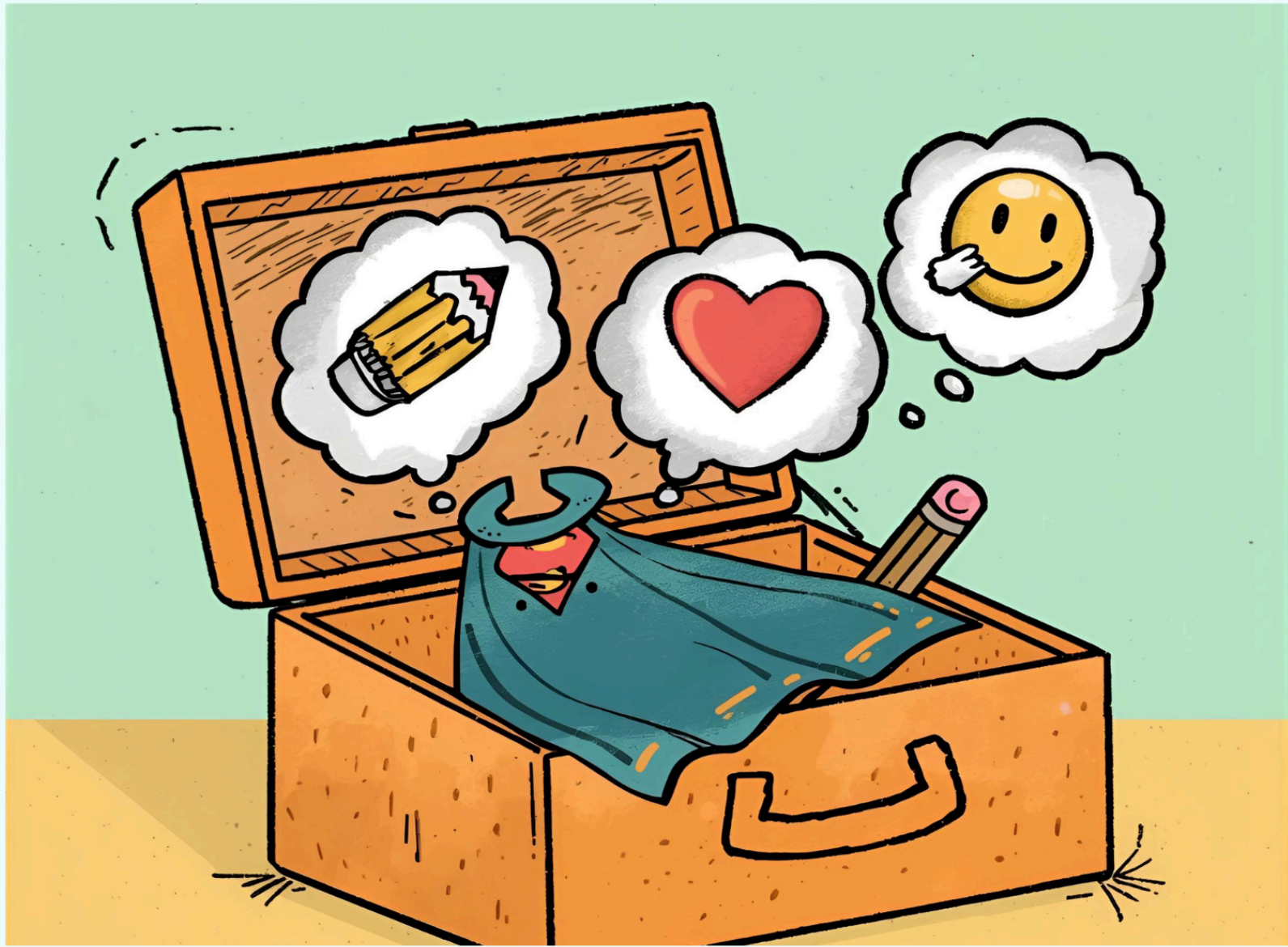


DBT Skills for Kids - Activity Pack

Printable Tools to Build Confidence, Calm,
and Communication



Companion to the DBT Skills Workbook for Kids

Anger Management Activities

Everyone feels angry sometimes — it's a normal emotion. But when anger gets too “hot,” it can make kids say or do things they regret later. The goal isn't to get rid of anger, but to learn how to notice it early, cool it down, and choose healthy ways to respond.

