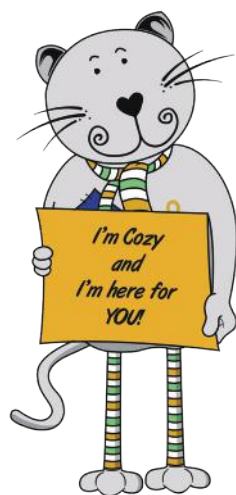
Today I...

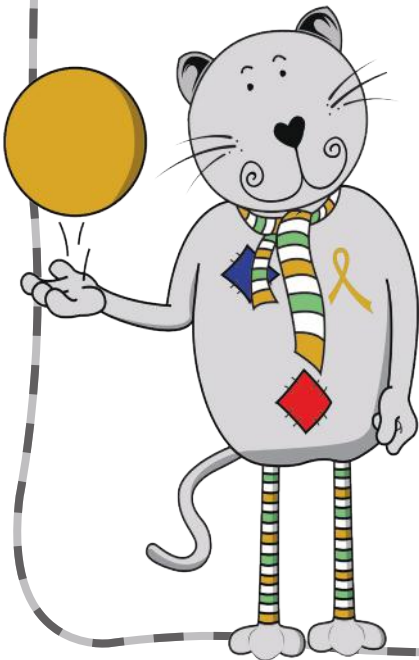
Date _____

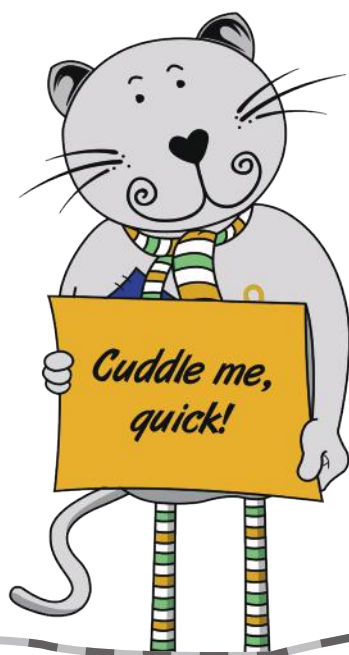
Today I...

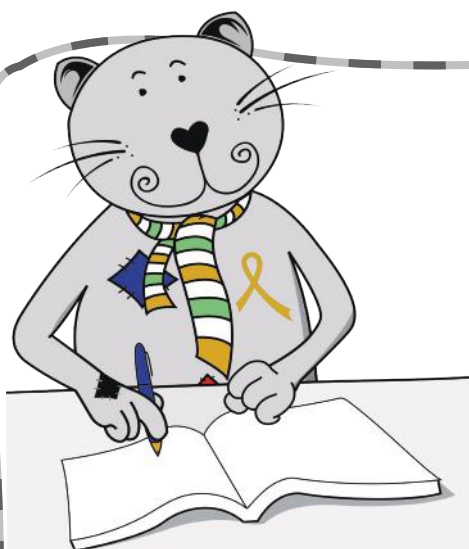
Date _____

Today I...









Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

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Date _____

Today I...

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Today I...

Date _____

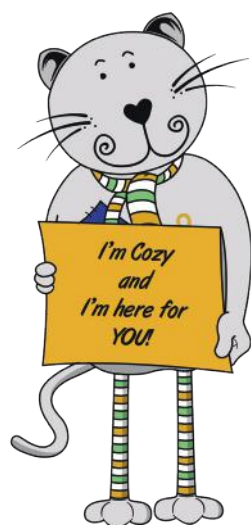
Today I...

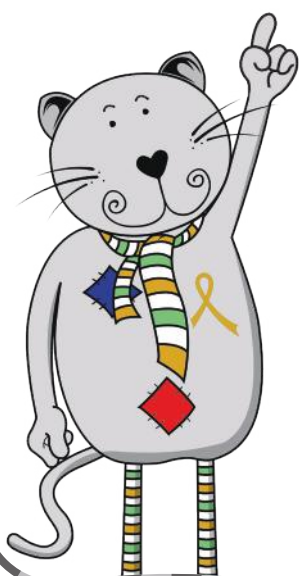
Date _____

Today I...

