

Growing Strong: Worksheet Bundle for Kids



WELCOME!

In our busy world, it's super important to take care of your mind and feelings. This fun and simple worksheets will help you do just that! Whether you're feeling a bit stressed, worried, or just want to keep your mind happy and healthy, this guide is here for you.

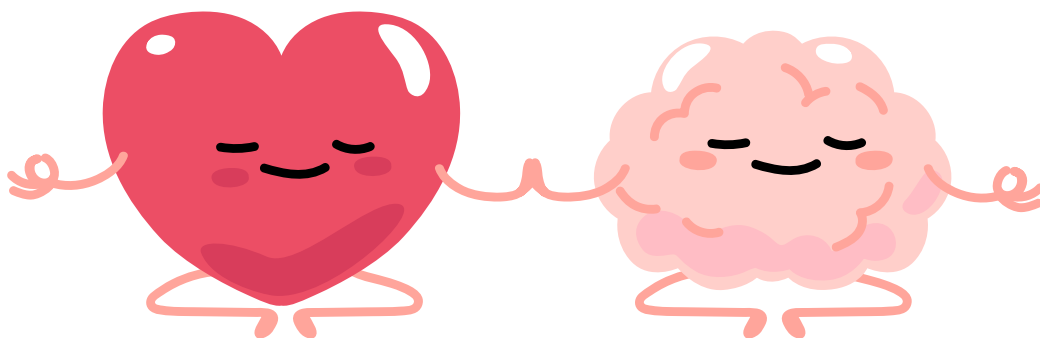
On this adventure, you will:

Reflect: Take a moment to think about how you're feeling right now.

Learn: Discover cool tips and tricks for handling stress and emotions.

Act: Try out fun activities and exercises to put what you learn into practice.

Grow: Build awesome habits that will keep your mind strong and happy for a long time.



REMEMBER



If you or someone you know is experiencing a mental health crisis or severe emotional distress, please contact a mental health professional or call emergency services immediately. Your well-being is important.

TAKING CARE OF YOURSELF

Taking care of yourself means doing things that help you feel good and stay healthy. It's like being your own best friend! When you take time to do fun and relaxing activities, it helps you feel happy and strong.

Why It's Important to Take Care of Yourself:

- **Feel Good:** Helps you stay happy and healthy.
- **Less Stress:** Keeps you calm and relaxed.
- **Be Strong:** Makes it easier to handle tough times.
- **Better Friend:** Helps you be kind and helpful to others.
- **Keep Growing:** Helps you learn new things and get better at what you do.



HOW TO TAKE CARE OF YOURSELF?

Taking Care of Your Mind

Doing things that help you feel calm and happy inside, like reading a book, drawing, or talking to someone you trust.

Taking Care of Your Body

Doing things that help you feel calm and happy inside, like reading a book, drawing, or talking to someone you trust.

Taking Care of Your Feelings

Talking about your feelings, doing things that make you smile, and being kind to yourself when you make mistakes.

Taking Care of Your Friendships

Spending time with friends and family, sharing, and playing together. It's about being a good friend and having fun with others.

Taking Care of Your Spirit

Doing things that make you feel happy and peaceful inside, like thinking about what you're grateful for, meditating, or enjoying nature.



My Favorites

List your favorite books, movies, songs, and more. Use this space to share your favorites and what makes them special to you.



Favorite Books

Favorite Games

Favorite Movies

Favorite Activities

Favorite Songs

Favorite Foods

Favorite TV Shows

Favorite Places

FUN WAYS TO TAKE CARE OF YOURSELF

Taking care of yourself helps you feel happy and healthy. Here are 50 different fun activities you can try to take care of your mind, body, and spirit. Try doing some of these every day to feel your best!

Read a favorite book	Draw or paint	Play outside
Dance to music	Talk to a friend	Eat healthy snacks
Take a nap	Do a puzzle	Play a game
Go for a walk	Watch a funny show	Write in a journal
Do some stretching	Listen to relaxing music	Make a craft

Thoughts

Thoughts are the things you say to yourself in your mind. They can be words or pictures.



Feelings

Feelings are your emotions. They are how you feel inside because of your thoughts.



Behaviors

Behaviors are the actions you take because of your thoughts and feelings.



How It All Works Together

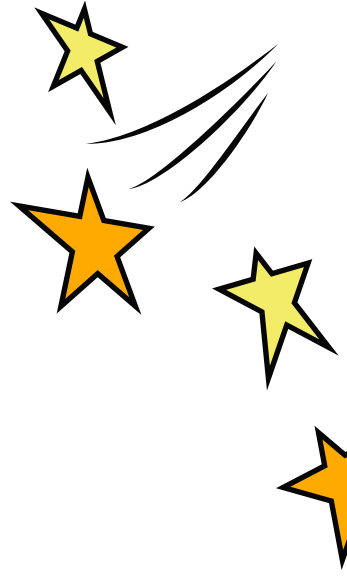
Imagine your thoughts, feelings, and behaviors are pieces of a puzzle. They all fit together and affect each other. Here's how:



If you change your thoughts, you can change your feelings and behaviors too! Here's how:

- Catch the Thought: Notice what you're thinking.
- Check the Thought: Is it true or helpful
- Change the Thought: Think of something more positive or realistic.

Problem Solving Superpowers



Stop and Think

Take a deep breath and ask yourself: "What's the problem?"

Brainstorm Ideas

Think of different ways to solve the problem

Choose the Best Idea

Pick the idea that you think will work best.

Take Action

Try out your idea and see what happens.

Reflect

Think about how it went. Did it work? If not, try another idea!



My Thinking Log

Keep track of your thoughts and feelings. It will help you understand them better and find ways to feel great!

What happened?

How was I feeling?

What was my mind telling me?

What did I do?

Mind detective

Use this log to check if your thoughts are true. Let's find better ways to think together!

Example:

My Thought

"I'm bad at drawing."

Why It's True

"I made a mistake in my last picture."

Why It's Not True

"I've drawn lots of nice pictures."

Better Thought

"I can get better with practice!"



My Thought

Why It's True

Why It's Not True

Better Thought

Super Thinker

Welcome to your critical thinking adventure! Let's explore how your thinking has evolved!



Example:

I Used to Think

"Math is too hard."

Now, I Think

"With practice, I can get better at math!"

Your Turn!

I Used to Think

Now, I Think

Keep growing and learning, Super Thinker!



Fact or Opinion Fun

Facts are statements that can be proven true or false. They are based on real information and can be checked. While opinions are statements that show what someone thinks or feels. They are not based on proof and can be different for everyone.

Decide if each statement below is a fact or an opinion. Write your answer on the line provided.

_____ Chocolate tastes better than vanilla.

_____ The Eiffel Tower is in Paris.

_____ Summer vacation is too short.

_____ Humans need oxygen to breathe.

_____ Winter is the best season.

_____ Water freezes at 0 degrees Celsius.

_____ Dogs have four legs.

_____ A year has 365 days.

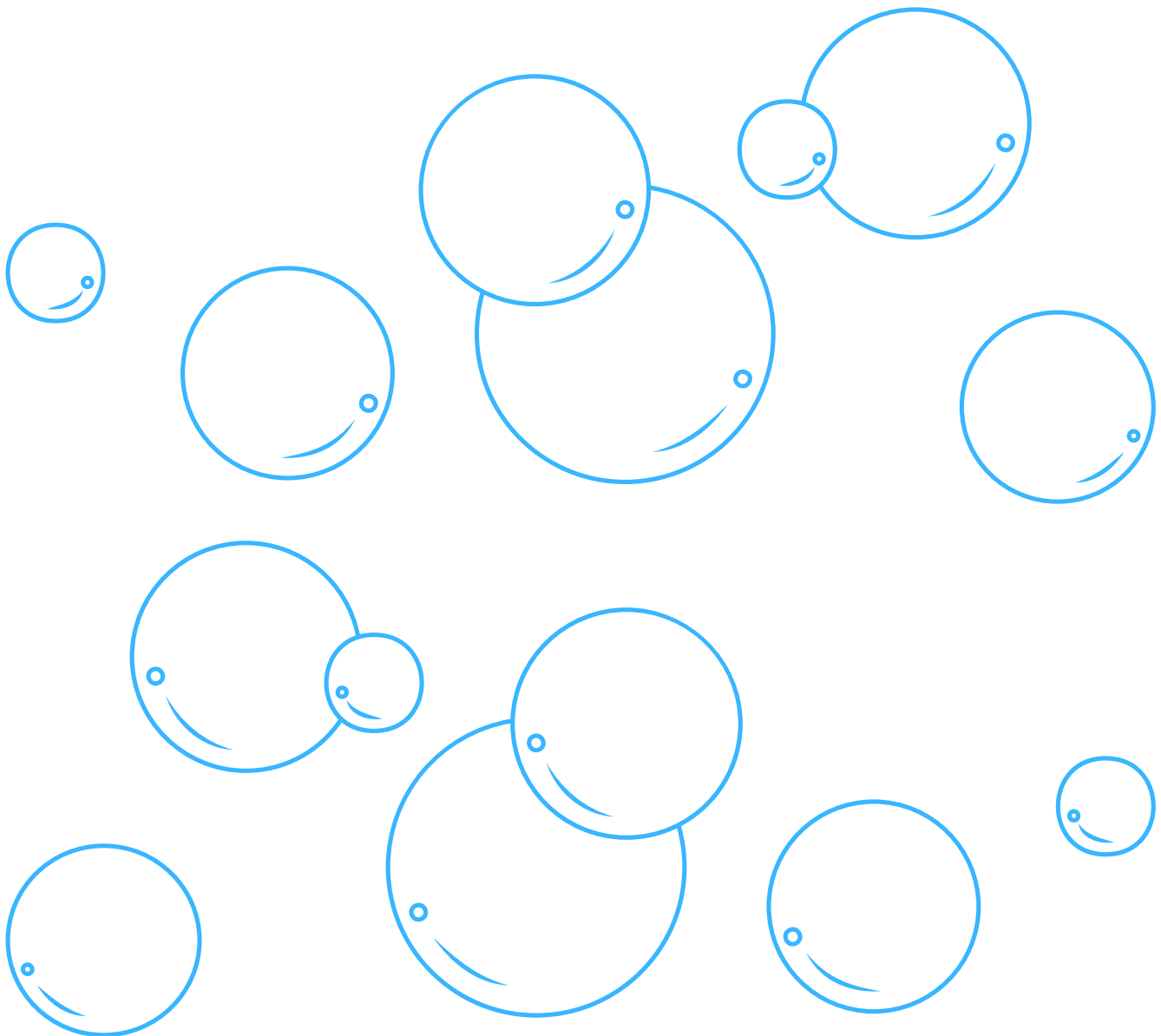
_____ Pizza is the tastiest food.

_____ The Earth orbits the Sun.

Thought Bubbles

Let's capture your thoughts in these fun bubbles!
Write down what you're thinking and how you feel.

- Write Your Thought: Think about what's on your mind and write it in a bubble.
- Draw Your Feeling: Draw a face to show how the thought makes you feel.



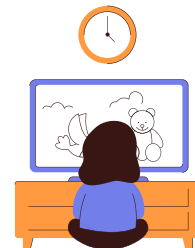
My Happy List

It's essential to have a go-to list of activities and things that make you happy when you're having a bad day. So take a moment to jot down your favorite hobbies, feel-good movies, comfort foods, or whatever else brings you joy and comfort.

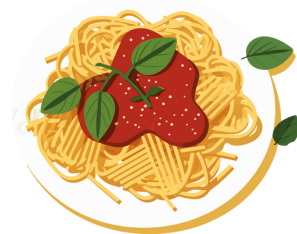
My Favorite Activities



Feel-Good Movies



Comfort Foods



Other Happy Things



Mental Health

Mental health is all about how we feel, think, and act. It affects how we handle stress, make friends, and make choices. Having good mental health is super important at every stage of life, from being a kid to growing up.

Having good mental health helps us:

- Deal with the normal stresses of life
- Work well and do our best
- Achieve our goals and dreams
- Be a good friend and help others

Good mental health is more than just not being sick. It means feeling good emotionally, mentally, and socially, which helps us think, feel, and act our best every day.

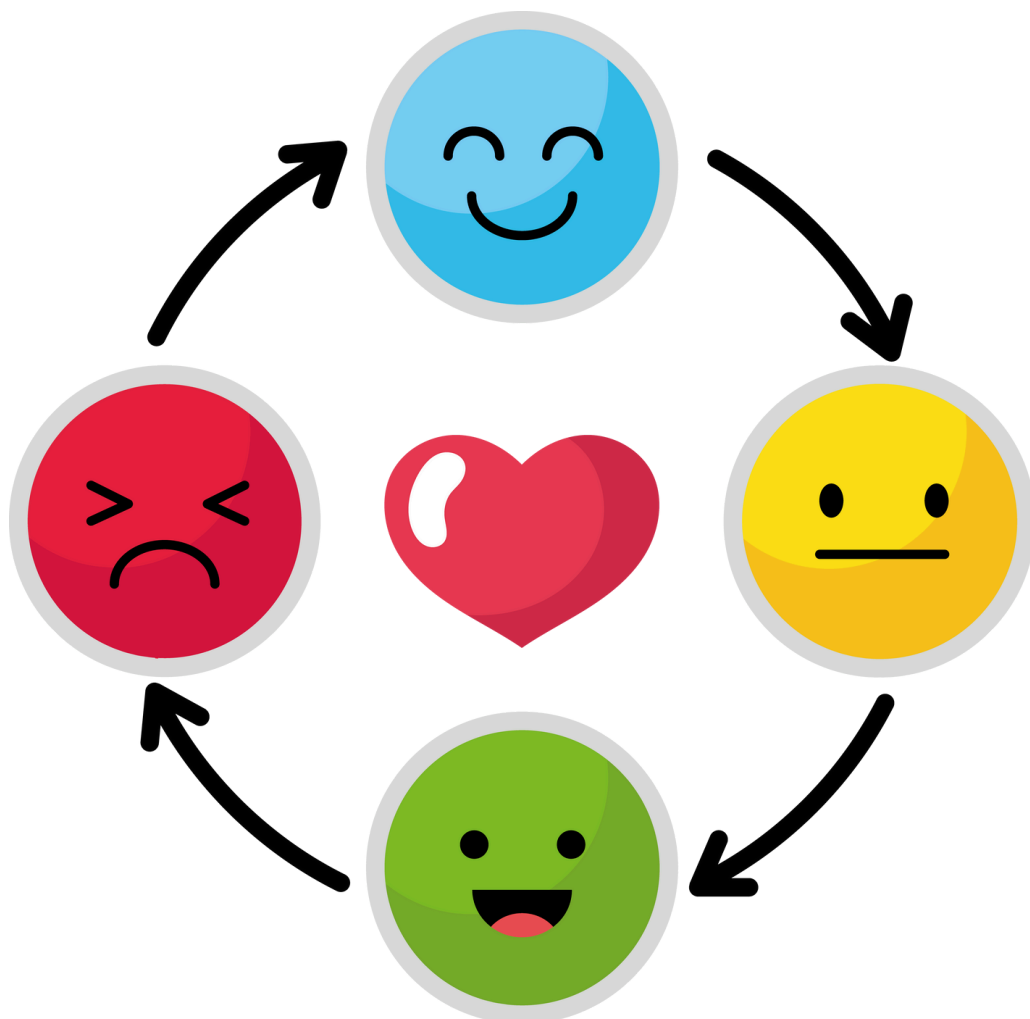


What are emotions?

