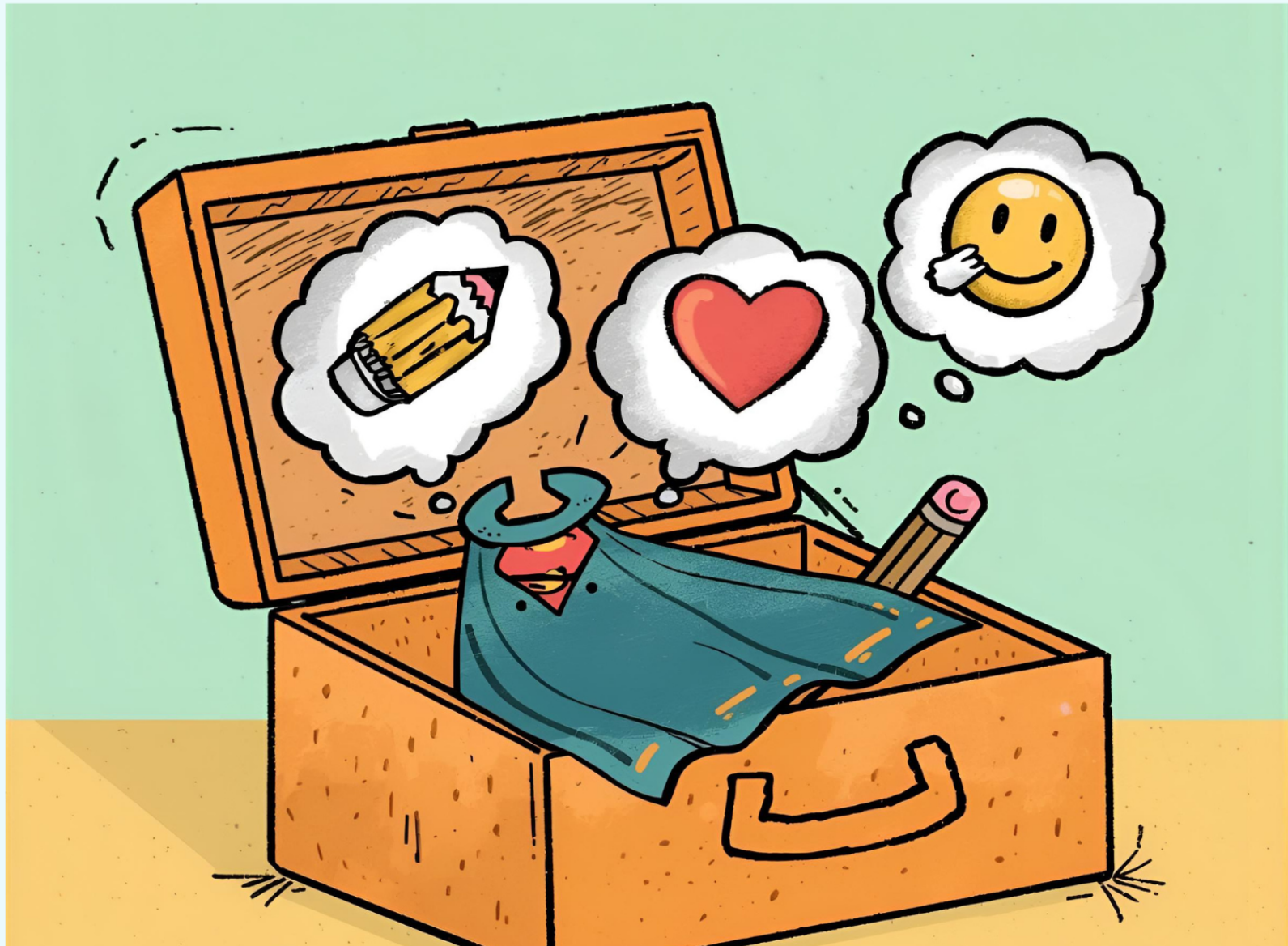


DBT Skills for Kids - Activity Pack

Printable Tools to Build Confidence, Calm,
and Communication



Companion to the DBT Skills Workbook for Kids

Emotion Regulation Worksheets

Helping Kids Understand and Manage Their Feelings

Big feelings can feel confusing, overwhelming, or even scary for kids. The worksheets in this section are designed to give children fun, practical ways to notice their emotions, name them, and choose healthy ways to respond.