Date _____

Today I...







List 10 things
that make
me smile.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



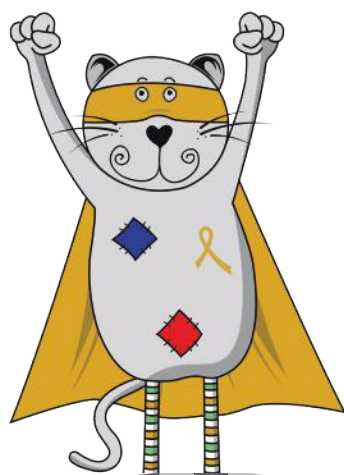
When I am scared
what helps me is...



When my treatment
is over we're going
to celebrate by...







Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

Date _____

Today I...

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Today I...

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Date _____

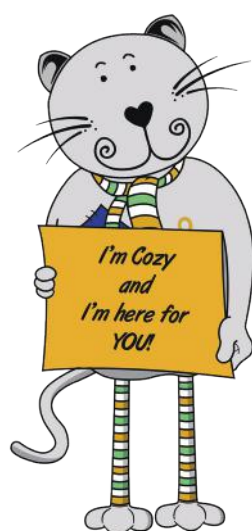
Today I...

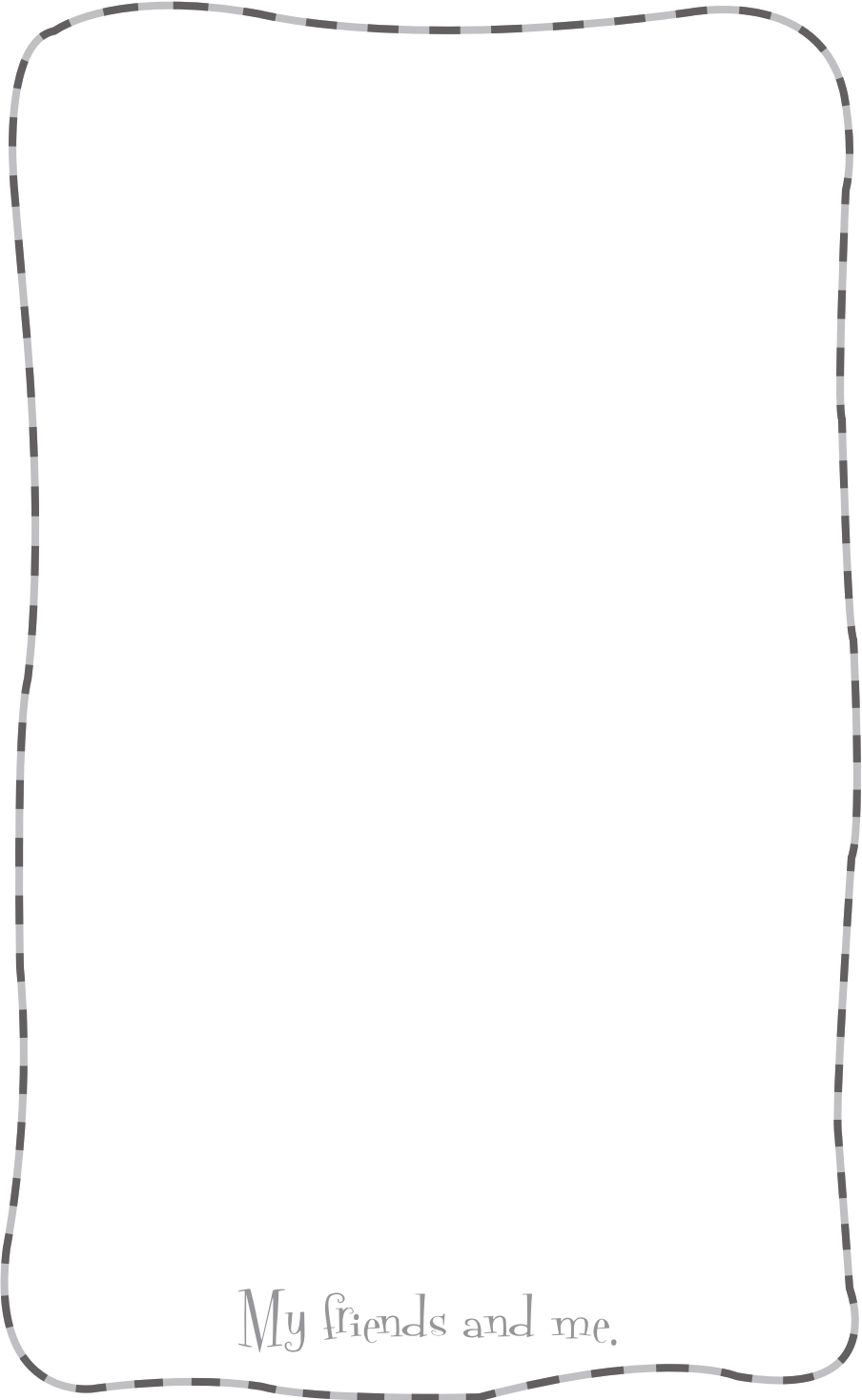