This packet is filled with activities that help kids:

- Recognize their anger “signals” (body, thoughts, and actions).
- Practice cooling-down tools before anger explodes.
- Explore better ways to express feelings and solve problems.
- Build confidence by becoming the “boss” of their anger instead of letting it take charge.

 *Tip for Parents: These worksheets work best when kids know you're on their team. Try using the same tools yourself when you're upset — modeling calm behavior makes the activities even more powerful.*

My Anger Thermometer

Track your anger level from 1-10, write words to describe your feelings, and choose 3 calming tricks to cool down before things explode.

Instructions: My Anger Thermometer

Kids: Think of your anger like heat in a thermometer.

- 1–2: Calm and cool — no problems.
- 3–4: Warming up — starting to feel bothered.
- 5–6: Getting hot — frustration showing.
- 7–8: Boiling — about to lose your temper.
- 9–10: Exploding — not thinking clearly.

1. Describe your feelings. Write down three words that explain how you feel right now (examples: tense, upset, hot, shaky, mad).
2. Cool it down. List three things you can do to calm down. (examples: take deep breaths, count to 10, walk away, listen to music, squeeze a stress ball).

 *Tip: The more you practice noticing your “anger temperature,” the faster you can use coping skills to keep it from getting too high.*

Worksheet: My Anger Thermometer

(Printable page — color it in daily or when you feel upset.)



My anger level right now: _____

Three words to describe how I feel:

1. _____
2. _____
3. _____

Three things I can do to cool down:

1. _____
2. _____
3. _____

Parent Tip

When your child uses the anger thermometer, remind them that anger isn't "bad" — it's just a signal. Help them label their level honestly without judgment.

You can guide with gentle questions like:

- *"Where do you think your anger is right now on the thermometer?"*
- *"What number would it take for you to use a cool-down skill?"*
- *"Which of your calming strategies do you want to try first?"*

Over time, this practice helps kids notice their anger rising before it explodes — and gives them confidence that they can cool themselves down.

Weekly Anger Thermometer Log

Track your anger level once a day for 7 days, add a feeling word, and test which coping skills helped the most.

My Anger Thermometer Log – Weekly Tracker

Instructions: Your anger is like the heat inside a thermometer—it can be cool, warm, hot, or ready to boil over. Use the **Anger Meter** to show how strong your feelings get each day.

How to Use It:

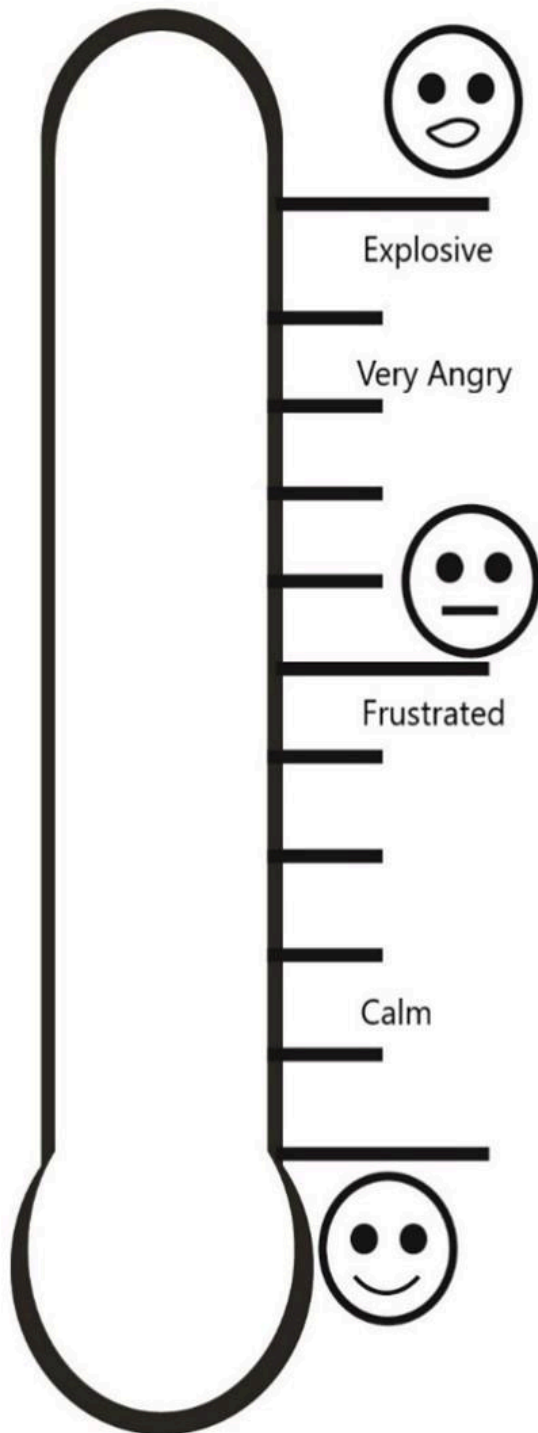
1. **Print one Anger Meter for each day this week** (or use a fresh copy in your journal).
2. **Write the date** at the top.
3. **Notice your anger level.** Circle or color the number (1–10) that shows how strong your feelings are:
 - **1–2:** Calm and cool
 - **3–4:** A little bothered
 - **5–6:** Getting hot
 - **7–8:** Really upset
 - **9–10:** Exploding
4. **Write down what happened.** What was the trigger (someone's words, a situation, a thought)?
5. **Record your reaction.** What did you do? (Yell, walk away, use a coping skill?)