Emotions are feelings that involve both your mind and body. They happen because of things that go on inside you and around you. Emotions can affect how you think, feel, and act.

Why Are Emotions Important?

Understanding and managing emotions is super important for feeling good. Emotions can be happy, sad, angry, or excited, and they help us understand ourselves and others.



Components of emotions



How you feel inside. This includes feelings like happiness, sadness, anger, or fear.



What happens in your body when you have an emotion. This can include changes in heart rate, breathing, sweating, and other physical changes.



How you show your emotions to others. This can include facial expressions, body language, and actions.



How you think about and understand a situation that makes you feel a certain way. This includes your thoughts and beliefs.

Understanding emotions

Emotions are feelings that help us understand ourselves and the world around us. All emotions are important and help us in different ways.



Happiness helps us make friends and enjoy fun activities.



Sadness tells us we need comfort and helps us ask for help.



Fear keeps us safe and helps us avoid danger.



Anger shows us when something is wrong and gives us energy to fix it.



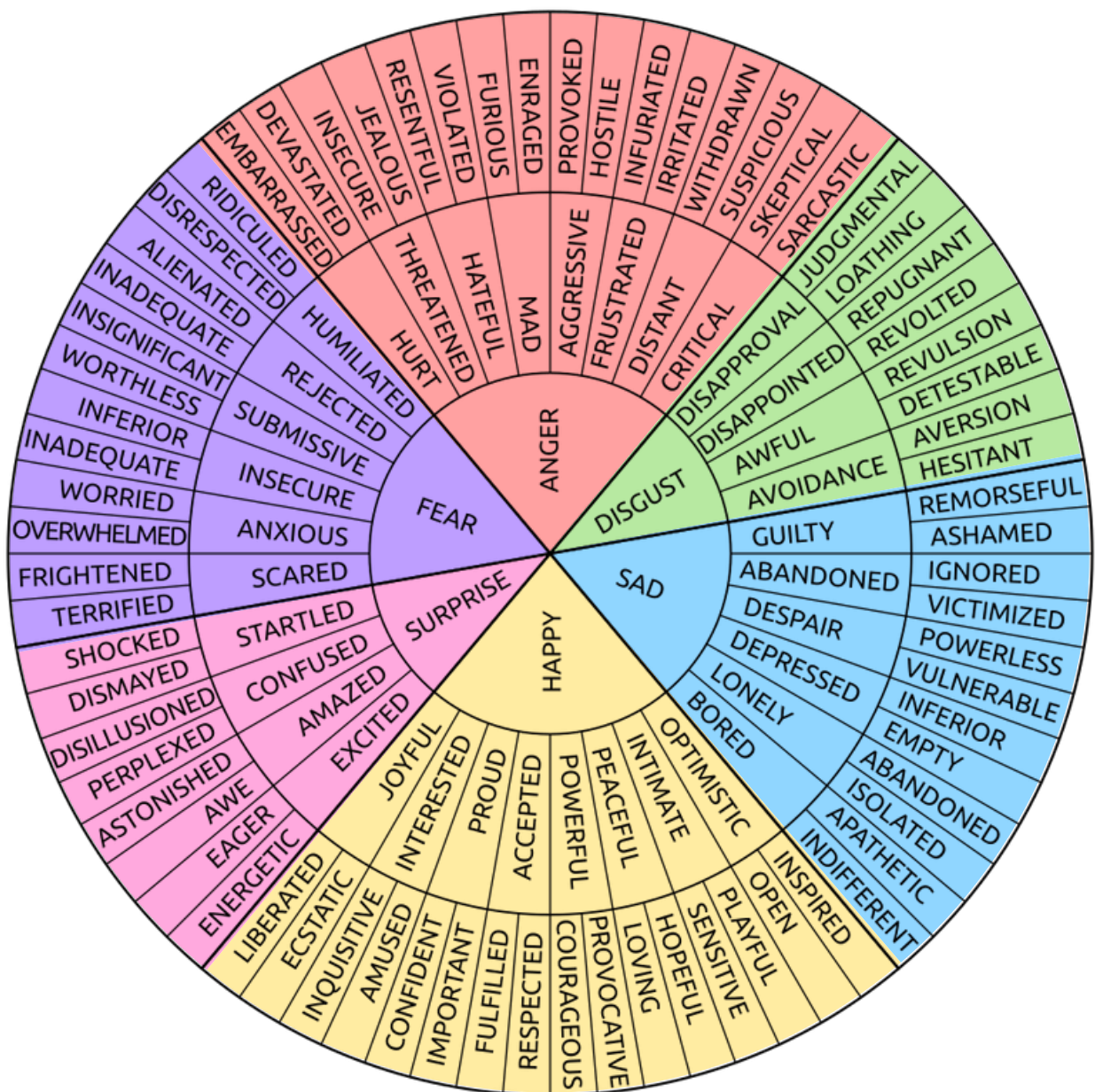
Disgust protects us from harmful things and keeps us healthy.



Surprise makes us pay attention to new things and helps us adapt quickly.

Feelings wheel

The Feelings Wheel is a fun tool to help you recognize and name your emotions. By understanding your feelings, you can manage them better and feel happier.



Emotional Check-In

Let's see how you're feeling today. Use this page to check in with your emotions and share your thoughts.

How Are You Feeling Today?



What's On Your Mind?

What Can Help You Feel Better?

My Positive Thought for Today

Emotion Stories

Let's see how you're feeling today. Use this page to check in with your emotions and share your thoughts.

Instructions

- Think about a time when you felt a strong emotion.
- Write a short story about what happened, how you felt, and what you did.
- Use the space below for each emotion to write your stories.

Write about a time you felt really happy. What made you smile and laugh?

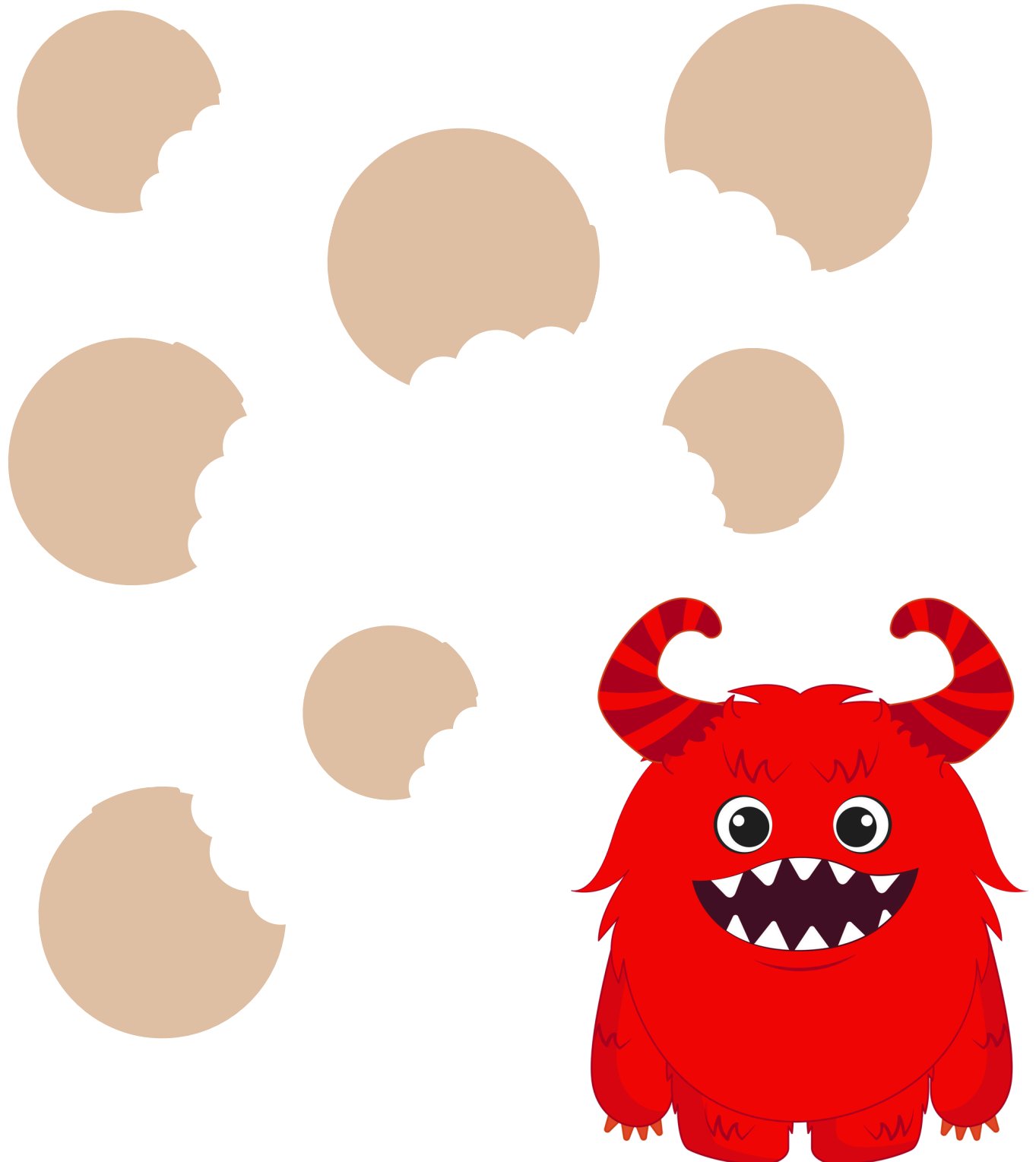
Write about a time you felt sad. What happened that made you feel this way?

Write about a time you felt angry. What made you mad and how did you handle it?

Worry Monster

Instructions

- Write your worries on the cookies to "feed" the monster. Use this space to help you manage and let go of your worries.



Find Your Feelings

Understanding your feelings helps you manage them better and respond to situations in a healthy way. Let's use these questions to explore and name your feelings!

What happened?

What Main Feeling Did
You Have?

What Were You Thinking?

How Did Your Body Feel?

How Did You Show Your Feelings?

Emotion Journal

Write about a time when you felt a strong emotion. What happened?
How did you feel? How did you handle it?

Emotion

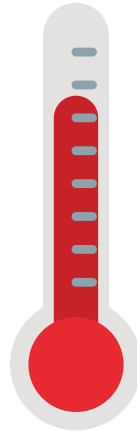
What happened?

How did you feel?

How did you handle it?

Emotional Thermometer

Understanding how strong your feelings are can help you manage them better. Use this emotional thermometer to check how intense your feelings are.



