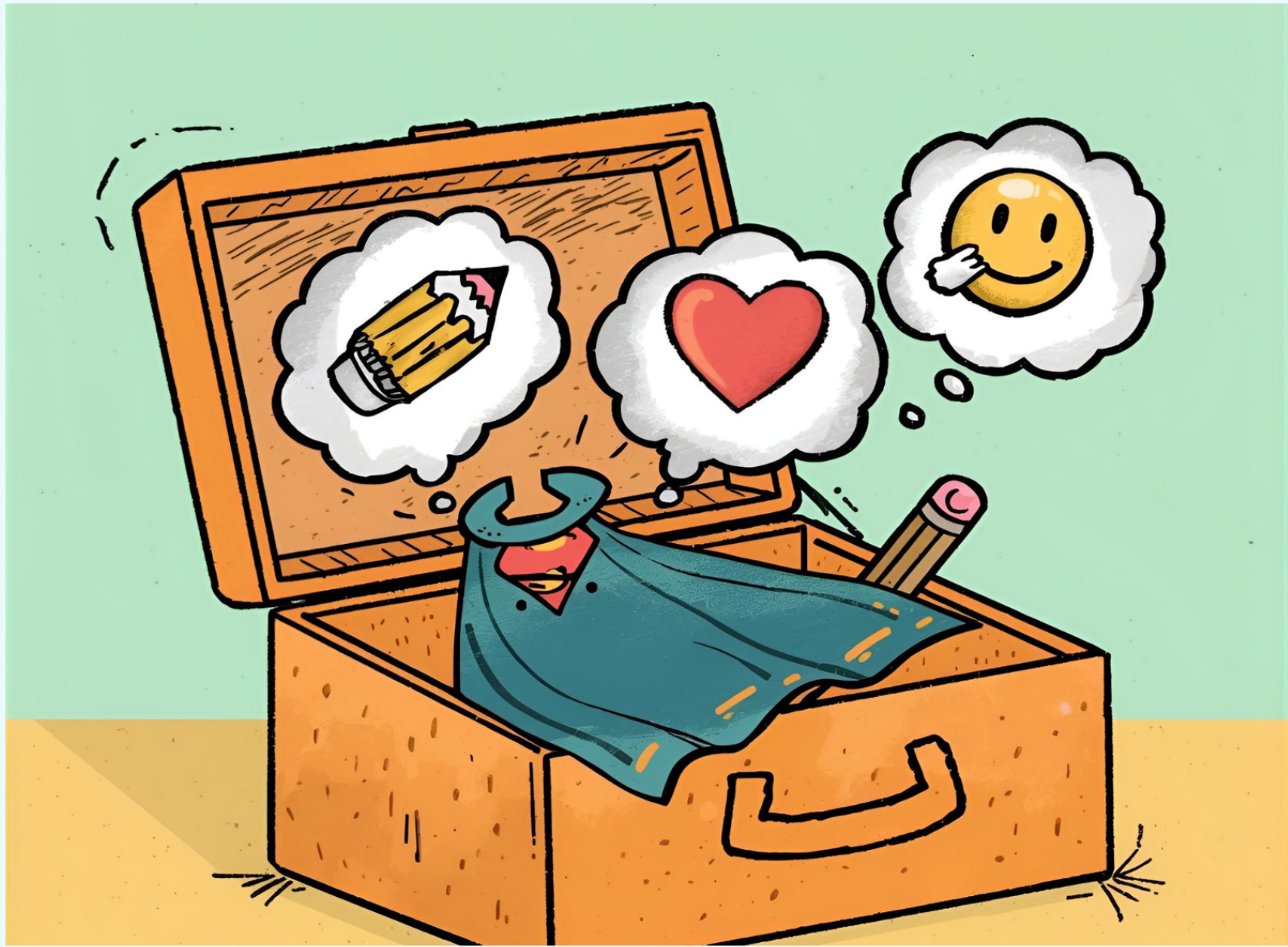


DBT Skills for Kids - Activity Pack

Printable Tools to Build Confidence, Calm,
and Communication



Companion to the DBT Skills Workbook for Kids

Interpersonal Effectiveness Worksheets

Building Healthy Communication and Stronger Connections

We all want to feel heard, respected, and understood — but sometimes, it's hard to know how to speak up or listen without letting emotions take over. These worksheets help kids learn how to communicate with confidence, set healthy boundaries, and build positive relationships with friends, family, and teachers.

What's Inside

Each activity helps kids explore how they talk, listen, and respond in everyday situations:

- **DEAR MAN Practice** — Plan what to say when you need to ask for something or stand up for yourself.
- **Communication Styles Quiz & Self-Check** — Discover your communication habits and learn how to become more assertive.
- **Rules to Live By (Healthy Relationships)** — Explore simple, positive principles for treating yourself and others with kindness and respect.

Why It Matters

Learning how to express needs clearly and respectfully is a lifelong skill. These activities help kids balance confidence with compassion — so they can speak up and listen well.

DEAR MAN



DEAR MAN Practice – Asking for What You Need

Sometimes you need to ask for something or stand up for yourself. DEAR MAN can help you do it in a clear and confident way!

Think of something small you need from a friend, teacher, or family member. Then fill in each step:

- **D – Describe:** What's happening? (Just the facts!)
- **E – Express:** How do you feel about it?
- **A – Assert:** What do you want or need?
- **R – Reinforce:** Why would it help if they say yes?
- **M – Mindful:** Stay focused and don't get off track.
- **A – Appear Confident:** Stand tall, make eye contact, and speak clearly.
- **N – Negotiate:** If they can't say yes right away, what's a fair compromise?



Use the worksheet to write your answers, or role-play with a family member to practice asking!

D – Describe 
What's happening?

E – Express 
How do you feel?

A – Assert 
What do you need?

R – Reinforce 
Why should they say yes?

M – Mindful 
Stay focused—what's your goal?

A – Appear Confident 
How will you show confidence?

N – Negotiate 
If they can't, what's a compromise?

 **Reflection Box (Journal Style)**

How did it feel to plan this out? Did it make asking easier?



Color Your World



*Colors can speak
when words are
hard to find.*



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?



Conversation Skills Practice

Worksheet: “What Should You Say?”

Learning how to respond kindly and thoughtfully helps build stronger friendships. Read each situation and choose the response that shows you’re listening, understanding, and caring about the other person’s feelings.

👉 **Bonus Challenge:** After finishing the page, create your own example! Write something a friend might say — and come up with two helpful ways to reply.



Parent Tip: Model Empathy in Everyday Talk

Children learn empathy by hearing it. When you respond to your child’s stories with interest (“That sounds exciting!” or “I can see why that made you upset”), you’re showing them how to listen and care for others too.

Encourage your child to pause before replying in conversations and think, “*What response would make the other person feel understood?*” A few kind words can turn an everyday chat into a moment of connection.

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.”



My Thoughts

Your words have power — write them down!

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: _____

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?



Reflection Box: Building Stronger Connections

Great work! You've practiced using your voice, listening to others, and finding kind ways to solve problems. These skills help you build stronger friendships and make teamwork easier.

Take a few minutes to think about what you've learned:

1. What skill or habit helped you the most?
2. How did using these skills make your day better?
3. Who do you want to try these skills with next week?

★ **Remember:** Every time you speak with kindness, listen carefully, or stand up for yourself in a calm way, you're growing stronger on the inside *and* helping others feel good, too.