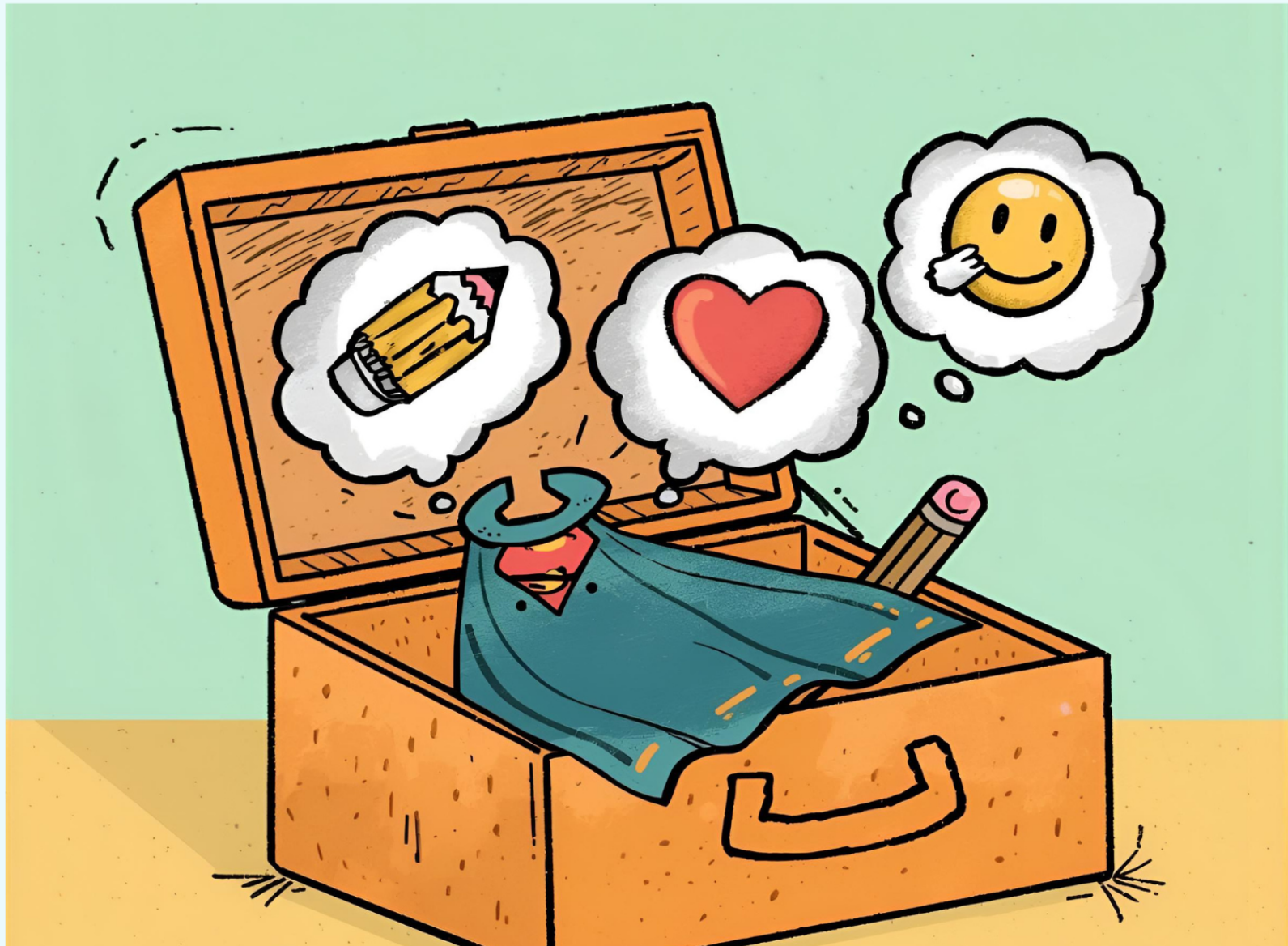


DBT Skills for Kids - Activity Pack

Printable Tools to Build Confidence, Calm,
and Communication



Companion to the DBT Skills Workbook for Kids

Welcome to Your Mindfulness Worksheets

Mindfulness means paying attention to the present moment — what you see, hear, feel, and think — without judgment. These worksheets are designed to help kids slow down, notice what’s happening around them, and find calm inside themselves.

In this packet you’ll find activities that turn mindfulness into fun, hands-on practice. Whether it’s breathing, noticing feelings, or using your senses to explore the world, each page is a chance to build focus and self-awareness in a way that feels natural and playful.