Very low intensity

Low intensity

Moderate intensity

High intensity

Maximum intensity

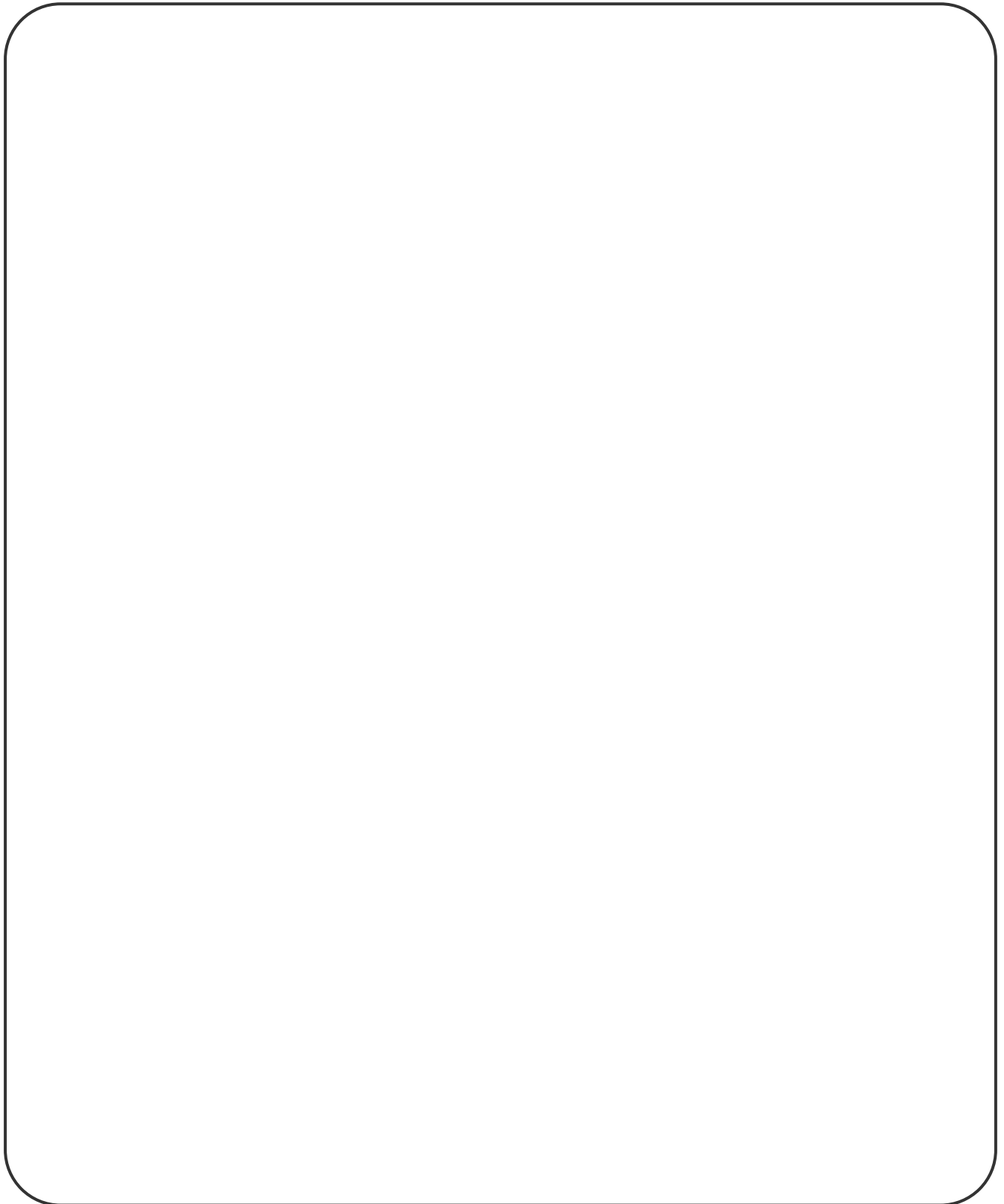
Emotion

Intensity

Body Feelings

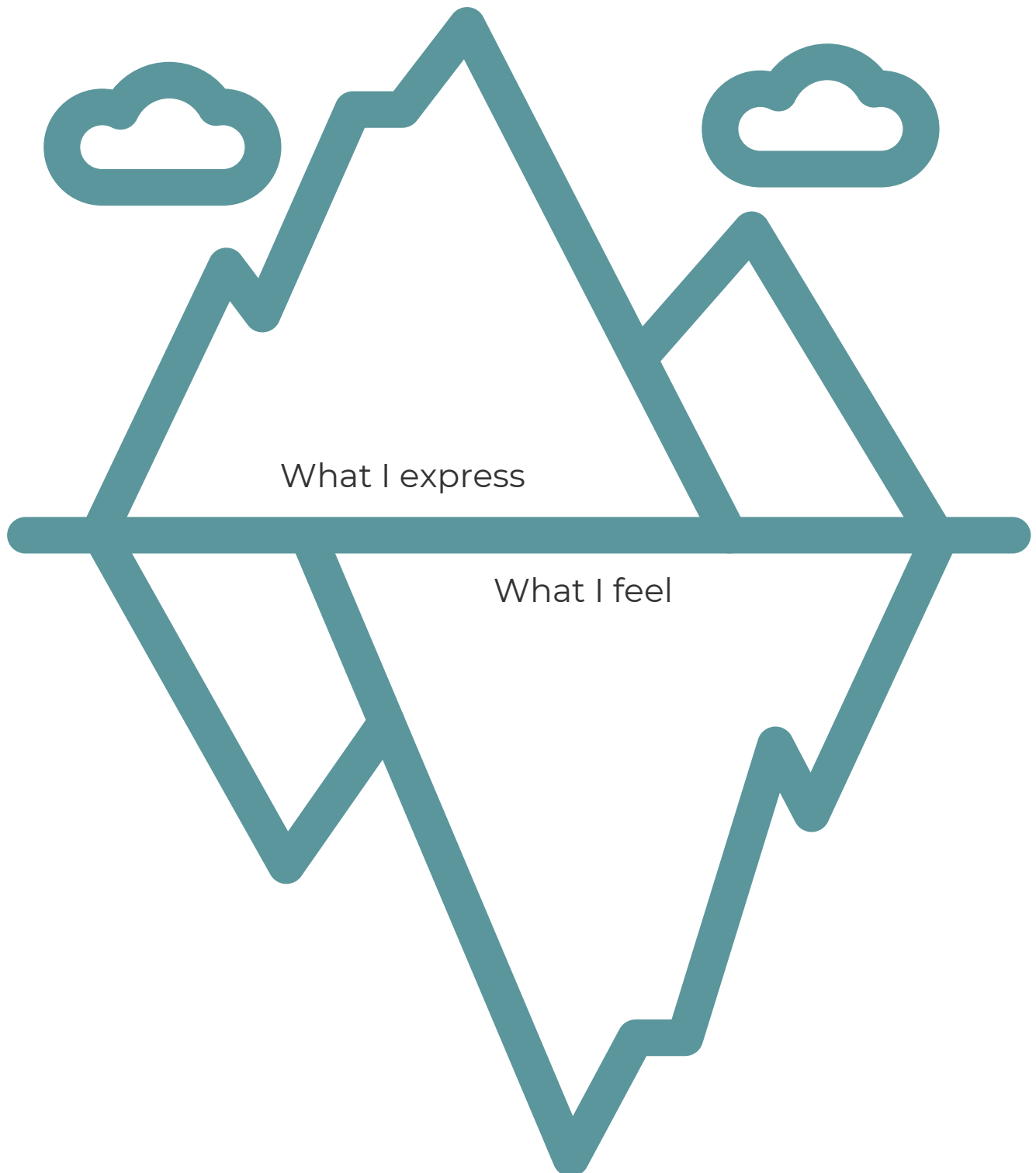
Creative Expression

Draw or write how you feel. Use this space to express your emotions through art or words.

A large, empty rectangular box with rounded corners, intended for creative expression through drawing or writing. The box is white with a thin black border and occupies the majority of the page below the instructions.

Anger iceberg

The Anger Iceberg helps you understand the hidden feelings beneath your anger. Sometimes, anger is just what we show on the outside, but underneath, there might be other feelings like sadness, fear, or frustration. Let's explore and find out what's really going on!



I feel angry when...

Everyone gets angry sometimes, and that's okay! It's important to understand what makes you angry so you can deal with it better.

Anger triggers are things that happen or thoughts you have that make you feel angry. By figuring out what your triggers are, you can learn how to handle them better.

Think about times when you felt really angry. What made you feel that way? Write down your anger triggers below.

☐

When someone makes fun of you.

☐

When things don't go the way you want.

☐

When you're not included in something.

☐

When someone raises their voice at you.

☐

When you don't win a game you were playing.

☐

When something feels unfair or unjust.

☐

☐

☐

☐

☐

I feel scared when...

Everyone feels scared sometimes, and that's okay! It's important to understand what makes you feel scared so you can deal with it better.

Fear triggers are things that happen or thoughts you have that make you feel scared. By figuring out what your triggers are, you can learn how to handle them better.

Think about times when you felt really scared. What made you feel that way? Write down your fear triggers below.

☐

Being in a dark room.

☐

Hearing thunder or fireworks.

☐

Starting a new school or meeting new people.

☐

Watching a scary movie or show.

☐

Being by yourself at home.

☐

Seeing a big dog or other large animal.

☐

☐

☐

☐

☐

I feel disgusted when...

Everyone feels disgusted sometimes, and that's okay! It's important to understand what makes you feel disgusted so you can deal with it better.

Disgust triggers are things that happen or thoughts you have that make you feel disgusted. By figuring out what your triggers are, you can learn how to handle them better.

Think about times when you felt really disgusted. What made you feel that way? Write down your disgust triggers below.

☐

Smelling something rotten or unpleasant.

☐

Seeing or tasting food that looks or tastes yucky.

☐

Being in a dirty or messy place.

☐

Seeing bugs or insects.

☐

Feeling something slimy or sticky.

☐

Seeing blood or injuries.

☐

☐

☐

☐

☐

I feel sad when...

Everyone feels sad sometimes, and that's okay! It's important to understand what makes you feel sad so you can deal with it better.

Sadness triggers are things that happen or thoughts you have that make you feel sad. By figuring out what your triggers are, you can learn how to handle them better.

Think about times when you felt really sad. What made you feel that way? Write down your sadness triggers below.

☐

When a pet gets lost or passes away.

☐

Having a fight or disagreement with a friend.

☐

Feeling left out of activities or groups.

☐

Getting a grade lower than you expected.

☐

Being away from family members you love.

☐

Sometimes the weather can make you feel sad.

☐

☐

☐

☐

☐

I feel happy when...

Everyone feels happy sometimes, and that's great! It's important to understand what makes you feel happy so you can have more of those good feelings.

Happiness triggers are things that happen or thoughts you have that make you feel happy. By figuring out what your triggers are, you can try to have more of them in your life.

Think about times when you felt really happy. What made you feel that way? Write down your happiness triggers below.

☐

Spending time with your friends

☐

Doing things you love, like drawing, reading, or playing sports.

☐

Feeling proud when you do well in school or finish a project.

☐

Spending time with your family and feeling loved.

☐

Enjoying the sunshine and playing outside.

☐

Hearing nice things from others, like compliments or praise.

☐

☐

☐

☐

☐

Emotion Matching Game

Match the emotions listed below with the scenarios that best describe them. Draw a line connecting each emotion to the correct scenario.

You got a new toy
you've wanted for a
long time.

Your best friend is
moving away.

Someone took your
favorite toy without
asking.

You're about to go on a
fun trip.

You hear a loud noise at
night.

Scared

Angry

Excited

Sad

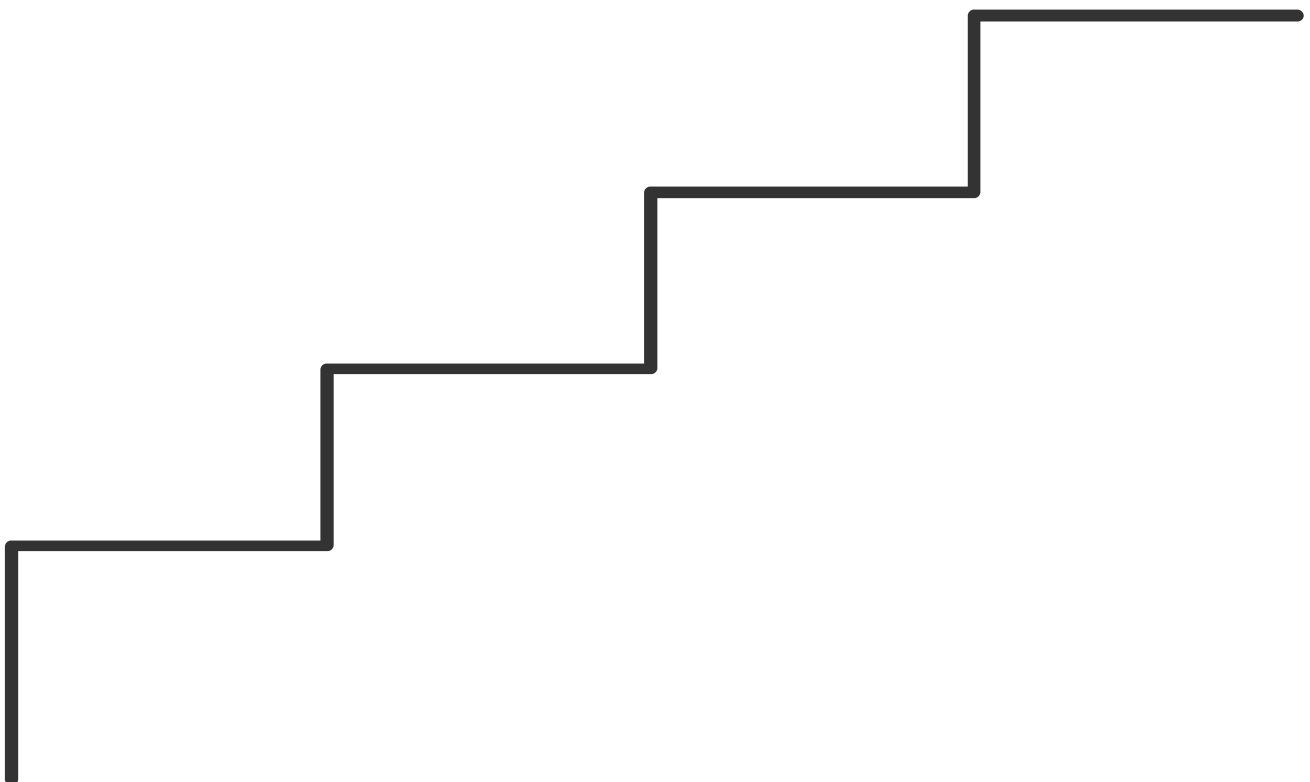
Happy

Climbing the Fear Ladder

Everyone gets scared sometimes, and that's okay! The "Fear Ladder" can help you face your fears step by step, like climbing a staircase. Let's learn how to do it together!

A Fear Ladder is a way to help you face your fears by listing them from the least scary to the most scary. By starting with the least scary things, you can build up your confidence and slowly face the bigger fears.

- Put the things that scare you in order from least scary to most scary.
- Face Your Fears: Start with the least scary thing and work your way up, using strategies to help you stay calm.



Awakening Your Senses

Grounding exercises help you reconnect with the present moment and can make you feel calmer and less stressed. Let's use your senses to help you feel more grounded and happy!

Take a look around and notice what you can see.

Close your eyes and listen carefully. Identify what you can hear.

Notice how things feel when you touch them. Pay attention to textures, temperatures, and other feelings.

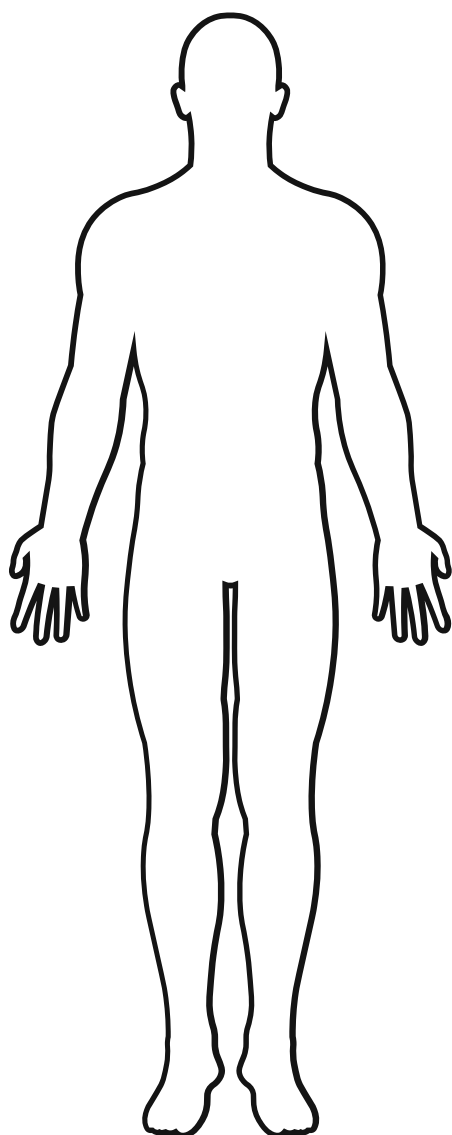
If possible, take a sip of a drink or a small bite of food and focus on the taste.