6. Track what helped. Did you try a calm-down tool? Did it make your number go down?

7. Check your progress at the end of the week. Look for patterns: What makes your anger rise? Which coping skills help you cool down the fastest?

Date	Trigger (What Happened?)	Anger Level (1–10)	My Reaction	Coping Skill I Tried	Did It Help?
Mon	My brother took my toy	7	Yelled	Deep breathing	☒ Yes
Tue	Homework was too hard	6	Slammed book	Asked for help	☒ Yes
Wed	Friend didn't sit with me at lunch	5	Felt sad and quiet	Went to Calm Down Zone	☒ Not much
Thu	_____	_____	_____	_____	☐ Yes / ☐ No
	_____		_____	_____	
	_____		_____	_____	
Fri	_____	_____	_____	_____	☐ Yes / ☐ No
	_____		_____	_____	
	_____		_____	_____	
Sat	_____	_____	_____	_____	☐ Yes / ☐ No
	_____		_____	_____	
	_____		_____	_____	
Sun	_____	_____	_____	_____	☐ Yes / ☐ No
	_____		_____	_____	
	_____		_____	_____	

Anger meter



1. Shade the thermometer to show how you are feeling right now.

2. List 3 words to indicate how you feel.

3. Identify 3 things you could do that would make you feel better.

Anger Tracker worksheet

This worksheet is a deeper dive into your week. Each day, write down what triggered your anger, rate how strong it felt (1–10), and note how you responded. By the end of the week, you'll be able to spot patterns and see which coping skills worked best.

 **Tip:** Use this alongside the Weekly Thermometer Log. The Thermometer shows “how high” your anger got, while the Anger Tracker explains the “why” and “how” behind it.

Parent Tip

Encourage your child to fill in their Anger Tracker at the same time each day—maybe after school or before bedtime. This makes it a calm routine instead of something they only do when upset. At the end of the week, sit down together and look for patterns:

- Do the same triggers show up more than once?
- What coping skills worked best?
- Is their anger rating starting to go down faster with practice?

Celebrate even small improvements. Noticing progress helps kids feel proud and motivated to keep using their skills.

Instructions: My Anger Tracker

This page helps you notice what makes you feel angry and how you handle it.

1. Each day, write down something that made you feel mad (your “anger trigger”).
2. Circle how strong your anger felt, from 1 (calm) to 10 (super angry).
3. Write what you did when you felt that way.

4. Add if you used a coping skill — and if it helped.



Example:

- **Trigger:** My friend didn't share the ball.
- **Anger Rating:** 6
- **What I Did:** Crossed my arms and walked away.
- **Coping Skill:** Took deep breaths.
- **Did It Help?** Yes!