How to use this packet:

- Pick one activity at a time — no need to do them all at once.
- Encourage your child to write, draw, or color their answers.
- Revisit favorite pages whenever your child wants extra practice.
- Celebrate effort, not perfection — mindfulness is about noticing, not “getting it right.”

Mindfulness is a skill that grows with practice. Every small step your child takes here is a step toward more calm, confidence, and balance.

 *Bonus Tip:* Be sure to check out the **Progress Journal Page** in your bonus resources. It’s a simple weekly tool for celebrating wins, reflecting on what worked, and setting one small goal for next week.

Emotion Detective Worksheet

Sometimes feelings sneak up on us like clues in a mystery! Being an “emotion detective” means paying close attention to what’s happening inside you.

How to use this worksheet:

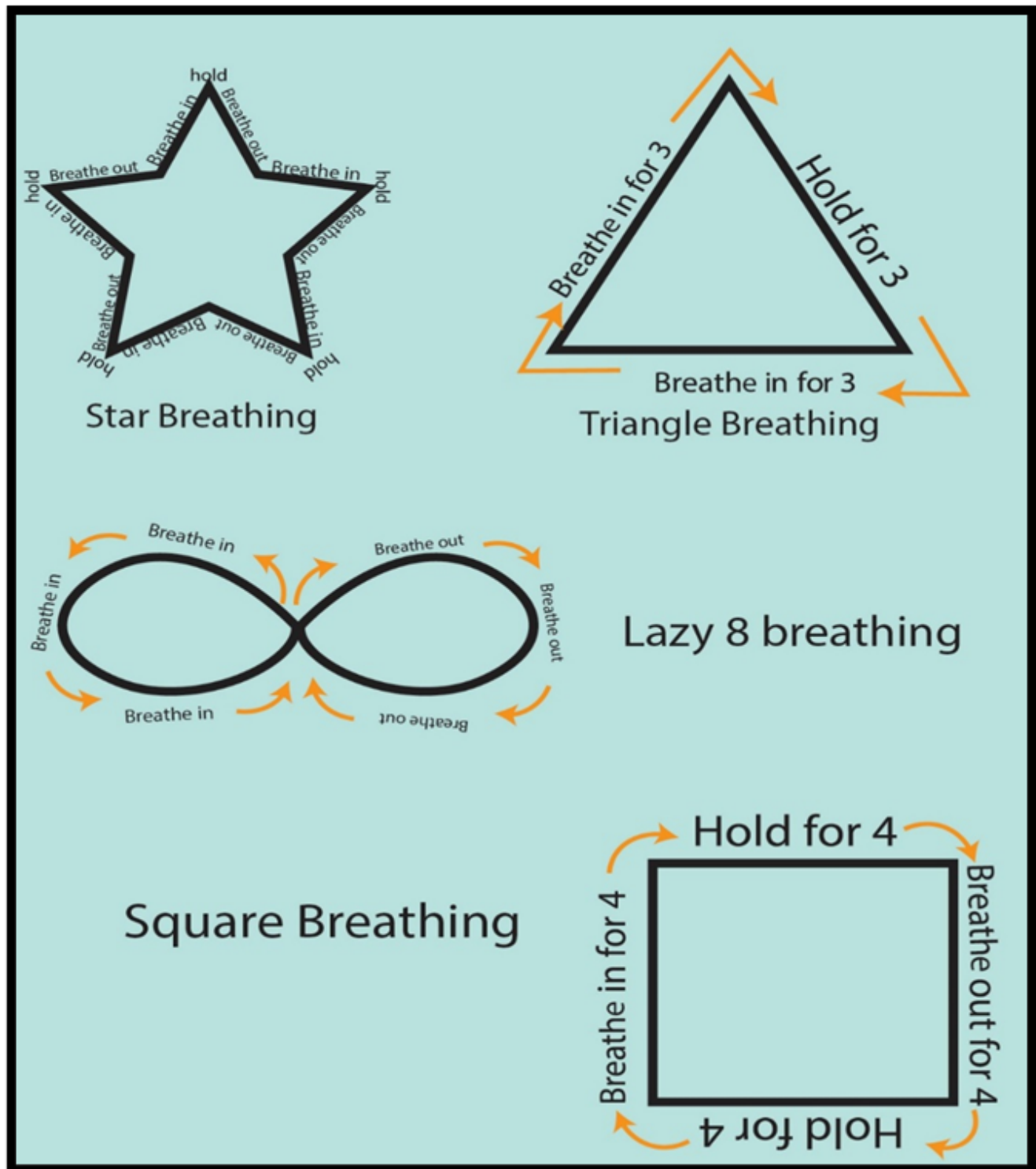
- Pause for a moment and notice how you’re feeling.
- Write or draw your answer in the blanks.
- Think about where you feel it in your body (tight stomach, warm face, shaky hands, etc.).
- Share your answers with someone you trust if you’d like.

