

A grayscale photograph of a young boy with dark, curly hair, looking upwards and to the right with a thoughtful expression. His right hand is resting on his chin. The background is blurred, showing some light-colored shapes.

THERAPEUTIC WORKSHEETS

Hello!

These FREE downloadable worksheets are excellent ice-breakers and are perfect for gathering insight into the mind of the child completing them...whether working with children in a residential, clinical, or institutional setting. These **printable worksheets** will help foster therapeutic discussions and help you to gain insight about the child or client you are working with.

Simply grab a pencil and get started! There is no order in which the worksheets need to be done and there is no right or wrong way for the child to answer. After the child is finished with a worksheet (or set of worksheets) then the parent, teacher, or mental health professional can sit down and process the answers with the child. You might just be surprised at what you learn!

Worksheets included:

1. Responsibility
2. Journal Questions re: Authority
3. Honesty
4. "How I Would Feel"
5. Taking Responsibility
6. "I Am Most Like..."
7. Choices
8. Conflict Resolution
9. Natural Consequences
10. "My Compliments to Myself"
11. Surviving Troubling Times
12. Journal Questions re: Anger
13. "Finish These Sentences..."
14. Fears Chart
15. "If I Were a Superhero..."

If you are interested in **60 additional therapeutic worksheets** then please check out the link on the page where you found these. These are high quality, low-cost worksheets that can benefit you and your child.

Thanks for checking us out!

RESPONSIBILITY

1. What does it mean to be responsible?

2. What responsibilities do you have at home?

1.
2.
3.

3. What responsibilities do you have at school?

1.
2.
3.

4. What responsibilities do you have in your community?

1.
2.
3.

5. In what ways do you demonstrate responsibility?

1.
2.
3.

6. Give examples of times when you are NOT responsible.

1.
2.
3.

7. What steps can you take to become a more responsible person?

1.
2.

JOURNAL QUESTIONS

1. What is an “authority figure?”

2. List *at least five* authority figures in your life.

1.	4.
2.	5.
3.	6.

3. Why is it important for you to respect these authority figures?

4. List three reasons you think your parents set limits on you at home.

1.
2.
3.

5. What directions or limits do you have the most difficulty with at home? Why?

6. How do you typically respond to limits or directions that you do not like?

1.
2.

7. How do your reactions help or hurt the situation?

HONESTY

1. What does it mean to be honest?

2. Why is it important to be honest?

3. When was the last time you were dishonest?

4. What were you trying to get by being dishonest (in the example above)?

5. Can people that are dishonest be trusted? Why or why not?

6. Check the behaviors below that you would consider DISHONEST.

- | | |
|---|--|
| <input type="checkbox"/> Stealing a toy from a friend | <input type="checkbox"/> Keeping money that someone dropped |
| <input type="checkbox"/> Sleeping in class | <input type="checkbox"/> Burping at the dinner table |
| <input type="checkbox"/> Exaggerating | <input type="checkbox"/> Copying someone else's homework |
| <input type="checkbox"/> Showing up late for dinner | <input type="checkbox"/> Cheating during a board game |
| <input type="checkbox"/> Lying to a friend | <input type="checkbox"/> Telling a girl you like her shirt when you really don't |
| <input type="checkbox"/> Spreading a false rumor | <input type="checkbox"/> Blaming someone else for something you did |
| <input type="checkbox"/> Borrowing a dollar from your mom | <input type="checkbox"/> Leaving your dirty dishes in your bedroom |

- | | | |
|---|---|---|
| 7. Do you consider yourself honest? | Y | N |
| 8. Would your friends consider you honest? | Y | N |
| 9. Would your teacher(s) consider you honest? | Y | N |
| 10. Would your parents consider you honest? | Y | N |

HOW I WOULD FEEL

Read each statement and label the feeling that is associated with each scenario.

When I see...

