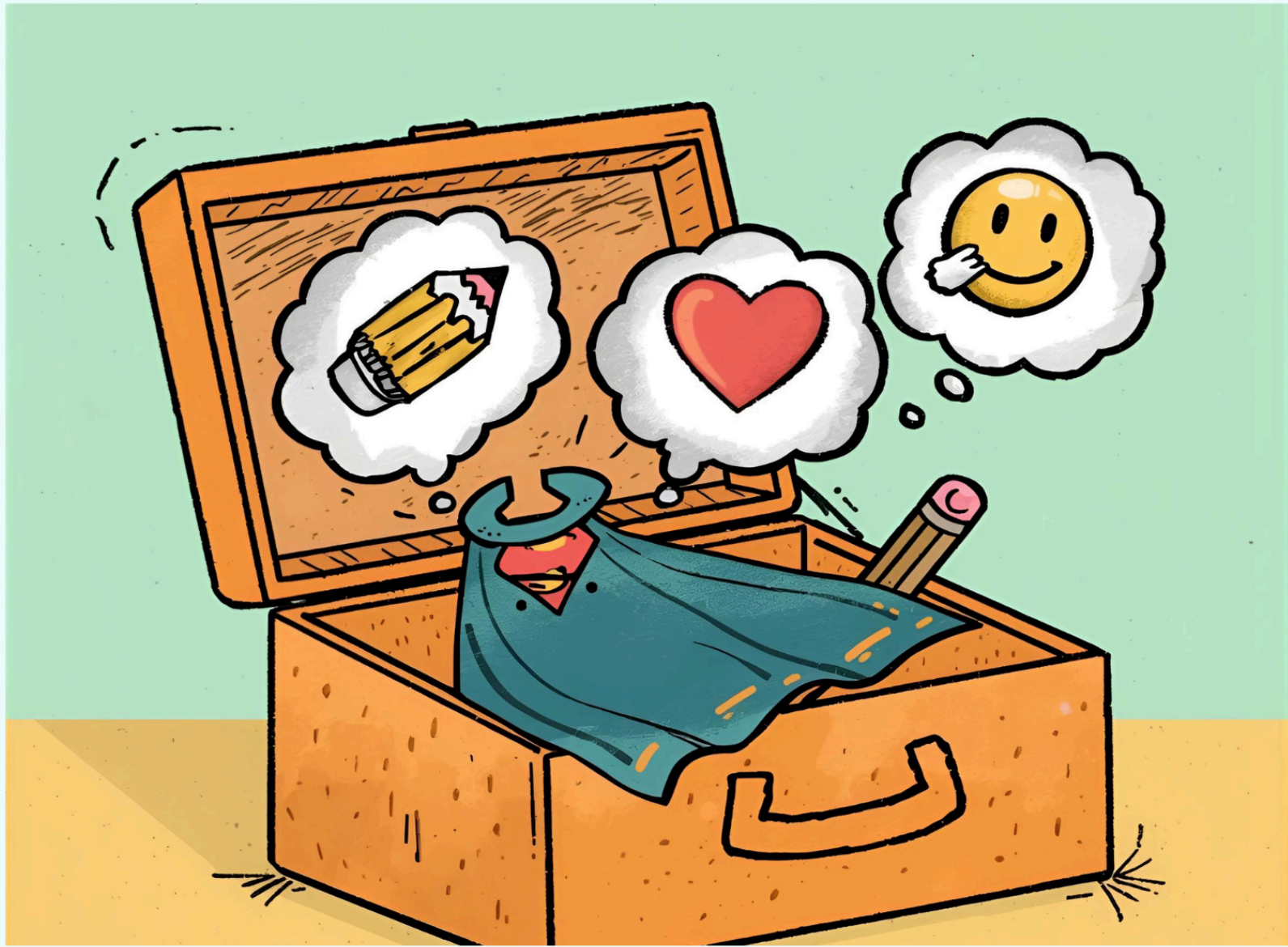


DBT Skills for Kids - Activity Pack

Printable Tools to Build Confidence, Calm,
and Communication



Companion to the DBT Skills Workbook for Kids

Bonus Tools

Celebrate Progress, Reflect, and Keep Growing

You've worked hard learning and practicing your DBT skills — now it's time to track your progress and celebrate how far you've come! These bonus tools help you see your growth in real time and stay motivated to keep building healthy habits.