Take a deep breath and notice what you can smell.

Body Scan

A body scan exercise helps you understand where you feel different emotions in your body. This can help you become more aware and mindful of your feelings.

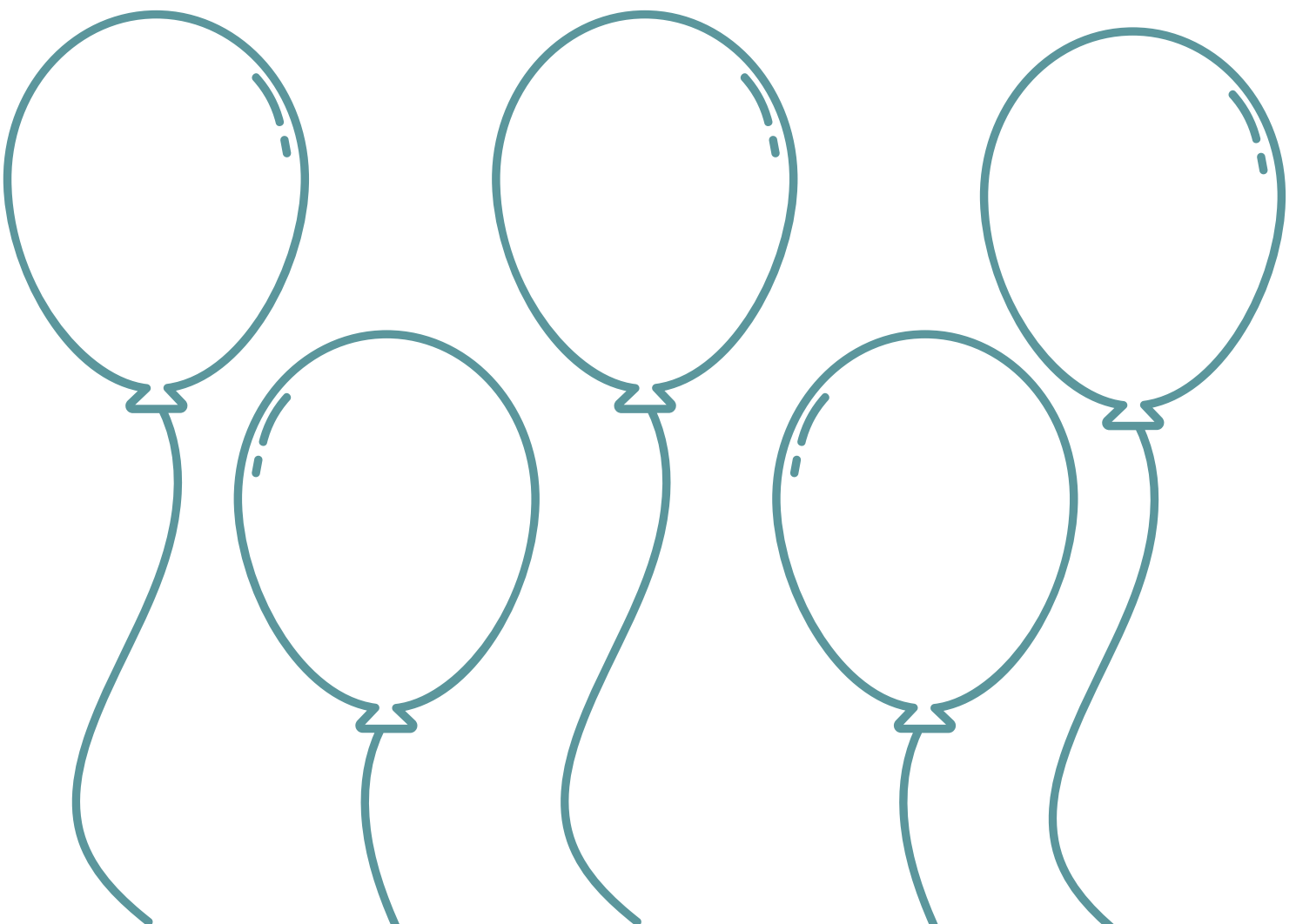
Use the body outline to mark where you feel different emotions. Write the Emotion: Write the name of the emotion next to the area where you feel it.



Letting Go of Thoughts

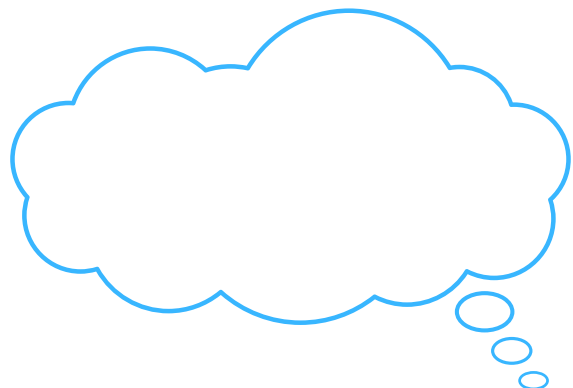
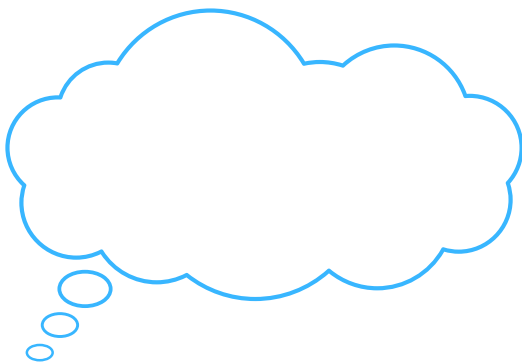
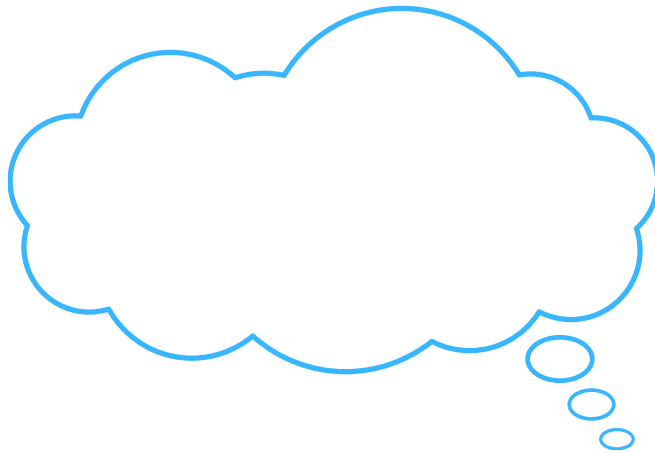
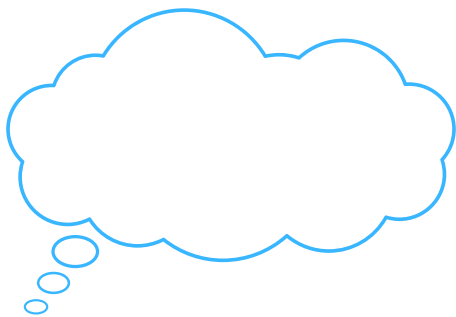
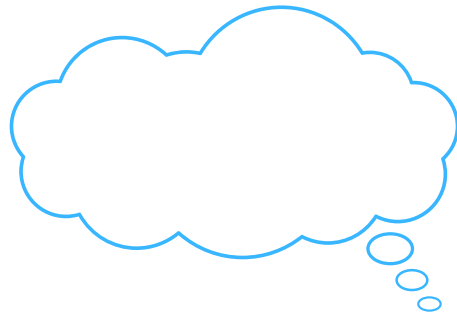
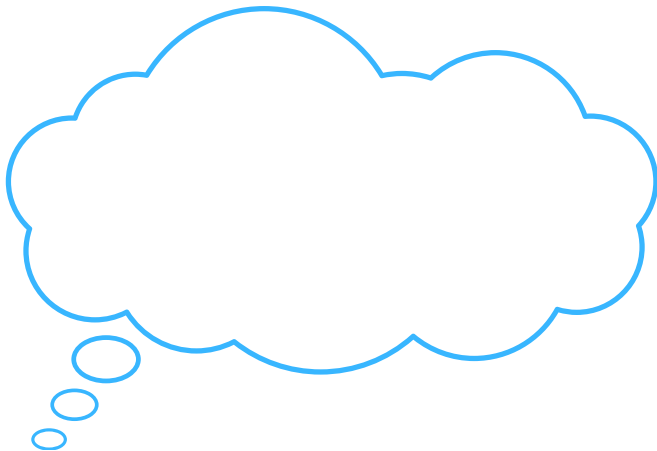
Sometimes, holding onto negative or unhelpful thoughts can make us feel heavy and sad. Letting go of these thoughts helps us feel lighter and happier.

- Think of any negative or unhelpful thoughts you have. Write each thought inside a balloon.
- Imagine letting go of each balloon. Watch it float away, taking your negative thoughts with it.



Positive Thought Bubbles

Fill in each thought bubble with a positive thought. Think about things that make you happy, things you are grateful for, or positive affirmations.



Wise Mind

The Wise Mind helps you make smart choices by using both your emotions and your logic.



Emotion Mind: When you make decisions based on how you feel.



Logic Mind: When you make decisions based on facts and logic.



Wise Mind: When you use both your feelings and logic to make the best choices.

Situation

Emotion Mind

Logic Mind

Wise Mind

Navigating Your Context

Context means understanding different factors that affect how we interact and communicate. This exercise will help you explore different categories of context to improve your awareness and enhance your interactions.



Cultural

Think about your family's traditions. Do you celebrate any special holidays? What are your family's values and beliefs? Write or draw about them here!

Situational

Where are you right now? Who is around you? Is it a happy place, like a birthday party, or a quiet place like a library? Write or draw about your surroundings and what's happening.

Interpersonal

Think about your friends and family. Who do you feel comfortable with? Who do you trust? Write or draw about your relationships and how they make you feel.

Emotional

How are you feeling right now? Are you happy, sad, excited, or maybe a bit nervous? Write or draw about your emotions and what might have caused them.

Changing How We Talk to Ourselves

Self-talk is the way we talk to ourselves in our heads. It can be positive (helpful) or negative (unhelpful). By changing our self-talk, we can feel better and be happier.



Negative Self-Talk

Unkind, discouraging thoughts that make us feel bad.



Positive Self-Talk

Kind, supportive thoughts that make us feel good.

Write down the unkind thoughts you often have.

For each unkind thought, write a kind or more balanced thought.

Cultivating Healthier Thoughts

This worksheet will help you understand your reactions, think about your thoughts, and see things in a new way. This will help you feel better and handle challenges more easily.



Understanding My Reaction

- What am I reacting to?
- What is really bothering me in this situation?

Exploring Possible Outcomes

- What is the worst thing that could happen?
- What is the best thing that could happen?
- What is most likely to happen?

Evaluating My Thoughts

- Is this thought a fact or an opinion?
- Is my reaction too big for the situation?
- How important is this? Will it still be important in six months?

Understanding Perception

- Am I making the danger seem bigger than it is?
- Am I underestimating my ability to handle this?

Considering Alternative Views

- Is there another way to look at this?
- What advice would I give to a friend in this situation?

Happy Playlist

List your favorite songs that make you happy. Next to each song, draw a small picture that reminds you of the song or how it makes you feel.

[illegible]

ABCDE Model

The ABCDE model helps us understand and change our unhelpful thoughts to feel better and make better choices. Let's learn what each letter stands for!



Activating Event

What Happened?

- The situation or event that made you feel a certain way.



Belief

What Did You Think?

- Your thoughts and beliefs about what happened.



Consequence

How Did You Feel?

- Your feelings and actions because of your thoughts.



Disputation

Challenge Your Thoughts

- Think about whether your thoughts are true and come up with other explanations.



Effective New Belief

Think a New Thought

- Replace the unhelpful thought with a helpful one.

ABCDE Model Worksheet

A

What happened?

B

What Did You Think?

C

How Did You Feel?

D

Challenge Your Thoughts

E

Think a New Thought

Brain Tricks

Sometimes, our brains can play tricks on us, making us think things that aren't really true. These tricky thoughts are called "cognitive distortions." Let's learn about some common tricky thoughts and how to spot them!



All-or-Nothing Thinking

This tricky thought makes you see things in black and white, with no middle ground. It's like thinking you have to be perfect or you're a complete failure.

Overgeneralization

This tricky thought makes you believe that one bad thing means everything will always be bad. It's like thinking one rainstorm means it will always rain.

Catastrophizing

This tricky thought makes you think the worst possible thing will happen. It's like thinking a small cut means you need to go to the hospital.

Labeling

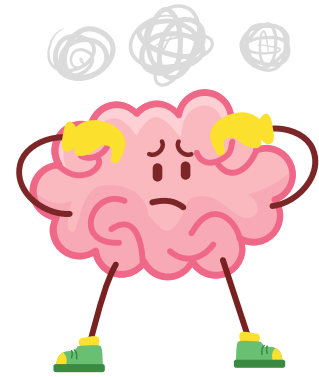
This tricky thought puts a label on yourself based on one thing. It's like thinking one bad drawing means you're a bad artist forever.

Mind Reading

This tricky thought makes you think you know what others are thinking without any evidence. It's like thinking you can read their minds.

Tricky Thoughts

Think about times when you might have had tricky thoughts. Write down the thought and what you can do to think more clearly.



Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Tricky Thought _____

Clear Thought _____

Super Critical Thinker

Let's become a super critical thinker! Here are some questions to help you think deeply and understand things better. Answer them to sharpen your critical thinking skills:

What do you think happened?

Why do you think it happened?

How could things have been different?

What can you learn from this?



