FREE WORKSHEET BUNDLE

Free Therapy Worksheets for Kids (Plus What's in a Full Bundle)

What makes a kids' therapy worksheet actually work, the main types that exist, where legitimate free ones are, and what a full bundle adds.

FREE • NO SIGNUP **19 PAGES** **PRINTABLE TOOLS INSIDE**

About this resource

What makes a kids' therapy worksheet actually work, the main types that exist, where legitimate free ones are, and what a full bundle adds.

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What a Single Free Worksheet Can't Do

4 items

1. One worksheet, one skill, with no built-in next step once a child finishes it

2. No shared design across pages pulled from different sites, so a second free worksheet rarely matches the first in tone, reading level, or layout

3. Ads on the page or an email address required before the PDF unlocks, which isn't always disclosed up front

4. No sequencing, meaning nothing tells a parent or counselor which skill to work on first, or what to hand a child once they've outgrown the page they just finished

The One-Skill Worksheet Test

3 items

1. Does it target one skill? A worksheet trying to cover five feelings, a coping tool, and a written reflection in one page is asking too much of a young reader

2. Is the language pitched at the child, not the adult? Read it out loud. If a word needs defining before a seven-year-old could answer the question, the worksheet is written for the wrong reader

3. Does it ask the child to do something? Circle, draw, color, or point to, not just read and think. A worksheet that only asks a child to read rarely gets finished

Try It Yourself

Pick one worksheet idea from this pack. What would you want to say or draw?

How to Use These Worksheets

This pack gives you real pages to print and fill in together. Pick one page, not the whole pack.

Before you start

- Choose a calm moment. Not during a meltdown, and not right before bed.
- Sit side by side. Kids often talk more when you are not face to face.
- Offer crayons or pencils. Drawing counts as answering.
- Let your child skip any page. Stopping early is fine.

A simple order

1. Start with Feelings Check-In and the Feelings Thermometer.
2. Add Thoughts, Feelings, Actions when your child can name a few feelings (usually about age 7 and up).
3. Build the Coping Menu and Calm-Down Plan together.
4. Use the weekly tracker to notice patterns.
5. Finish with the Strengths, Gratitude and Goal pages, and the certificate.

> Write what your child says in their own words, even if it sounds funny. Do not fix it or add to it.

My Feelings Check-In

Grown-up: read each line out loud. Child: draw, write or point.

Right now I feel...
happy, sad, mad, scared, worried, tired, calm, other

I feel this in my body here:
tummy, head, hands, chest, legs

It started when...

What would help me right now?

My Feelings Thermometer

Circle how big each feeling is today. Small is a little. Big is a lot.

	None	Small	Medium	Big	Huge
I feel happy	○	○	○	○	○
I feel worried	○	○	○	○	○
I feel mad	○	○	○	○	○
I feel sad	○	○	○	○	○
I feel calm	○	○	○	○	○
I feel tired	○	○	○	○	○

Big feelings are not bad. They are just loud. Loud feelings need a calm plan.

Where Do I Feel It? Draw Box

My feeling is...

It lives here in my body

Thoughts, Feelings, Actions

Think of something that happened. Fill in each box. Grown-up: help with the writing.

What happened?

What I thought

How I felt

What I did

My Worry Box

Writing a worry down can make it feel smaller. Grown-up: ask about one worry at a time.

My worry is...

How big is it? (1 small, 10 huge)

Is it happening right now, or might it happen later?

One thing I can do about it

Who can help me?

My Coping Menu Cards

Cut out the cards. Keep the ones that help you. Add your own on the blank ones.

Take 5 slow breaths	**Squeeze a pillow**
Ask for a hug	**Draw how I feel**
Drink cold water	**Count backwards from 10**
Listen to my song	**Go for a walk**
Hold my soft toy	**Blow bubbles slowly**

Cut along the dashed lines.

My Calm-Down Plan

Make this plan when you are calm. Use it when you are not.

I know I am upset when...
my face gets hot, my fists squeeze, I cry...

First I will...
stop and breathe

Then I can pick from my coping menu:

A grown-up who can help me:

After I feel calm, I will...

My Strengths Page

Everyone is good at something. Fill this in with someone who knows you well.

I am good at...

People say I am...

A hard thing I did once was...

Something kind I did lately was...

My Feelings Tracker for the Week

Draw a face or write a feeling word each time.

Day	Morning	School / Day	Bedtime
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Look for patterns at the end of the week. Are some times harder than others?

My Gratitude Page

Thinking about good things helps our minds notice them.

Three things I am thankful for

A person who helped me this week

Something that made me smile

A good thing I can look forward to

My Goal Chart

Pick one small goal. Color a box each time you try.

My small goal	What helps	Tries this week	Did it work?

A Note for Grown-Ups: When to Get More Help

Worksheets are practice tools. They are one part of caring for a child's feelings.

How to respond well

- Listen first. Say what you hear: "That sounds really scary."
- Do not rush to fix or to say "don't worry."
- Praise the trying, not only the finishing.
- Keep it short. Five to ten minutes is plenty.

When to get professional help

If a big feeling lasts for weeks, gets in the way of school, sleep, eating or friendships, or you are worried about your child's safety, talk to your child's doctor, school counselor or a licensed child mental health professional. Worksheets support that care. They do not replace it.

> If your child ever talks about hurting themselves or someone else, get help from a professional or your local emergency service right away.

CERTIFICATE

Certificate of Brave Feelings

Awarded to

_____

for naming big feelings and trying new ways to feel calm

_____ _____

Date Signed

Want more like this?

This printable is the companion to our guide "Free Therapy Worksheets for Kids (Plus What's in a Full Bundle)".

Read more at concentratedwisdom.com

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