Inside this packet, you'll find activities that encourage kids to:

-  **Identify emotions** — learn the difference between thoughts and feelings.
-  **Shift perspectives** — practice changing unhelpful thoughts into more balanced ones.
-  **Spot patterns** — track moods and notice what triggers different emotions.
-  **Build coping tools** — discover calming strategies that really work.
-  **Grow resilience** — see emotions as signals they can manage, not as problems to fear.

These worksheets can be used one at a time, or revisited again and again to notice growth over weeks and months. Whether a child is learning about anger, sadness, worry, or joy, each activity helps them practice being the **boss of their feelings** — instead of letting feelings boss them around.

✨ **Parent/Teacher Tip:** Encourage kids to celebrate small wins. Even noticing a feeling for the first time is a huge step toward emotional awareness and regulation.

My Mood Tracker Worksheet

Track your daily feelings, what happened, and which coping skills helped. A fun way to connect the dots between your day and your mood.

Instructions: My Mood Tracker

Have you ever felt really happy in the morning but cranky by the afternoon — and weren't sure why? A mood tracker is like a feelings diary that helps you spot patterns and understand your emotions better.

Here's how to use it:

1. Check in once a day (morning, afternoon, or evening).
2. Circle a face that shows how you felt.
3. Write down what happened (school, friends, weather, sleep, etc.).
4. Add any coping skills you tried — and check if they helped.

Coping Skills Examples:

- Taking 5 deep breaths
- Going for a walk
- Talking to a parent or friend
- Drawing or coloring
- Using your Calm Down Zone

Quick Mood Faces Key:

-  5 – Very happy
-  4 – Pretty good
-  3 – Okay
-  2 – Not great
-  1 – Very upset



Tip: At the end of the week, look back at your tracker. Can you see what helped your moods? Can you notice when tough moods showed up most often? That's how you become a mood detective!

Worksheet: My Mood Tracker

Week of: _____

Date	Mood (circle face)	What Happened	Coping Skill(s) Used	Did it Help?
	😊 😊 😐 😞 😞			☐ Yes ☐ No
	😊 😊 😐 😞 😞			☐ Yes ☐ No
	😊 😊 😐 😞 😞			☐ Yes ☐ No
	😊 😊 😐 😞 😞			☐ Yes ☐ No
	😊 😊 😐 😞 😞			☐ Yes ☐ No
	😊 😊 😐 😞 😞			☐ Yes ☐ No
	😊 😊 😐 😞 😞			☐ Yes ☐ No



My Mood Tracker – Example Entries

Date	Mood (circle face)	What Happened	Coping Skill(s) Used	Did it Help?
Mon	😊 4	Recess was fun with friends	Deep breaths before math	✅ Yes
Tue	😞 2	Argument with brother	Colored in my sketchbook	✅ Yes
Wed	😞 3	Rainy day, couldn't play outside	Talked to Mom	✅ Yes



😊 Monthly Mood Tracker

Color in one box for each day of the month using the mood chart. At the end of the month, see your “feelings rainbow” and notice patterns in your moods.



Instructions: Monthly Mood Tracker

Your moods can change from day to day. The monthly tracker helps you see the bigger picture — what your month of feelings looks like!

Here’s how to use it:

1. Pick a color from the chart that matches your mood (happy, calm, excited, sad, etc.).
2. Each day, color in one box on the wheel with that color.
3. Keep going until you’ve filled all the days in the month.
4. At the end of the month, look at your colors. Do you see more happy days? Calm days? Stressed days?

Mood Colors Key (example)



Calm



Happy



Excited



Surprised



Crumpy (grumpy/cranky)



Embarrassed



Frustrated



Sad



Tip: If you see a lot of tough colors in a row, that’s a good time to use a coping skill from the book — or talk to someone you trust.