Calm Down Strategies

Here is a list of activities and strategies you can use to calm down when you are upset. Pick a few that work best for you and try them next time you need to relax.

- Take deep breaths
- Count to 10 slowly
- Hug a stuffed animal
- Draw or color a picture
- Listen to calming music
- Talk to a friend or family member
- Read a favorite book
- Go for a walk outside
- Squeeze a stress ball
- Think about a happy memory



Calm Down Kit

Create your personalized calm-down kit with items and activities that help you relax and feel better. Use this worksheet to list and draw what you want to include in your kit.



What Happened?

Sometimes things happen that make us feel different emotions. Let's use some questions to think about what happened and understand it better.

Who

- Who was there when it happened?
- Who felt the most change because of what happened?

What

- What exactly happened?
- What were the important parts of what happened?

Where

- Where did it happen?
- Where were you when it happened?

When

- When did it happen?
- When did you first notice it was happening?

Why

- Why do you think it happened?
- Why is this important to you?

How

- How did you feel when it happened?
- How has it made you feel since it happened?



SUPER PROBLEM-SOLVER

Imagine you are a superhero who solves everyday problems! Write down how you would handle these situations:

You lost your favorite toy.

Your friend is being mean to you

You have a lot of homework and don't know where to start.

You spilled your drink all over the floor.

You want to play with a toy that someone else is using.

Dangers and Shields

Sometimes, we face challenges that can make things tough. It's important to know what can make things harder (dangers) and what can help us stay strong (shields).



Dangers

These are things that can make it more likely for us to have a hard time or feel bad.

- Low self-esteem
- Lack of support at home
- Eating lots of junk food
- Thinking "I can't do it"
- Being teased or hurt by others



Shields

These are things that help us feel better and stay strong even when things are tough.

- High self-esteem
- Strong family bonds
- Eating fruits and veggies
- Believing in yourself
- Having friends who support you

Dangers and Shields

Think about some things in your life that might be dangers and shields. Write them down below:



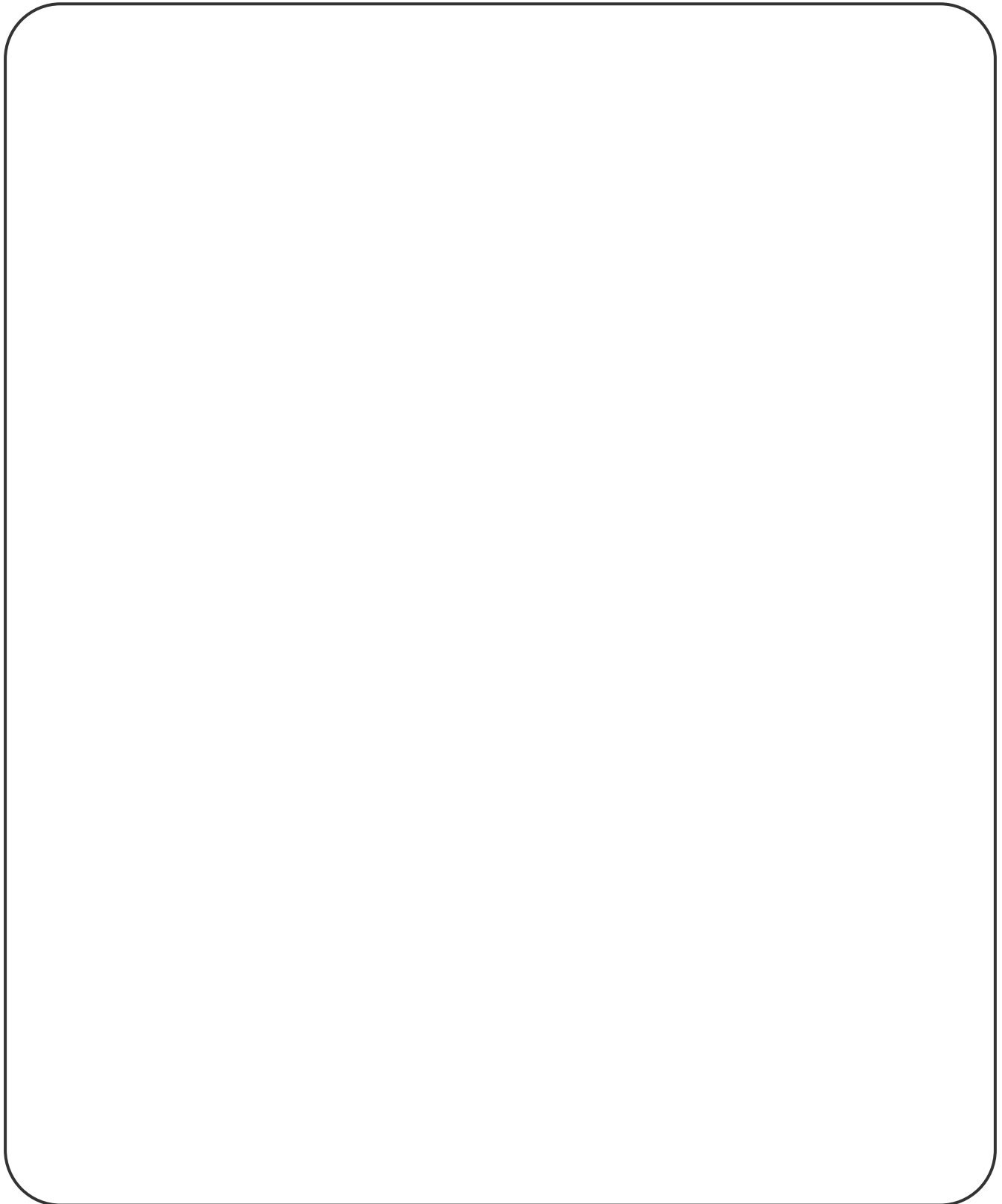
Dangers



Shields

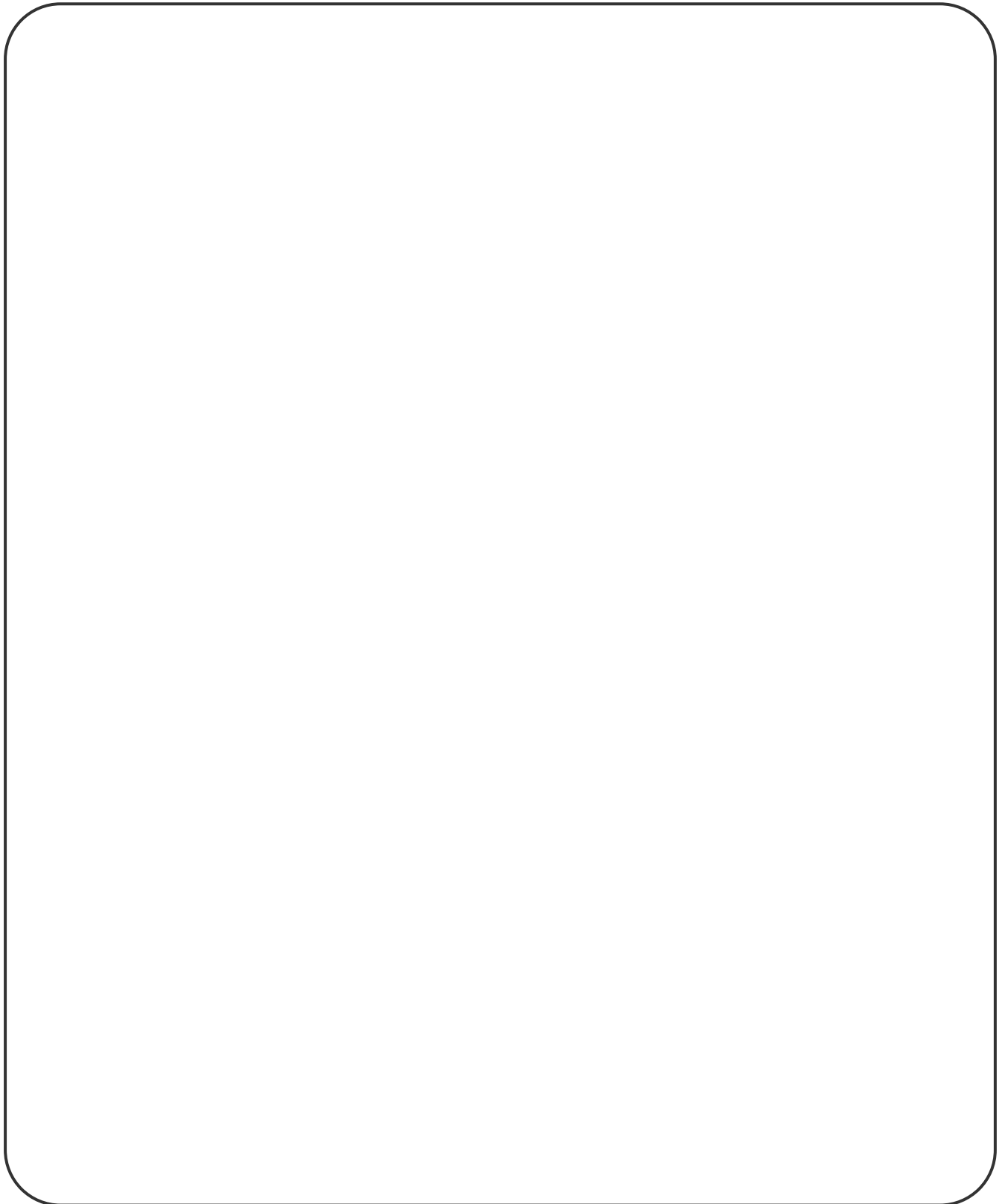
My Safe Space

Draw and describe a place where you feel safe. Use this space to create and explain your safe space.

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Calm Down Corner

Design a calm-down space in your home. Use this space to plan and draw your Calm Down Corner.

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Understanding Mindful Eating

Mindful eating is about paying full attention to the experience of eating and drinking, both inside and outside the body. This practice helps us appreciate our food more and understand our body's hunger and fullness cues. When we eat mindfully, we notice the taste, smell, and texture of our food, and we eat slowly without distractions.

Awareness

Before you start eating, take a moment to notice your hunger level. Are you really hungry, or are you eating because you are bored, stressed, or just because the food is there?

Engagement of Senses

As you eat, pay close attention to the colors, smells, textures, flavors, temperatures, and even the sounds (crunch!) of your food. Engaging all your senses can make the eating experience more enjoyable and satisfying.

Appreciation

Take a moment to appreciate where your food came from, the effort that went into growing, transporting, and preparing it.



Mindful Eating Worksheet

Use this worksheet to practice mindful eating. Pay attention to the taste, smell, and texture of your food. Write down your observations and how you feel after eating.



What food are you eating?

What does it taste like?

What does it smell like?

What is the texture of the food?

How do you feel after eating the food?

Healthy Habits Bingo

Complete the bingo card by doing each healthy habit. Try to get a bingo by completing a row, column, or diagonal.

Drink water	Exercise for 30 minutes	Eat a fruit	Read a book	Get 8 hours of sleep
Meditate for 5 minutes	Play outside	Free Space	Do a chore	Write in a journal
Help someone	Clean your room	Eat a vegetable	Practice deep breathing	Do a random act of kindness

Creative Activities Bingo

Complete the bingo card by doing each creative activity. Try to get a bingo by completing a row, column, or diagonal.

Draw a picture	Write a story	Make a craft	Paint something	Build with blocks
Create a collage	Make a card	Free Space	Decorate a cookie	Make a sculpture
Color in a coloring book	Invent a game	Write a poem	Make a scrapbook	Create a costume

Outdoor Activities Bingo

Complete the bingo card by doing each outdoor activity. Try to get a bingo by completing a row, column, or diagonal.

Play tag	Ride a bike	Fly a kite	Go for a hike	Have a picnic
Collect leaves	Play catch	Free Space	Build a sandcastle	Go bird watching
Plant a flower	Jump rope	Go on a scavenger hunt	Visit a park	Play hide and seek

Check Your Life Balance

Thinking about different parts of your life can help you understand how you're doing and what you might want to change.

How do you feel about
your body and health?

How do you feel in your
mind and emotions?

How are things with your
family and friends?

How is your learning
going?

How much fun do you
have?

How are your hobbies
and activities?

Self-Esteem Stars

Write things you like about yourself in the star shapes. Use this space to celebrate your wonderful qualities.



My Achievements

Write and draw your past achievements. Use this space to celebrate the things you are proud of.