ANGER TRACKER

This page helps you notice what makes you feel angry and how you handle it.

MONDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

TUESDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

WEDNESDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

THURSDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

FRIDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

SATURDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

SUNDAY

Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10
Anger Trigger: _____ 1 2 3 4 5 6 7 8 9 10

My Anger Map

Explore how anger shows up for you by mapping out your face, words, body feelings, and actions. Reflect on what helps you calm down and what you can try next time.

Instructions: My Anger Map

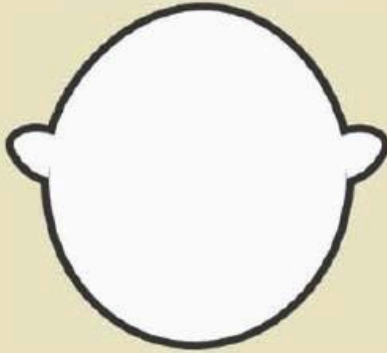
Anger can show up in lots of different ways — on your face, in your body, or in the words you use. Mapping it out helps you notice patterns and learn what works to calm down. Here's how to use this page:

1. **Face** – Draw or describe what your face looks like when you're angry (frown, red cheeks, squinting eyes).
2. **Words** – Write down some things you might say when you're upset.
3. **Body** – Notice how your body feels (tight fists, racing heart, hot face, shaky legs).
4. **Helps** – Write or draw what helps you when you're angry (calm zone, deep breathing, talking to someone).
5. **Message** – Think about what your anger might be trying to tell you.
6. **Next Time** – Add a better choice you can try in the future.

 *Example: My fists clench, my face feels hot, and I shout "It's not fair!" Next time, I'll try squeezing a stress ball and asking for a break.*

Anger Map

What kind of face do you make when you feel angry?



What words do you say when you're angry?



What happens in your body when you feel angry?

What are some other ways I can handle my anger?

Have you learned anything about your anger?

What could your anger help you to achieve?

What helps when you are angry?



My Calm Down Plan Worksheet

Instructions: My Calm Down Plan

Everyone feels big feelings sometimes — but you don't have to let them be the boss of you. This worksheet helps you create your own Calm Down Plan so you're ready the next time strong emotions show up.

1. Look at the Calm Down Choices list. Pick the ones that work best for you (deep breaths, music, coloring, etc.).
 - Example: "Take a walk outside" or "Draw for 5 minutes."
2. Write them down in the first section ("Things that help me when I'm upset").
3. Think of people you can talk to. Write their names in the second section ("Who I can talk to").
 - Example: "Mom, my teacher, my best friend."
4. Keep your plan somewhere you can see it (on the fridge, in your desk, or in your backpack) so it's ready when you need it.

 **Tip:** The more you practice your plan, the easier it will be to use it when your feelings get big.

Worksheet: My Calm Down Plan

Things that help me when I have big feelings:

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

Who I can talk to:

My Calm Down Zone Worksheet

Draw and label your own safe space for cooling off, with comfort items and calm-down tools that help you feel better.

Instructions: My Calm Down Zone

Everyone needs a safe space to cool off. Your **Calm Down Zone** is a special spot where you can feel calm, safe, and in control.

1. **Pick a place.** Think of a spot at home, in your room, or even at school where you can take a break when you're upset.
2. **Add comfort items.** What makes you feel safe and calm? (examples: blanket, stuffed animal, coloring supplies, favorite book, soft music, fidget toy).
3. **Draw it out.** Use the box below to design your Calm Down Zone. You can draw it like a floor plan or just sketch what's inside.
4. **Label your items.** Write the names of each item in your drawing so you remember to include them in your real Calm Down Zone.
5. **Post your Calm Down Choices list nearby.** This way, you'll always have ideas ready when you need to cool down.

 *Tip: Practice going to your Calm Down Zone even when you're not upset, so it feels like a normal and safe place to be.*



Draw What Feels Right



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



Calm Down Zone Inventory

Make a list or draw the items you'd like to have in your zone.