Date _____

Today I...

Date _____

Today I...





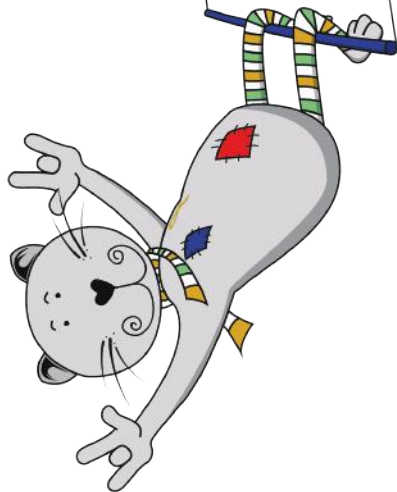
My friends and me.

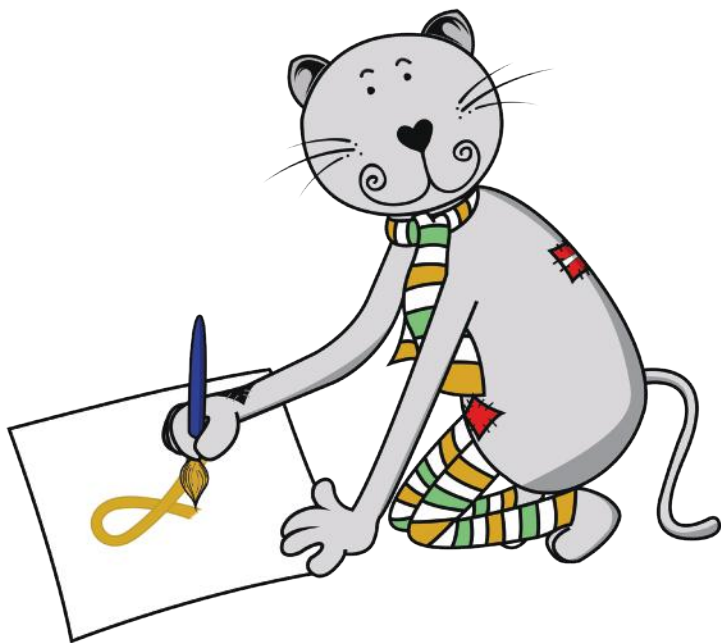




This journal is filled with words and pictures that come from your heart. It's an important piece of how you took care of yourself during your treatment for cancer. It is a treasure chest filled with your hopes, dreams and real feelings. Keep it somewhere safe so that you can look through it again and again and even use it to help you in the future.

Your friend Cozy





IN APPRECIATION FOR THE SUPPORT FROM