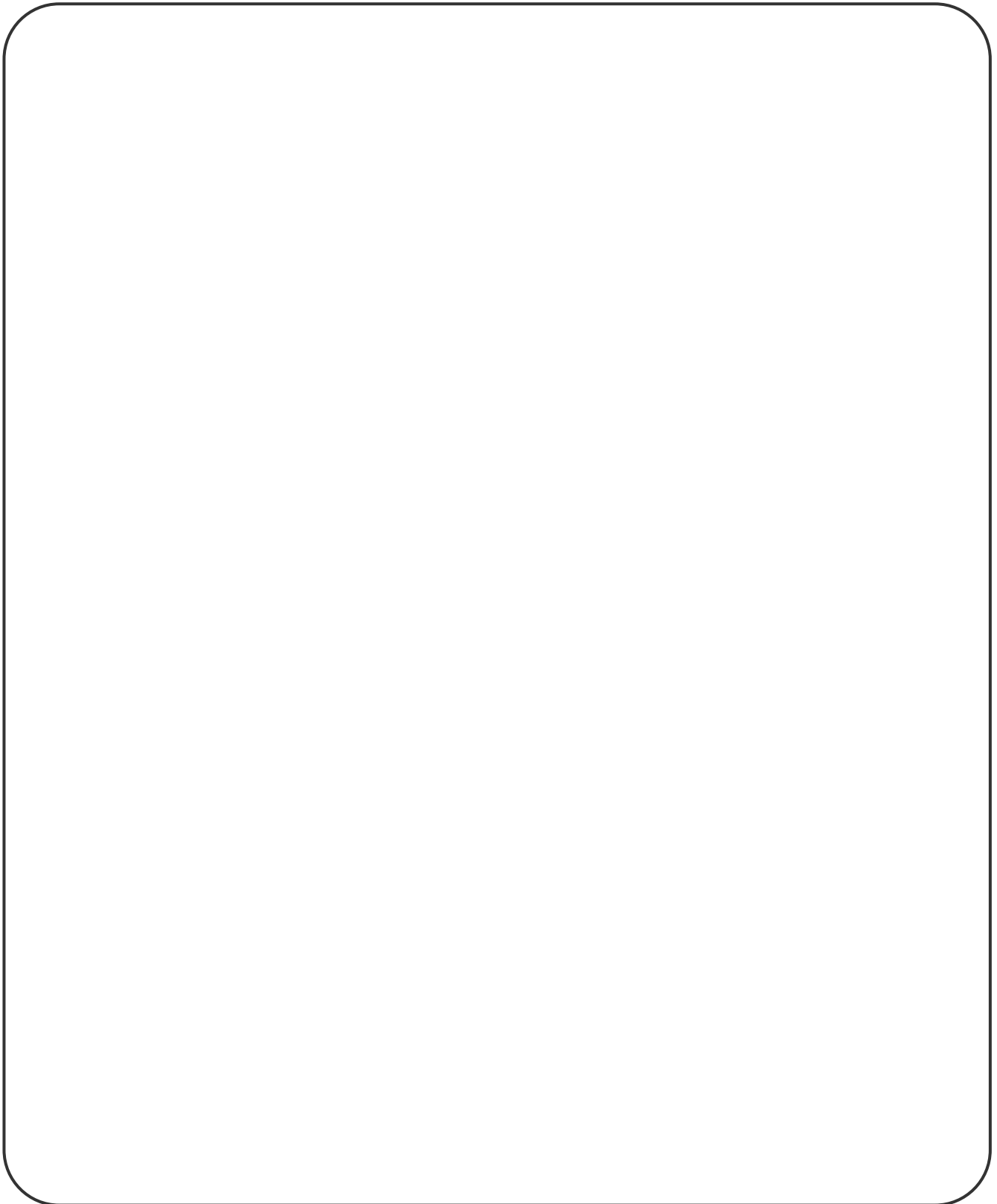
A large, empty rectangular box with rounded corners, intended for writing or drawing the first achievement.

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A large, empty rectangular box with rounded corners, intended for writing or drawing the third achievement.

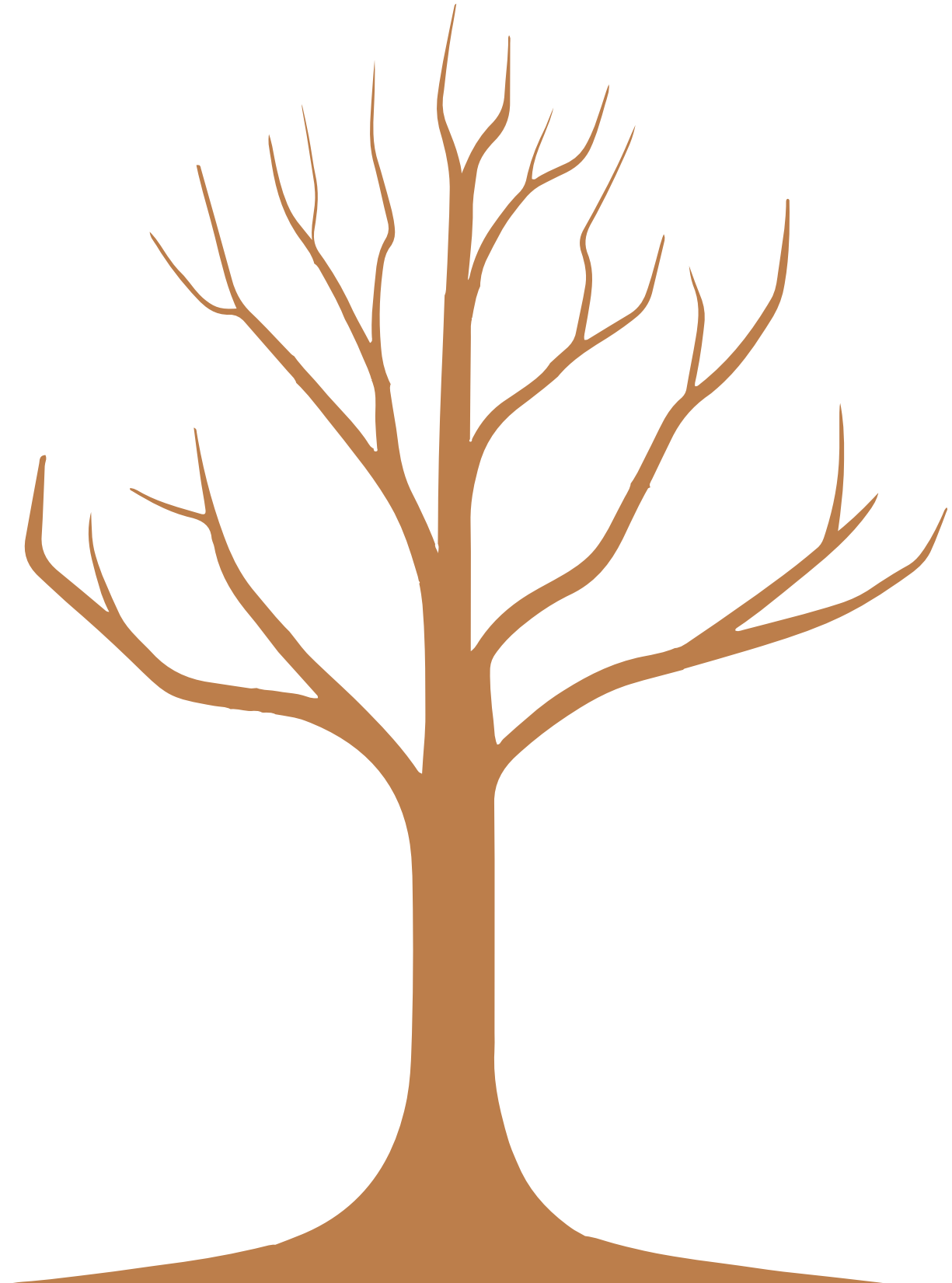
Dream Big

Draw a picture of your biggest dream or goal. Write about what you need to do to achieve it. Who can help you?

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Gratitude Tree

Draw a tree and add leaves with things you are grateful for. Use this space to create your Gratitude Tree and fill it with positive thoughts.



Gratitude Bingo

Complete the bingo card by expressing gratitude for each item. Try to get a bingo by completing a row, column, or diagonal.

Family	A friend	Something you learned	Your home	Nature
A teacher	Your favorite food	A fun memory	Your pet	A kind act
Your health	Free Space	A game you enjoy	A skill you have	A book you love
Your favorite hobby	A trip you took	A sunny day	Music	A laugh you had

Find Your Values

Knowing what's important to you helps you make good choices and feel happy. These important things are called core values. Let's find out what your core values are!

Core values are the things that matter most to you. They guide your actions and help you decide what's right and wrong. Everyone's core values are different, and that's okay!

Examples of Core Values:

- Kindness: Being nice and helping others.
- Honesty: Telling the truth and being trustworthy.
- Respect: Treating others the way you want to be treated.
- Courage: Being brave and trying new things.
- Creativity: Using your imagination to make things.
- Friendship: Being a good friend and having fun with others.
- Learning: Always trying to learn new things.
- Fairness: Treating everyone equally and being fair.

Think about what matters most to you. Write down your top 5 core values below

Embrace Challenges

Write about a time when you faced a challenge. What was the challenge, and how did you feel about it?u think happened?

Write about how you overcame the challenge. What steps did you take? How did it feel to overcome it?

Reflect on what you learned from facing this challenge. How can you use this experience to help you with future challenges?



The Power of Yet

Think of something you are working on but haven't mastered yet.

Complete the sentence: "I can't do _____ yet,
but I will keep trying!"

Write down three steps you can take to improve and eventually master this skill.

Write a positive message to yourself that you can read whenever you feel discouraged.

Your Attitude Matters

The way you feel and think about things, called your attitude, affects how you act and how things turn out.



Describe something that happened where your attitude was important.

What were your first thoughts and feelings about what happened?

How did your attitude affect what you did and what happened next?

Think of other ways you could feel or act that might make things better.

Your relationship with yourself

Understanding how you feel about yourself is very important. This worksheet will help you think about different ways you can be kind and take care of yourself. Answer the questions below to learn more about how you treat yourself.

How do you show love to yourself? What fun things do you do to make yourself happy?

What do you do when you make a mistake? How do you make yourself feel better?

How often do you think about your feelings? Do you talk about your feelings with someone?

What new things do you want to learn or get better at? How are you working on them?

Give yourself a compliment

Saying nice things about yourself can make you feel happy and strong. This worksheet will help you think about all the wonderful things about you, including how you look, your personality, and what you're good at.



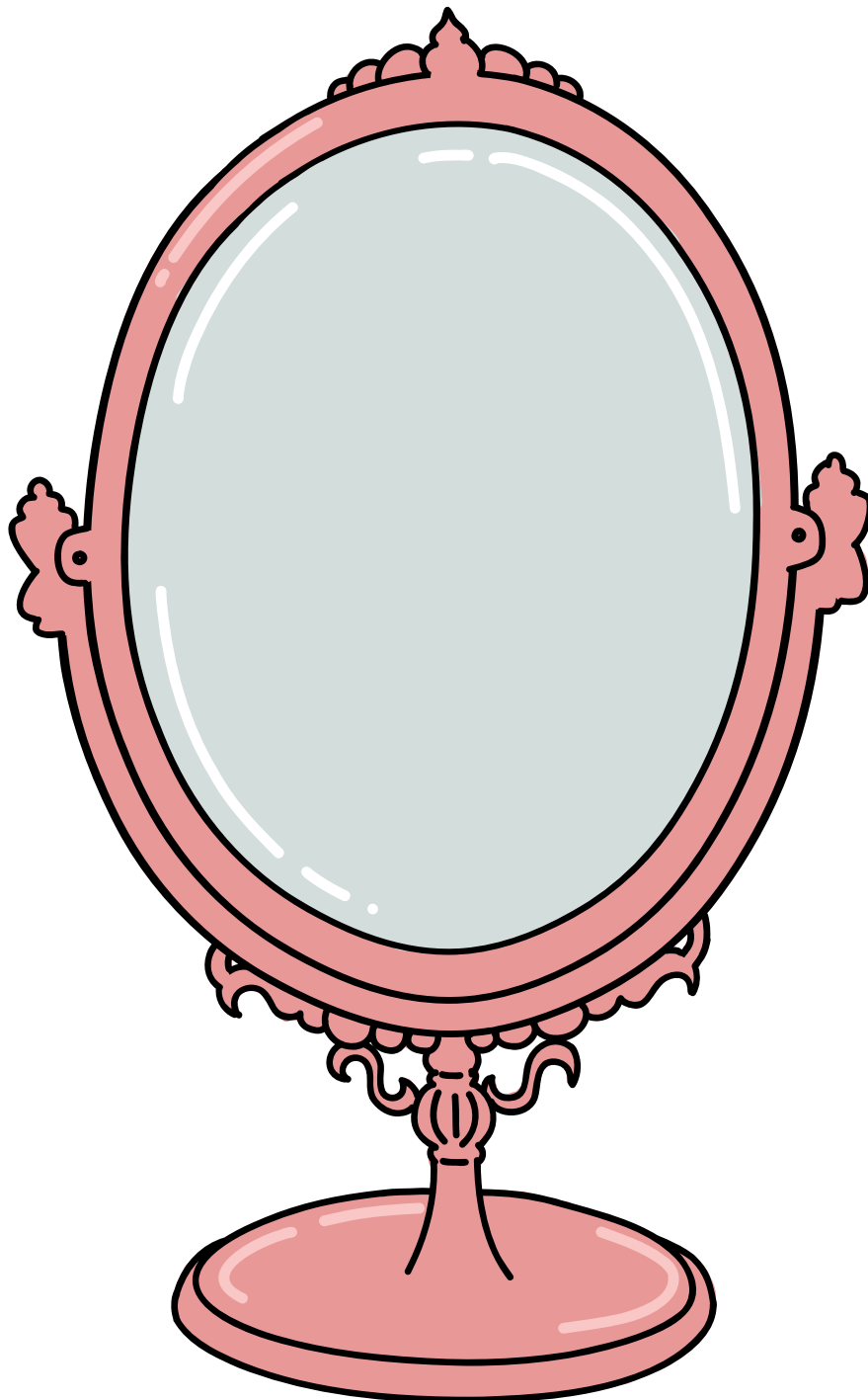
Write down three nice things about how you look. Think about what makes you feel beautiful or handsome.

Write down three things you like about your personality. What do you love about the way you are?

Write down three things you are good at. What are your special talents and skills?

Mirror exercise

Use this worksheet to practice loving yourself and feeling good about your body. Find a quiet and private space with a mirror. Stand in front of the mirror and take a few moments to look at yourself. Write down nice things you notice or things you like about your body. This exercise can help you feel happy and confident about yourself.



My body functions

Your body is an amazing machine that helps you do many things every day. By appreciating and celebrating what your body can do, you can feel positive and grateful. This worksheet is designed to help you recognize and think about the many functions and capabilities of your body.



- Your body allows you to hug the people you love.
- Your body enables you to walk through beautiful places and experience nature.
- Your body supports you in carrying groceries and daily necessities.
- Your body helps you write, draw, and create art.
- Your body allows you to see the vibrant colors of a sunset.
- Your body enables you to hear the laughter of friends and family.
- Your body allows you to taste and enjoy delicious foods.
- Your body lets you feel the warmth of a cozy blanket.
- Your body enables you to dance to your favorite music.
- Your body supports you in running, jumping, and playing sports.
- Your body allows you to stretch and feel flexible.
- Your body helps you lift and carry heavy objects.
- Your body allows you to think critically and solve problems.
- Your body helps you remember cherished memories.
- Your body allows you to feel and express a range of emotions.
- Your body supports your learning and personal growth.

My body

Use this worksheet to think about and appreciate the good things about your body. Reflect on how your body helps you and write down things you are thankful for. This practice can help you feel better about your body and yourself.

List five things you are grateful for about your body and explain why you appreciate them.



My body works

Use this worksheet to think about how your body helps you and what it can do. Write down your thoughts to the following questions. This practice can help you feel better about your body and yourself.