Ideas:

-  A favorite stuffed animal
-  Coloring pages or crayons
-  Music or headphones
-  A book you love
-  Fidgets or a stress ball

Design Your Zone (Floor Plan + Decorate)

Use the drawing pages to:

- Draw your Calm Down Zone like a map or floor plan.
- Add decorations and colors to make it your own.

Tip: The more you make it feel special, the more you'll want to use it!

My Calm Down Zone

What Will I call it?

You can call it a *Calm Down Zone* or come up with a different name!

Where will it be?

Pick a place that is quiet so that you can focus on calming down!

How will I know it is time to go there?

The best time to visit your *Calm Down Zone* is when you start feeling angry and before you make any negative choices!

What toys, objects games or other calming things can i put there?

Some ideas include: a stress ball, books, coloring pages, bubbles, puzzles, play dough, pictures, stuffed animals or a journal

1. _____

2. _____

3. _____

4. _____

5. _____

Thought Swap Worksheet

Practice writing an angry thought and swapping it for a calmer, more helpful thought.

Instructions: Thought Swap

When we're angry, our thoughts can make the fire burn hotter. The good news? You can "swap" an angry thought for a calmer one!

1. **Notice your angry thought.** Write down the first thing that pops into your head when you're upset.
 - Example: "This is so unfair!"
2. **Find a calmer thought.** Think of a new way to say it that helps you cool down.
 - Example: "I can get through this without losing my cool."
3. **Write both thoughts** in the spaces on this page.
 - "What I thought first" = the angry thought
 - "How I can change it" = the calmer thought
4. **Practice your swap.** Next time you feel upset, try saying the calmer thought out loud.

 **Tip:** *The more swaps you practice, the easier it is to stay in control when anger shows up.*

Worksheet: Thought Swap

What I thought first: _____

How I can change it: _____

Activity 5: Anger Tracker

Keep track of what triggers your anger so you can prepare for next time.

Date Trigger Anger Level (1–10) How I Reacted What Helped?



My Thoughts

Your words have power — write them down!

Improving Communication Self-Check

Improving Communication: Self-Check

Everyone has a communication style — the way you talk, listen, and share your feelings. Some styles make it harder to get along, and some make it easier. Let's see which one sounds most like you!

How to Use This Page

Read the questions for each style. Put a  next to the ones that sound like you most of the time. The style with the most checks is probably the one you use most often.

1. Passive

- Do you keep your feelings inside instead of saying them?
- Do you worry people won't like you if you share your opinion?
- Do you say "It doesn't matter" when it really does matter to you?
- Do you stay quiet to avoid upsetting others?
- Do you usually go along with what others want, even if you disagree?

Total: ____

2. Aggressive

- Do you care more about getting your way than about how others feel?
- Do you raise your voice, use mean words, or interrupt often?
- Have friends or classmates said they feel nervous or scared around you?

- Do you sometimes act like only your needs matter?
- Have you ever been told you're "bossy" or "my way or the highway"?

Total: ____

3. Passive-Aggressive 😏

- When you're mad, do you use sarcasm or make snappy comments?
- Do you give people the silent treatment when upset?
- Do you say "yes" to something but secretly wish you had said "no"?
- Do you slam doors, stomp, or act out instead of saying how you feel?
- Do you hide your feelings because you don't want to upset others?

Total: ____

4. Assertive (Goal!) 💬☀️

- Do you believe it's okay to share your thoughts and feelings honestly?
- Can you say what you think without being mean?
- Do you respect yourself *and* the other person when you talk?
- Do you listen carefully and show you care about what others say?
- When there's a conflict, do you try to find a fair solution for everyone?

Total: ____

✨ **Remember:** People sometimes switch styles depending on the situation. The goal is to practice being **assertive** — honest, respectful, and kind — most of the time.

Communication Styles



Communication Styles: Practice Page

People show their communication style not just with words, but also with their body language, tone of voice, and how they treat others.

Look at each sentence below. Decide whether the style is:

- Non-Assertive (Shy)
- Assertive (Strong, respectful)
- Aggressive (Bossy, harsh)

Write the style in the blank.



Bonus Reflection: Which style do you think you use most? Is there a time you'd like to try being more assertive? Write or draw your answer at the bottom of the page.