Parent Tip

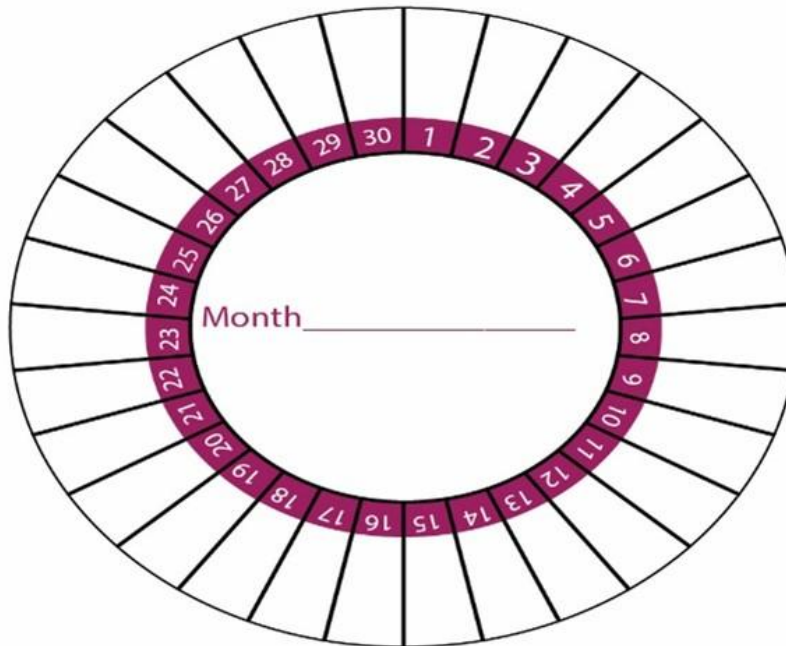
At the end of each week (or the whole month), sit down with your child and look at their tracker together. Ask gentle questions like:

- “What made these days happy ones?”
- “What do you think made this week tougher?”
- “Which coping skill helped the most?”

This helps kids see that moods are normal, always changing, and that they have tools to feel better. Plus, it opens the door for meaningful parent–child conversations.

Monthly mood Tracker

How are you feeling today?



Color in the boxes using the color chart!





Mood Switch Detective Worksheet

Mood Switch Detective Worksheet – Spot patterns in your moods by writing or drawing what you were doing when you felt good and what happened before your mood changed.

Write or draw what you were doing when your mood felt good on the left. On the right, write or draw what happened before your mood switched.”



Parent Tip:

Invite your child to act out the “switch” — show the unhelpful mood and then role-play flipping it into a new one. Acting it out makes the idea of “switching moods” more fun and helps kids remember the skill when they really need it.



Mood Switch Detective

When I Felt Good

What Happened Before My
Mood Switched

One thing I noticed about moods is:



My Drawing Space



*Your art is a
superpower. Use it
to show how you
feel!*



Thought Detective Flip Chart

Catch an unhelpful thought, look for clues (evidence), and rewrite it into a more balanced thought.

Thought Detective Flip Chart

Instructions: Write down a thought that made you feel bad. Then play detective! Look for clues that show whether the thought is 100% true. Finally, flip it into a more balanced thought.

 Unhelpful Thought	 Detective Clues (What facts do I see?)	 New Balanced Thought
<i>Examples:</i> Nobody likes me.	Mia played with me at recess. Same waved to me this morning.	I do have friends. Some people like me, even if I feel left out sometimes.

 *Detectives don't just believe the first clue. They look for evidence before deciding what's true. Use your clues to help you write a new, kinder thought.*



Reflection Box Worksheet

Reflection Box: My Weekly Skills Plan

Each week, you get to be the boss of your own growth! This worksheet helps you practice DBT skills that keep your body and mind strong.

Step 1: Pick one ABC skill

- **A – Accumulate Positives:** do something fun or enjoyable.
- **B – Build Mastery:** practice something you want to get better at.
- **C – Cope Ahead:** make a plan for a tricky situation.

Step 2: Pick one PLEASE skill

- **PL – Treat Illness:** Take care of your body if you don't feel well.
- **E – Eat Well:** Choose healthy foods.
- **A – Avoid Harmful Things:** Stay away from things that hurt your body.
- **S – Sleep:** Get enough rest.
- **E – Exercise:** Move your body to feel strong and calm.

Step 3: Write or draw your plan

Use the box below to show how you'll practice the two skills you picked this week.



Example:

- Build Mastery → "Practice piano for 15 minutes."
- Sleep → "Go to bed by 8:00."



Parent Tip:

Help your child choose just one ABC and one PLEASE skill to practice for the week. Keep it small and specific—like "eat a fruit with lunch" or "practice piano

for 10 minutes.” Kids are more likely to succeed (and feel proud) when the goals are simple and doable.



My Progress Journal

Every page is progress — keep going!



Draw Your Ideas Here!



*Color, doodle, or
sketch anything
that comes to
mind!*





Opposite Action Superhero

✨ Instructions: Opposite Action Superhero

Sometimes our feelings tell us to do things that don't really help. But when you practice Opposite Action, you get to be the boss — not your feelings!