How does your body help you do daily tasks and activities?

What are some physical activities or tasks you enjoy that your body helps you do?

What are some of your body's strengths and abilities that you are proud of?

What special things does your body have that you appreciate?

Your Strengths and Supports

Having things that help you feel strong and happy is super important!
Let's think about the activities, people, and things that support you.

Things you like to do that make you feel happy and relaxed.

People who care about you and support you.

Things that help you learn new things and get better.

Things you do to keep your body healthy and strong.

Places that make you feel safe and comfortable.

Things you do to feel good and stay positive.

Find Your Super Skills

Knowing what you're good at helps you feel great and do amazing things. Let's find out what your super skills are!

What Are My Super Skills?

What Have I Learned?

When Have I Felt Proud?

What Challenges Have I Overcome?



Think About Yourself

Thinking about what makes you feel good, safe, and happy helps you understand yourself better. Let's reflect on some important things about you!

What Helps Me Stay Calm?

Who Makes Me Feel Better?

Where Do I Feel Safe?

When Do I Feel My Best?



My Strengths

Understanding and recognizing your strengths can help you feel more confident and capable. Use this worksheet to identify and celebrate your personal strengths.

I am good at:

I enjoy doing:

People say I am:

I feel proud when I:



Self-Care Bingo

Complete the bingo card by practicing each self-care activity. Try to get a bingo by completing a row, column, or diagonal.

Take a bath	Read a book	Listen to music	Do a puzzle	Draw or color
Go for a walk	Write in a journal	Free Space	Do some yoga	Drink water
Meditate for 10 minutes	Call a friend	Watch your favorite show	Play a game	Have a healthy snack

My Support Network

Draw the people in your life who support you. Then, write their names and how they make you feel happy and safe. Use colors to make your drawing fun and bright.

Family

Friends

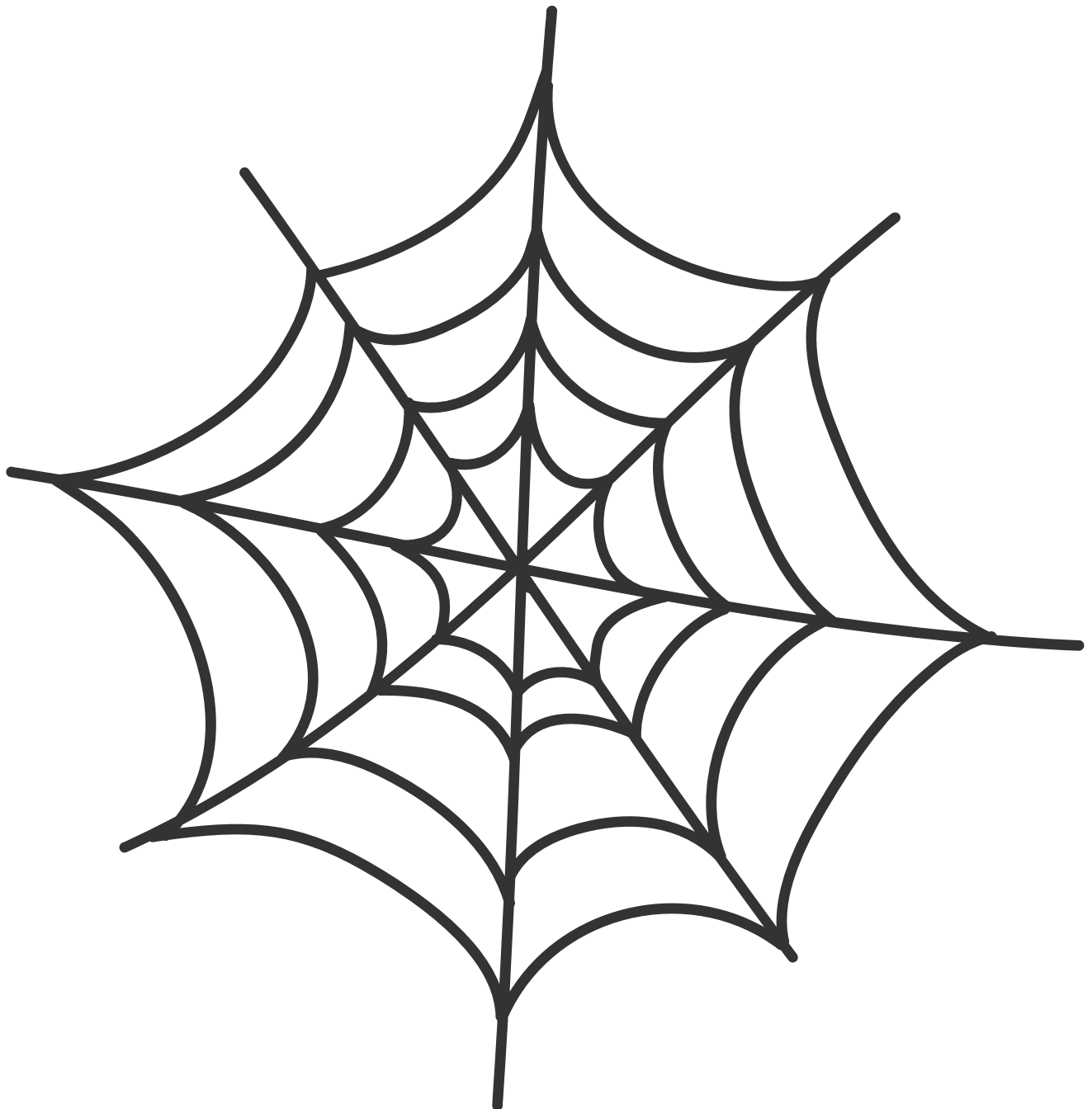
School

Others

Friendship Web

Instructions

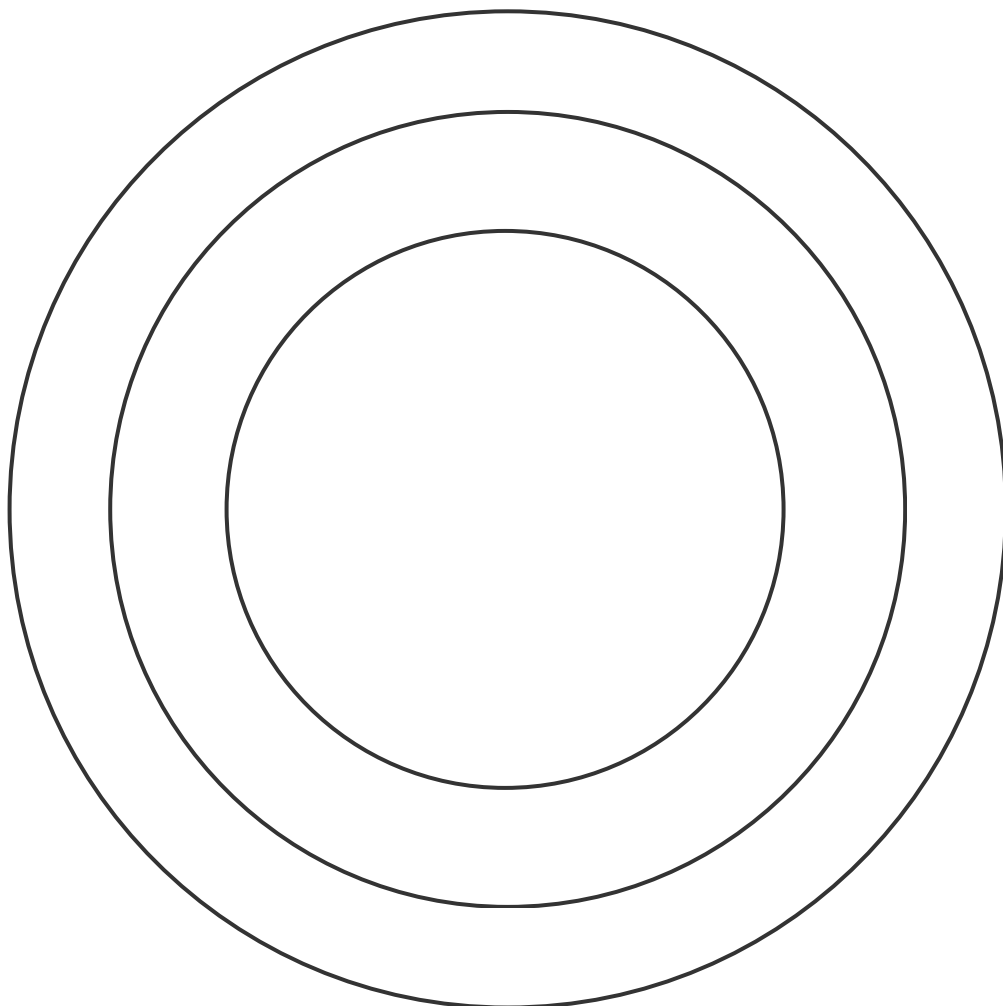
Draw your friends and connections in the spider web. Place the names of your friends in different parts of the web and write a few words about why they are important to you.



Your Safe People

Knowing who makes you feel safe and happy is really important! Let's think about the people in your life who help you feel good and safe.

- In the center circle: Write the names of the people you trust the most and who make you feel the safest.
- In the middle circle: Write the names of friends and family members you trust and feel safe with, but maybe not as much as those in the center circle.
- In the outer circle: Write the names of people you are getting to know and starting to trust, like new friends or people you want to know better



Boundaries in Relationships

Boundaries are like invisible shields that help you feel safe and respected in your relationships. Let's learn how to set healthy boundaries with friends, family, and others:

What are Boundaries?

Boundaries are rules you create to show how you want to be treated. They help you protect your feelings, time, and energy.

Types of Boundaries



Physical Boundaries

These involve your personal space and your body. For example, if you don't want a hug, you can say, "I don't feel like hugging right now."



Emotional Boundaries

These involve your feelings. For example, if someone says something that hurts your feelings, you can say, "That hurt my feelings. Please don't say that again."



Time Boundaries

These involve how you spend your time. For example, if you're busy and someone asks you to play, you can say, "I need to finish my homework first."

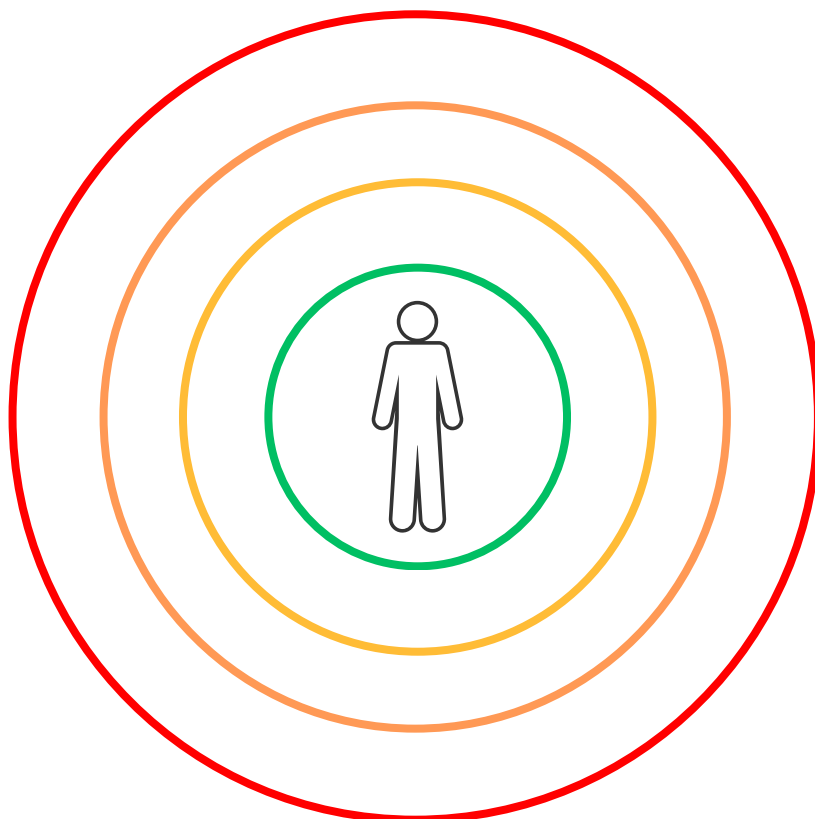
Safe Circles

Understanding your body, consent, and limits is important for staying safe and happy. This activity will help you think about who you feel comfortable with and how close you want them to be.

Instructions

Write the names of people in each circle based on how close you feel to them and how much you trust them.

- Center Circle (Green): This is for your closest and most trusted people like your best friends and family members.
- Second Circle (Yellow): This is for your good friends and other family members you know well.
- Third Circle (Orange): This is for people you know but aren't very close to, like classmates or neighbors.
- Outer Circle (Red): This is for people you don't know well or trust, like strangers or acquaintances.



Setting Boundaries

Talking about your boundaries is important to make sure you feel safe and respected. This worksheet will help you explain your feelings when someone crosses your boundaries.



When you...

Explain what the person did that crossed your boundary.

I felt...

Share how that made you feel.

I need...

Say what you need to feel safe and respected.

It's important to me that...

Explain why this boundary is important to you.

In the future, please...

Ask for a specific change in their behavior to prevent it from happening again.

I want to remind you that...

Repeat your boundary.

If this happens again...

Tell them what will happen if they cross the boundary again.

Conflict Resolution

Conflict is a normal part of life, and learning how to resolve conflicts peacefully is an important skill. These steps and scenarios will help you practice resolving conflicts in a calm and fair way.

Steps to Resolve Conflicts:

1. Stay Calm: Take deep breaths and try to stay relaxed.
2. Listen Carefully: Listen to what the other person is saying without interrupting.
3. Express Yourself: Use 'I' statements to express how you feel. For example, "I feel upset when..."
4. Find a Solution: Work together to come up with a solution that works for both of you.
5. Apologize if Needed: If you did something wrong, say sorry.
6. Move On: Once the conflict is resolved, let it go and move on.

You and your friend both want to play with the same toy.
Someone took your seat at lunch.
You accidentally broke your sibling's favorite toy.
Your classmate said something that hurt your feelings.
You and your friend had a disagreement about the rules of a game.
Your friend didn't invite you to their birthday party.
Someone cut in front of you in line.
You and your sibling both want to watch different TV shows at the same time.
Your friend borrowed something without asking and didn't return it.
You and your teammate disagreed on how to play a game during recess.