COMMUNICATION STYLES

Identify the communication style associated with the following behaviors.

Styles of communication: Non-Assertive (Shy), Assertive (Strong), and Aggressive (Bossy)

- 1) _____ Person avoids eye contact.
- 2) _____ Posture (body) is bent over.
- 3) _____ Voice is soft.
- 4) _____ Posture (body) is erect and comfortable.
- 5) _____ Posture (body) is rigid and tense.
- 6) _____ Voice is usually loud and harsh.
- 7) _____ The listener feels put down.
- 8) _____ Voice is clear and moderate in tone (not too loud or soft).
- 9) _____ The person is angry.
- 10) _____ The listener is confused and unclear.
- 11) _____ The person is anxious.



My Thoughts

Your words have power — write them down!



Picture This!



*Draw your
feelings — all of
them are
welcome here.*



Rate Yourself: Communication Habits

Rate Yourself: Communication Habits

You can better understand how you communicate by giving yourself a score and then reflecting on your answers.

1. Pick a number from 1 to 5 to rate how well you think you communicate with others:
 - 1 = Needs lots of work
 - 2 = Sometimes a struggle
 - 3 = Okay but could improve
 - 4 = Pretty good
 - 5 = Excellent — I communicate really well
2. Write the number at the top of the page.
3. Use the questions below to explain why you gave yourself that score and what you'd like to improve.

How We Communicate

Rate how well you communicate with other people

Why did you choose this number? _____

What usually leads to an argument with this person? _____

What is something this person does that makes it hard to communicate with them?

What do you wish they would do differently? _____

What can you say to get them to start communicating differently with you?

What do you think you need to do differently to improve communication?

My Voice Meter Worksheet

My Voice Meter Worksheet – Sort places into “soft voices” or “louder voices” by writing or drawing them in the bubbles. Helps kids practice choosing the right voice for different situations.

My Voice Meter

Different places call for different voice levels. Some places need soft voices, and others are okay with louder voices.

On this page:

1. Look at the two big bubbles.
 - In the Soft Voices bubble, write or draw the places where you need to use a quiet voice (like the library or classroom).
 - In the Louder Voices bubble, write or draw the places where it's okay to be louder (like the playground or cheering at a soccer game).
2. Use the suggested locations list at the bottom for ideas. Add your own, too!

 This activity helps you practice thinking about the right voice for the right place — so you can be heard when you need to, and respectful when it's time to be quiet.



My Voice Meter

Soft Voices

Louder Voices

Suggested Locations:

Movie Theatre

Library

Classroom

Gymnasieum

When someone is on the phone

In the car

When someone is sleeping

Playground

Cheering at a soccer game

Yard at Recess

When somebody else is talking

Amusement park

(add your locations too)

Activity: How Will I React?

Read each situation and decide: Will you respond passively, aggressively, passive-aggressively, or assertively?

Example:

- Situation: A friend cuts in front of you in line.
- Assertive Response: "Hey, I was next. Can you go behind me, please?"

Making Conversation

“I CANNOT BELIEVE THAT IT IS FRIDAY.”

- a) “Is Friday your favorite day of the week?”
- b) “Duh! Yesterday was Thursday – Of course it is Friday”
- c) “Do you have plans for the weekend?”
- d) “Fridays are definitely awesome!”

“MY DOG RAN AWAY LAST NIGHT. WE WERE NOT ABLE TO FIND HER.”

- a) “It sounds like you really miss her”
- b) “Who cares? Cats are better!”
- c) “Oh no! Is there anything I can do to help?”
- d) “Oh well.”

“MY FAMILY SAW THE NEW MOVIE YESTERDAY.”

- a) “My family sees LOTS of movies”
- b) “I do not really care. Movies are boring.”
- c) “That movie is for babies!”
- d) “Did you like it? I heard it was amazing!”

“ARE YOU GOING ANYWHERE FOR SPRING BREAK WITH YOUR FAMILY?”

- a) “Do not worry about it.”
- b) “Yes.”
- c) “Yes. We are going to the beach. Have you ever been there?”
- d) “No.”

Polite Compliments Page

Polite Compliments Page – Brainstorm and practice giving kind, respectful compliments.