Prompts to complete:

- “I notice I am feeling _____.”
_____.

- “My body feels _____
_____.”

Shapes in Action Tracing Page



How to use the activity page:

1. Pick a shape and place your finger or pencil at the starting point.
2. As you trace one side, breathe in slowly.
3. As you trace the next side, breathe out gently.
4. Keep going until you've finished the whole shape.
5. Try again, moving at a calm, steady pace.

Wise Mind Activity

Try It Now: Wise Mind Practice

Sometimes we have two voices in our head:

- Emotional Mind shouts how we feel (scared, mad, worried).
- Reasonable Mind tells us the facts (what we know is true).
- Wise Mind mixes the two, helping us make the best choice.

How to use this page:

1. Think of something that's making you feel nervous or upset.
2. Write what your Emotional Mind is saying. (Example: "I'll mess up and everyone will laugh at me.")
3. Write what your Reasonable Mind knows. (Example: "I practiced, and I've done well before.")
4. Write what your Wise Mind would choose — a balanced thought that helps you act calmly. (Example: "I feel nervous, but I can breathe and give it a try.")

 **Tip:** If writing feels hard, you can also *draw a face* for each "mind" to show what it's saying!



My Feelings Today

Big feelings are easier when you put them on paper



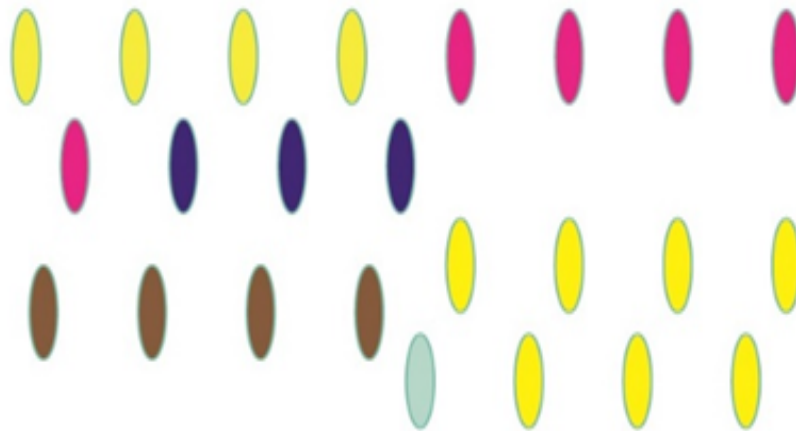
Draw What Feels Right



*Your page is your
safe space —
create anything
you want.*



Feeling overwhelmed?



R

Recognize
what is
going on.

A

Accept the
experience as
it is.

I

Investigate
the thought
or emotion.

N

Non identification,
you are not the
emotion.

RAI(N) Worksheet

RAIN Practice – Calm Your Feelings

A simple way to calm down big feelings:

- **R – Recognize:** Notice the feeling and name it.
- **A – Accept:** Let the feeling be there without trying to push it away.
- **I – Investigate:** Where do you feel it in your body? What thoughts come with it?
- **N – Non-Identify:** Remember, you are not your feelings. It will pass.

Your RAIN Practice Journal

Think of a time you felt upset, worried, or overwhelmed.

- Write or draw what you **Recognized:** (Write or draw what was happening.)
- Describe how you **Accepted** the feeling: (Take a breath and let the feeling be there without fighting it.)
- Share what you **Investigated** (Notice what your body and thoughts are telling you).
- Finish with one way you reminded yourself to **Non-Identify** (“This feeling isn’t who I am. It will change.”)

 Use this page to notice patterns and remind yourself that you can handle big feelings with kindness and calm.

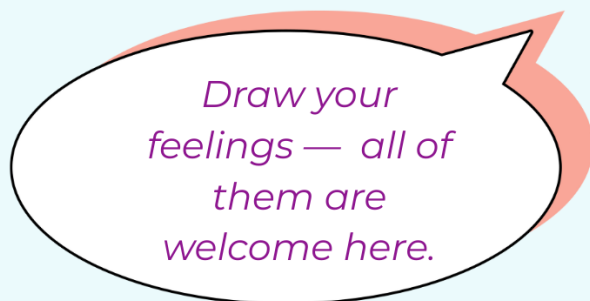


My Calm Notes

Writing it down helps your mind feel lighter.