My Awesome Family Tree

Creating a family tree is a super fun way to learn about your family's history and connections. It helps you understand where you come from and appreciate the people who are part of your life. Use this page to draw your family tree, starting with yourself and adding your relatives.

Instructions

- **Start with Yourself:** Draw yourself in the center or bottom of the page.
- **Add Your Immediate Family:** Include your parents and siblings, connecting them to you.
- **Expand to Extended Family:** Add your grandparents, aunts, uncles, cousins, and other relatives.
- **Use Symbols:** Use circles for girls and squares for boys, or choose your own fun symbols.
- **Label Each Member:** Write the names and, if you want, their birthdates or other cool facts.

Understanding Bullying

Bullying is when someone repeatedly hurts or scares another person on purpose. Bullying can be physical (hitting, pushing), verbal (name-calling, teasing), or social (spreading rumors, excluding someone). It is important to understand that bullying is not okay and everyone deserves to be treated with kindness and respect. If you or someone you know is being bullied, it's important to tell a trusted adult.



Bullying Reflection Worksheet

Reflect on your own experiences and feelings about bullying. Use this worksheet to think about how you can contribute to a kinder, more respectful environment.

Have you ever seen someone being bullied? How did it make you feel?

Have you ever been bullied? How did it make you feel?

Have you ever bullied someone else? How do you think it made them feel?

What are some kind actions you can take to help someone who is being bullied?

What can you do to make sure you don't bully others?

Bullying Awareness Worksheet

Use this worksheet to reflect on bullying and how to respond to it. Answer the questions and discuss your answers with a trusted adult.

What is bullying?

How does bullying make people feel?

What should you do if you see someone being bullied?

Who can you talk to if you are being bullied?

How can you help someone who is being bullied?

Bullying Prevention Plan

Create a plan to prevent bullying in your school or community. Think about actions you can take to make a difference.

What is one thing you can do to help stop bullying at your school?

How can you support someone who is being bullied?

What are some ways to include others and make them feel welcome?

Who can you talk to if you need help with bullying?

Why is it important to stand up against bullying?

Acts of Kindness Bingo

Complete the bingo card by doing each act of kindness. Try to get a bingo by completing a row, column, or diagonal.

Compliment someone	Help a friend	Say thank you	Share a toy	Make someone smile
Write a kind note	Do a chore	Free Space	Pick up litter	Help with homework
Give a hug	Donate an item	Listen to someone	Make a card	Hold the door open

Good Deeds Bingo

Complete the bingo card by doing each good deed. Try to get a bingo by completing a row, column, or diagonal.

Help a neighbor	Donate toys	Pick up trash	Write a thank-you note	Smile at someone
Help cook a meal	Volunteer time	Free Space	Compliment someone	Help set the table
Feed the birds	Recycle	Donate clothes	Help wash the car	Visit someone who is lonely

My Hero

Write and draw about someone you admire. Use this space to celebrate your hero and explain why they are special to you.

[illegible]

GIVE - How to be a Great Friend!

The GIVE strategy is a super helpful way to be a kind and understanding friend. It helps you talk and listen in a way that makes your friendships strong and happy. Use this page to learn the GIVE steps and practice them with your friends.



G

Gentle

Be Kind: Use kind words. No yelling, mean words, or judging.

I

Interested

Act like you care. Listen closely and show you're interested in what they say.

V

Validate

Let them know you understand their feelings and thoughts.

E

Easy manner

Be relaxed and friendly. Smile, use jokes, and be fun to be around.

What is a Friend to Me

Let's think about what makes a true friend. This will help you appreciate your friends and understand what you value in a friendship.



What do you like most about your friends?

What fun activities do you do with your friends?

How do your friends make you feel?

What is most important to you in a friendship?

Daily Actions to Feel Happy

Doing things that make you feel happy and thankful helps you stay positive and enjoy life. Try to do one of these fun and kind activities every day!

Compliment a friend	Draw a picture for someone	Help with a chore	Spend time with a family member	Have a picnic
Share a toy	Say thank you	Make a card for someone	Tell a funny story	Take a walk outside
Volunteer to help	Think about something nice that happened	Make a snack for someone	Send a nice message	Look at the clouds
Share a book	Take deep breaths	Write three things you are thankful for	Help a neighbor	Say thanks to a teacher
Do a hobby you love	Listen to someone	Offer to help with a task	Plant a seed	Smile at someone
Share a meal	Think about a happy memory	Give a small gift	Think about something you did well	Say something nice to yourself
Spend time with a pet	Make a jar of things you're thankful for	Call a relative	Write about someone who helped you	Think about your top three happy moments
Make a plan to keep being thankful	Practice deep breathing	Write about a kind thing someone did for you	Spend time outside	Share your favorite quote

Daily Actions to Feel Awesome

Doing things that make you feel good about yourself helps you stay happy and confident. Try to do one of these fun and kind activities every day!

Compliment yourself	Write down three things you love about yourself	Treat yourself to something special	Spend time doing a hobby you love	Say something nice to yourself every day
Think about something you did well	Write a thank-you note to yourself	Set a goal and plan how to reach it	Take a relaxing bath	Celebrate a small success
Be kind to yourself	Write about something you like about yourself	Spend time with friends who make you happy	Meditate for 10 minutes	Make a vision board of your dreams
Wear clothes that make you feel good	Write down your strengths	Think about things you appreciate about yourself	Take a break from screens	Read an inspiring book
Smile at yourself in the mirror	Try a new activity	Spend time outside	Write about a challenge you overcame	Do something creative
Write down your favorite traits	Practice deep breathing	Cook a healthy meal	Spend time with a pet	Thank your body for all it does
List your achievements	Create a self-care routine	Reflect on your progress	Write down your goals	Plan a fun activity for yourself
Play your favorite game	Dance to your favorite song	Draw or color a picture	Watch your favorite movie	Make a list of things you're proud of

Time Management Skills

Learning how to use your time wisely helps you get things done and still have time for fun. Try these cool tips to make the most of your day!

The 2-Minute Rule

- If a task takes less than two minutes to do, do it right away.
- This stops small tasks from piling up and feeling overwhelming.

Time Blocking

- Set specific times for different activities or tasks.
- This helps you focus on one thing at a time without distractions.

The Pomodoro Technique

- Work for short, focused periods (like 25 minutes) and then take a short break.
- After four periods, take a longer break.
- This helps you stay super productive and focused.



Healthy Habits Tracker

Track your healthy habits each day to make sure you're taking care of yourself. Use this tracker to keep an eye on your sleep, exercise, and nutrition.

DAILY HABITS	M	T	W	T	F	S	S

Stay AWARE

Being aware of what's happening around you and inside you is super important! Let's use the word AWARE to help us remember how to do it.



A

Assess

- What do I see?
- What do I hear?

W

Weight

- How do I understand what I see and hear?
- What am I thinking about these things?

A

Acknowledge

- What feelings do I have?
- How do these feelings affect my mood?

R

Reflect

- What do I want to happen in this situation?
- What do I hope will happen for me and others?

E

Execute

- What actions will I take?
- What are my plans for the future?

STOP

The STOP method helps you take a break when your emotions are strong. It gives you time to think before you act. Try these steps to stay calm and make good choices!



S

Stop!

If you feel your emotions getting too big, take a moment to stop and pause.

T

Take a break

Relax and think. Step back from what's happening. It's okay to take your time.

O

Observe

Look around and notice what's going on. Think about how you feel inside and what's happening outside.

P

Proceed

Move forward carefully. Ask yourself: "What's the best thing to do?" "What can help or hurt in this situation?" "What's the best choice?"

Next time you feel upset, remember to STOP and use these steps to stay cool and make good choices.

TIPP

When your emotions feel really big, the TIPP method can help you feel better. It uses cool tricks to help you stay calm and happy. Try these steps to feel awesome!

T

Temperature

- Cool down to feel calmer. Splash cold water on your face, take a cold shower, or hold an ice cube in your hand.
- Warm up to feel cozy. Take a hot bath, snuggle under a blanket, or drink warm tea.

I

Intense Exercise

Move your body! Run, jump, or dance. This helps you use up the big energy from strong emotions and feel more relaxed.

P

Pace Your Breathing

Take slow, deep breaths. Breathe in slowly, hold it, and then breathe out slowly. This helps you feel calm and in control.

P

Progressive Muscle Relaxation

Relax your muscles. Tighten your muscles for a few seconds and then let go. Do this for different parts of your body to feel calm and relaxed.

Mindfulness Magic

Mindfulness is like a superpower for your brain! It means paying attention to what is happening right now. It helps you notice your thoughts, feelings, and what's around you without getting too caught up in them. When you practice mindfulness, you focus on the present moment, which can help you feel calm and happy.



Imagination Adventure

Let's go on an imagination adventure! Use these prompts to create your own amazing stories and pictures in your mind. Answer the questions and draw what you imagine:

Imagine you are in a magical forest. What do you see?

Imagine you can fly. Where would you go?

Imagine you find a treasure chest. What's inside?

Imagine you meet a friendly dragon. What does it say?

Imagine you have a superpower. What is it and how do you use it?

Explore Your Senses - Taste

Exploring our senses can be a fun way to understand the world around us. Today, we will focus on our sense of taste. Think about different foods you like and describe their taste.

- List five of your favorite foods.
- Describe how each food tastes using words like sweet, salty, sour, bitter, or spicy.
- Draw a picture of each food next to your description.

Favorite Food	Taste Description	Draw It!

Explore Your Senses - Touch

Exploring our senses helps us understand our surroundings better. Today, we will focus on our sense of touch. Think about different things you like to touch and describe how they feel.

- List five things you like to touch.
- Describe how each item feels using words like soft, rough, smooth, bumpy, or hard.
- Draw a picture of each item next to your description.

Item to Touch	Touch Description	Draw It!

Explore Your Senses - Sight

Our sense of sight helps us see the beauty in the world. Today, we will focus on our sense of sight. Think about different things you like to see and describe how they look.

- List five things you like to see.
- Describe how each item looks using words like colorful, bright, dark, shiny, or dull.
- Draw a picture of each item next to your description.

Item to See	Sight Description	Draw It!

Explore Your Senses - Hearing

Our sense of hearing helps us enjoy sounds around us. Today, we will focus on our sense of hearing. Think about different sounds you like to hear and describe them.

- List five sounds you like to hear.
- Describe how each sound is using words like loud, soft, high-pitched, low-pitched, or soothing.
- Draw a picture of each sound next to your description.

Sound to Hear	Hearing Description	Draw It!

Explore Your Senses - Smell

Our sense of smell helps us enjoy different fragrances. Today, we will focus on our sense of smell. Think about different smells you like and describe them.

- List five smells you like.
- Describe how each smell is using words like fragrant, stinky, fresh, strong, or mild.
- Draw a picture of each smell next to your description.

Smell to Enjoy	Smell Description	Draw It!

Mindfulness Scavenger Hunt

Find and write about mindful items. Use this space to explore and be aware of the things around you.

Something that makes you
happy

Something that smells nice

Something that smells nice

Something that tastes good

Something that makes a sound

Something you like to look at

Something that is your favorite
color

Something that makes you feel
calm

Breathing Buddy

Practicing mindful breathing can help you feel calm and relaxed. Let's make it fun with a Breathing Buddy!

Instructions

- Choose Your Buddy: Pick a small toy or stuffed animal to be your Breathing Buddy.
- Lie Down Comfortably: Find a quiet and comfortable place to lie down on your back.
- Place Your Buddy: Gently place your Breathing Buddy on your belly.
- Watch and Breathe: Take slow, deep breaths in and out. Watch your Breathing Buddy rise and fall with your breath.
- Relax and Repeat: Keep breathing slowly and deeply, focusing on the movement of your Breathing Buddy. Do this for a few minutes to help calm your mind and body.



Dragon Breaths

Pretend you are a dragon. Take a deep breath in through your nose, and breathe out through your mouth with a big, strong breath like you are blowing fire.

Instructions

- Stand up tall like a dragon, with your feet shoulder-width apart.
- Take a deep breath in through your nose, filling your belly with air.
- Hold your breath for a moment.
- Open your mouth wide and breathe out with a strong, powerful breath like you are blowing fire.
- Repeat this 5 times, imagining you are a mighty dragon each time.



Bear Breaths

Pretend you are a bear hibernating. Take a deep breath in through your nose for a count of 4, hold it for a count of 4, and breathe out through your mouth for a count of 4.

Instructions

- Sit or lie down comfortably like a bear getting ready to hibernate.
- Close your eyes and take a deep breath in through your nose for a count of 4.
- Hold your breath for a count of 4.
- Breathe out through your mouth for a count of 4.
- Repeat this 5 times, imagining you are a calm, hibernating bear each time.



Balloon Breathing

Pretend your belly is a balloon. Take a deep breath in through your nose and feel your belly get bigger. Breathe out through your mouth and feel your belly get smaller.

Instructions

- Sit or lie down comfortably and put your hands on your belly.
- Take a deep breath in through your nose and feel your belly fill up like a balloon.
- Hold your breath for a moment.
- Breathe out through your mouth and feel your belly get smaller.
- Repeat this 5 times, imagining your belly is a balloon filling up and emptying each time.



Imagination Drawing

Use your imagination to draw a picture of an amazing adventure or story. Think about the following prompts to help you get started. Be creative and have fun!

Imagine you are exploring a magical forest. What do you see?
Are there any mystical creatures or enchanted plants?

Pretend you are traveling to outer space. What kind of planets
and stars do you find? Do you meet any friendly aliens?

Imagine you are a superhero. What kind of powers do you
have? What does your superhero costume look like? Who do
you help with your powers?

Think about a day at the beach. What kind of fun activities do
you do? Do you build sandcastles, swim with dolphins, or find
hidden treasure?

Mindfulness Bingo

Complete the bingo card by practicing each mindfulness activity. Try to get a bingo by completing a row, column, or diagonal.

Deep breathing	Listen to music	Go for a walk	Draw a picture	Write in a journal
Meditate for 5 minutes	Stretch your body	Free Space	Sit quietly	Look at the sky
Practice gratitude	Smell a flower	Count to 10 slowly	Watch a sunset	Focus on one thing