Use these pages however they fit best for you:

-  **Progress Journal Page** – Write or draw your weekly wins, what helped most, and one small goal for next week.
-  **Monthly Skills Tracker** – Mark off each day you practice a DBT skill and watch your consistency grow.
-  **Certificate of Completion** – A fun way to celebrate finishing your workbook or a big milestone!

 *Parent Tip:* Review the Progress Journal or Skills Tracker together at the end of each week. Celebrate small wins and discuss one new skill to practice next week.

✨ Remember: every time you use your DBT skills — even in small ways — you're strengthening your emotional superpowers.

What's Inside

Page	Tool	Purpose
1	Bonus Tools Intro	Celebrate progress and ongoing growth
4	Progress Journal Page	Reflect weekly and set goals
7	DBT Skills Tracker (31-Day Version)	Track daily skill use and consistency
10	Certificate of Completion	Celebrate milestones and achievements

Bonus Resource: Progress Journal Page

The Progress Journal Page is a special extra that isn't tied to one chapter. Use it any week (or every week!) to reflect on your growth, celebrate wins, and set new goals. It's a flexible tool you can keep using even after you finish the workbook.

 "Every week is a chance to grow!"

Progress Journal Page

This week's wins:

What helped me most (skills, tools, or people):

Something I want to practice next week:

Notes or doodles:



Draw Your Ideas Here!



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





My Progress Journal

Every page is progress — keep going!

DBT Skills Tracker (31-Day Version)

DBT Skills Tracker 📅 ✨

Name: _____

Month/Year: _____

How to Use This Tracker:

- 1. Each time you use a DBT skill, color in or check the box for that day.
- 2. Try to notice which skills you use most — and which ones you want to practice more.
- 3. Celebrate your progress at the end of the month! 🎉

Day	Mindfulness 	Emotion Regulation 	Distress Tolerance 	Interpersonal Effectiveness 	Notes/Feelings 
1	☐	☐	☐	☐	
2	☐	☐	☐	☐	
3	☐	☐	☐	☐	
4	☐	☐	☐	☐	
5	☐	☐	☐	☐	
6	☐	☐	☐	☐	

7	☐	☐	☐	☐	
8	☐	☐	☐	☐	
9	☐	☐	☐	☐	
10	☐	☐	☐	☐	
11	☐	☐	☐	☐	
12	☐	☐	☐	☐	
13	☐	☐	☐	☐	
14	☐	☐	☐	☐	
15	☐	☐	☐	☐	
16	☐	☐	☐	☐	
17	☐	☐	☐	☐	
18	☐	☐	☐	☐	
19	☐	☐	☐	☐	
20	☐	☐	☐	☐	
21	☐	☐	☐	☐	
22	☐	☐	☐	☐	

23	☐	☐	☐	☐	
24	☐	☐	☐	☐	
25	☐	☐	☐	☐	
26	☐	☐	☐	☐	
27	☐	☐	☐	☐	
28	☐	☐	☐	☐	
29	☐	☐	☐	☐	
30	☐	☐	☐	☐	
31	☐	☐	☐	☐	



Certificate of Completion

Certificate of Completion

🎉 Congratulations! 🎉

This certificate is proudly awarded to:

Name: _____

For completing the DBT Skills Workbook for Kids and showing dedication, courage, and a willingness to learn new ways to handle feelings, solve problems, and make positive choices.

Your DBT Superpowers 💪

- ✓ I can understand my emotions.
- ✓ I can calm my mind and body when I'm upset.
- ✓ I can solve problems without making them worse.
- ✓ I can talk about my needs in a clear and kind way.

Date Completed: _____

Signed: _____ (Parent/Caregiver,
Teacher, or Counselor)

"Every skill you've learned is a step toward being your best self. Keep practicing – you've got this!"