Picture This!



RA(N) Worksheet

R ecognize

What is happening right now?

Thought/Feeling/Memory

What am I feeling in my body?



Name it

A ssess

Am I saying Yes or No to this?

Sit and simply observe for 15 seconds



I nvestigate

What am I longing for?

What is the function of this experience?

Where is this experience trying to lead me?

What is this experience trying to tell me?

What is the kind thing I can do at this moment?

N urture

Words: _____

Actions: _____

RA(N) Practice – Be Kind to Yourself

How to Use the RA(N) Practice Page

This page helps you calm down big feelings and take care of yourself. Follow the steps below:

- **R – Recognize:** Notice what’s happening right now. Write or draw the thoughts, feelings, or body signals you see.
- **A – Assess:** Pause and ask yourself, “*Am I okay with this feeling right now, or do I want it to change?*”
- **I – Investigate:** Get curious. What is this feeling trying to tell me? What do I really need?
- **N – Nurture:** Be kind to yourself. Write down or do one gentle thing that helps you feel better.

 **Tip:** Being kind to yourself doesn’t mean the hard feeling goes away instantly — it means you’re giving yourself what you need to get through it.



My Thoughts

Your words have power — write them down!



My Drawing Space



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



Mindfulness Moments Log

How to Use the Mindfulness Moments Log

Mindfulness means paying attention on purpose — to your breath, your body, or what’s happening around you. These pages help you keep track of your practice and notice how it makes you feel.

1. **Pick a moment** – Try a short mindfulness activity, like deep breathing, listening carefully to sounds, or paying attention while eating a snack.
2. **Write it down** – In the first space, jot down or draw what you did to be mindful.
3. **Notice the change** – In the second space, describe or draw how you felt afterward (calmer, happier, more focused, etc.).

 The more you practice, the easier it gets — and this log helps you see your progress over time.



Mindfulness Moments Log



Date:



Today I practiced mindfulness by:



How I felt afterward:



Draw it here:

Little steps, big calm 🌸



Mindfulness Moments Log



Date:



Today I practiced mindfulness by:



How I felt afterward:



Draw it here:



Every mindful moment counts.



Mindfulness Moments Log



Date:



Today I practiced mindfulness by:



How I felt afterward:



Draw it here:



Pause, breathe, smile.

Mindfulness Walk Reflection Page

Mindfulness Walk

Take a slow, calm walk outside. Use your senses to notice the world around you.

Two ways to try:

- **Body Awareness Walk** – Pay attention to how your body feels as you move. Step, breathe in. Step, breathe out.
- **Nature Noticing Walk** – Look, listen, smell, and touch things in nature. Notice small details you might normally miss.



Your Turn!

Fill in the boxes below:

-  I see...
-  I hear...
-  I smell...
-  I feel...

 **Challenge:** Can you find one thing you've never noticed before on your walk?

Mindfulness Walk

I see.....



I hear.....



I smell.....



I feel.....



Scavenger Hunt

Connecting to Our Earth – Scavenger Hunt

Take a slow walk outside and explore with your senses. Use the checklist to notice what's around you:

- Feel : What do you notice with your feet, hands, or the air on your skin?
- Listen : What sounds can you hear? Birds? Wind? Insects?
- See : What colors, shapes, or movements do you spot?
- Smell : Take a deep breath — what scents do you notice?

Check the boxes as you find each one.  Challenge: Try to discover at least one thing new you never noticed before!

CONNECTING TO OUR EARTH

A SLOW SCAVENGER HUNT FOR OUR SENSES



FEEL

- ☐ Take your shoes off and feel the earth below your feet.
- ☐ Feel the air on your skin. What can you feel today? The sun? The wind?
- ☐ Find the tree or branch and feel its surface.

☐☐☐

LISTEN

- ☐ Can you hear the wind?
- ☐ Are there any birds calling?
- ☐ Can you hear any insects? You may need to lean close to some grass or bushes.

☐☐☐

SEE

- ☐ Can you see the color orange?
- ☐ Can you see a cloud that has a funny shape?
- ☐ Can you see a blade of grass? Is it moving?

☐☐☐

SMELL



- ☐ Smell a flower.
- ☐ Bend down and smell the earth.
- ☐ Take a deep breath through your nose and smell the air.

☐☐☐



Picture This!