Sometimes we think things in our head that might hurt someone's feelings if we say them out loud. This page helps you practice turning those thoughts into kind words.

1. Read the situation. Look at what's happening in each example.
2. Check the "What you think" bubble. That's the first thought that pops up — but it isn't very kind.
3. Write a nicer response. In the box that says "You say instead," write what you could say that would be polite or encouraging.



Example:

If your friend gets a new haircut and you don't like it, you could still say:



"That's a cool new style!" or "I like how different it looks."

This activity shows how we can be honest and kind at the same time.

Polite Compliments

You give compliments
instead!

Sitation:

What you think?

1

Uncke shows
you his
favorite neck
ties

I do not like
looking at
ties!

What you think instead

You say instead:

2

Present from
aunt:
Soap and a
brush!

I do not
want it!

What you think instead

You say instead:

3

Girl plays
music for
the class,
badly!

That
sounds
bad!

You say instead:

What Should You Say? Worksheet

What Should You Say? Worksheet – Fill in the speech bubbles with kind or respectful responses to tricky situations.

Instructions:

Each bubble shows a situation where you might feel annoyed, frustrated, or unsure what to say. This page helps you practice choosing your words.

1. Read the scenario. Look at what the other person is saying.
2. Decide how you want to respond. Think of a reply that is kind, calm, or respectful.
3. Write your response in the speech bubble.

 Tip: If you're not sure what to write, imagine what a good friend or teacher might say in that situation.

WHAT SHOULD YOU SAY?

YOUR FRIEND IS STANDING CLOSE TO YOU AS HE IS TALKING AND YOU THINK HIS BREATH STINKS. WHAT SHOULD YOU SAY?



YOU ARE PICKING TEAMS AT RECESS. YOUR FRIEND SAYS, "HEY. WHY ARE YOU NOT PICKING ME?" YOU DO NOT THINK THEY ARE VERY GOOD. WHAT SHOULD YOU SAY?



YOUR SISTER IS BACK FROM SUMMER CAMP. SHE SAYS, "LET ME TELL YOU ALL ABOUT IT!" YOU DO NOT REALLY CARE TO HEAR IT. WHAT SHOULD YOU SAY?



YOUR CLASSMATE IS TELLING EVERYONE THAT YOU ARE THEIR BEST FRIEND. YOU THINK SHE IS REALLY ANNOYING. SHE WALKS UP TO YOU AND SAYS. "HEY, BESTIE!" WHAT SHOULD YOU SAY?





Rules to Live By Reflection Sheet

Rules to Live By Reflection Sheet – Write down three personal rules that can make relationships stronger.

Rules help families, schools, and friends get along. This page gives you space to think about rules that make life better for you and the people around you.

1. Look at each section. There are four areas:

- Technology/device use
- Bedtime
- School
- Happiness and kindness

2. Write your own rules. For each area, list rules that make sense for your life.

- Example (technology): “No phones at the dinner table.”
- Example (bedtime): “Lights out by 9:00.”
- Example (school): “Raise my hand before talking.”
- Example (happiness/kindness): “Say thank you when someone helps me.”

3. Keep your list as a reminder. You can hang it in your room, share it with your family, or use it to check in with yourself.



Tip: You don't have to get it perfect — these are your rules, and you can change them as you learn what works best!

Rules To Live By

1. Write 3 rules about technology/device use:

2. Write 1 rule about bedtime: _____

3. Write 3 rules about school: _____

4. Write 3 rules that help you lead a happy life: _____



Imagine This...!



*Pictures are idea
in action —
what's on your
mind?*



☀️ Way to Go! ☀️

You've worked hard learning new ways to understand and manage your anger. Every time you practice, you're building stronger skills to help you stay calm, speak up respectfully, and handle tough situations with confidence.

Remember:

- Anger is a normal feeling — it's what you do with it that matters.
- Using your tools makes you the boss of your anger (not the other way around!).
- Practice a little every day, and you'll notice big changes over time.

💡 *Parent Tip:* Celebrate effort, not just outcomes. Even trying one new skill is a big win worth noticing!

👏 Keep going — you're becoming stronger, calmer, and more in control each day.