On this page, you'll become a superhero called Opposite Action Kid:

1. Draw yourself as a superhero. Add a cape, mask, or any fun details that show your strength.
2. Pick your special power. Maybe it's "Brave Breath" (deep breathing when scared), "Kindness Kick" (choosing kind words instead of yelling), or "Patience Shield" (waiting calmly instead of exploding).
3. Write it down. In the box, tell what your power is and how you'll use it when your feelings try to boss you around.

✨ Sample Superpowers:

- **Brave Voice** – Speak up even when you feel shy.
- **Calm Breath** – Cool down big feelings with one deep breath.
- **Kind Switch** – Turn frustration into kindness.
- **Bounce Back** – Try again after a tough moment.



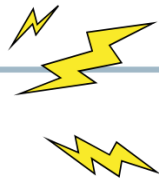
Tip:

Every time you practice Opposite Action, you're powering up your superhero skills!

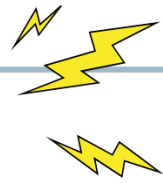


Opposite Action Kid!





Opposite Action Kid!



Your words have power — write them down!

Opposite Action Worksheet

What is the emotion you wish to change?

Intensity: 1-10



Does the emotion fit the facts? ____ Yes ____ No

Is the emotion justified? ____ Yes ____ No

Does the intensity of the emotion fit the facts? ____ Yes ____ No

Does the emotion duration fit the facts? ____ Yes ____ No

If you answered "No" continue the worksheet.

Identify & Describe your action urges



Even if the emotion fits the facts, ask Wise Mind:

Is expressing or acting on this emotion going to be effective in this situation?

____ Yes; How? _____

____ No; Try Opposite Action

Identify & Describe Opposite action to urges

After Practicing Opposite Action:

Evaluate Result

REPEAT UNTIL EMOTION CHANGES

Step-by-Step Opposite Action – Step-by-step guide to practice choosing the opposite action.

Sometimes our feelings try to boss us around — but you get to be the boss! This page helps you practice choosing an opposite action.

1. Name your feeling. Write how you're feeling right now (sad, angry, scared, nervous, etc.).
2. Notice the urge. Write what your feeling is telling you to do (hide, yell, cry, give up).
3. Think ahead. Ask yourself: If I do this, will it make things better or worse later?

Choose the opposite action. Write down the healthy or helpful action you'll try instead.

 Example:

- Feeling: Scared to raise my hand in class.
- Urge: Stay quiet.
- Opposite Action: Raise my hand once, even if I feel nervous.



Opposite Action

Name the Feeling - "I feel

Notice the Urge - "I want to

Ask: Will this action make things better or worse in the long run?

Choose the Opposite Action - Do the healthy, helpful thing even if you don't feel like it.

Opposite Action Challenge Worksheet

Opposite Action Challenge Worksheet – Try out one opposite action and track how it worked.

 Instructions: My Opposite Action Challenge

This challenge helps you practice being the boss of your feelings instead of letting them boss you around.

1. Think about your week. Pick one time you had a strong feeling (sad, angry, nervous, etc.).
2. Write down the feeling. Example: I felt nervous before my test.
3. Write down the urge. What did your feelings tell you to do? Example:
Hide my paper and not try.
4. Choose an opposite action. What could you do instead that's healthy or helpful?

Example: Take a deep breath and try my best anyway.

Check your results. Write YES, MAYBE, or NOT YET to show if the opposite action helped.

 *Each time you try, you're teaching your brain and body that YOU are in charge. Even if it feels hard, keep practicing — it gets easier!*

Changing Thoughts (Positive Thought Bank)

Instructions: Changing Thoughts

Sometimes our minds get stuck on unhelpful thoughts. This worksheet helps you practice turning them into more balanced or positive ones.

1. **Left side (red clouds):** Write or draw a negative or unhelpful thought you've had.
2. **Right side (blue clouds):** Replace it with a positive, helpful, or more balanced thought.
3. **Keep your page:** Add it to your Positive Thought Bank so you can look back at your new thoughts whenever you need encouragement.

 *The more you practice, the easier it becomes to notice negative thoughts and swap them out for helpful ones.*

Examples

- “I can’t do this” → “I’ll keep trying and get better.”
- “Nobody likes me” → “I have friends who care about me.”
- “I messed up” → “Mistakes help me learn.”
- “This is too hard” → “I can take it one step at a time.”

Changing Thoughts

What are some negative thoughts that you are having about a situation?

What are some positive thoughts you can have instead?



Picture This!