I feel...

someone throw trash out of a car window	
my favorite football team score a touchdown	
a young child throwing a tantrum	
a big spider crawling on my pillow	
my parents arguing	
an older child picking on a younger child during recess	
homeless people sleeping on the street	
a classmate cheating on a test	
a clown making balloon animals at a carnival	
a teenager vandalizing school property	
a friend win a contest that I really wanted to win	
someone fall and get hurt while rollerblading	
my mom hang up a test (on the fridge) that I got an "A" on	
a toy that I thought I had lost	
a car driving too fast in my neighborhood	
a wasp or hornet crawling on my arm	
crime stories on the news	
someone not wash their hands after using the restroom	
a shooting star	
a bird with a broken wing trying to fly	
a man helping an old woman carry her groceries	
a small child laughing and dancing at the park	
a large, mean dog running loose in the neighborhood	

TAKING RESPONSIBILITY

CHECK THE APPROPRIATE BOX AFTER EACH STATEMENT BASED ON WHETHER OR NOT YOU HAVE DONE WHAT IS DESCRIBED.

DESCRIPTION	TRUE	FALSE
I ONCE STOLE SOMETHING FROM ANOTHER PERSON		
I ONCE LIED TO AVOID GETTING IN TROUBLE		
I ONCE CHEATED ON A TEST		
I ONCE COPIED SOMEONE'S HOMEWORK		
I ONCE CHEATED DURING A BOARD GAME		
I ONCE STARTED A FIGHT WITH SOMEONE SMALLER THAN ME		
I ONCE THREW ROCKS AT A HOUSE, CAR, OR PERSON		
I ONCE LIED TO MY TEACHER		
I ONCE HURT AN ANIMAL ON PURPOSE		
I ONCE DESTROYED SOMEONE ELSE'S PROPERTY ON PURPOSE		
I ONCE PRETENDED TO BE SICK TO GET OUT OF GOING TO SCHOOL		
I ONCE CARRIED A WEAPON TO SCHOOL		
I ONCE WENT SOMEWHERE THAT I WAS NOT SUPPOSED TO BE		
I ONCE RAN AWAY FROM HOME		
I ONCE USED TOBACCO		
I ONCE BLAMED SOMEONE ELSE FOR SOMETHING THAT I DID		
I ONCE TOOK A RIDE WITH A STRANGER		
I ONCE RAN AWAY FROM SCHOOL		
I ONCE BROKE A WINDOW		
I ONCE LIED TO SOMEONE TO MAKE MYSELF LOOK BETTER		
I ONCE DRANK ALCOHOL		
I ONCE CUSSSED AT AN ADULT		
I ONCE ENCOURAGED SOMEONE TO DO SOMETHING WRONG		
I ONCE STARTED A FIRE		
I ONCE STOLE SOMETHING FROM A STORE		
THIS WORKSHEET WAS DIFFICULT		
I HAVE BEEN COMPLETELY HONEST WITH ALL OF MY ANSWERS		

I AM MOST LIKE...

For each set of three words, check off the one that is most like you.
Explain why on the line below.

☐ a tiger

☐ a kitten

☐ a snake

☐ an ocean

☐ a river

☐ a pond

☐ a comedy

☐ a drama

☐ a thriller

☐ a flower

☐ a weed

☐ a tree

☐ a harp

☐ an electric guitar

☐ a horn

☐ a doctor

☐ an attorney

☐ a police officer

☐ a smile

☐ a frown

☐ a tear

☐ a tennis shoe

☐ a loafer

☐ a sandal

☐ a scream

☐ a whisper

☐ a song

☐ lightning

☐ wind

☐ sunshine

CHOICES

1. List 3 choices that you have already made today.

A.

B.

C.

2. What is the best choice you ever made?

3. How did the choice in answer #2 affect you?

4. What is the worst choice you ever made?

5. How did the choice in answer #4 affect you?

6. List 3 important choices that you will have to make as you grow up.

A.

B.

C.

7. What choice do you look most forward to as you get older?

CONFLICT RESOLUTION

Read each example then give a brief description of how you would resolve the conflict.

1. A classmate is constantly teasing you at recess.

2. You and your brother both want to use the computer at the same time.

3. While playing baseball in the neighborhood, the pitcher says you hit a foul ball but you think it was a fair ball.

4. You and a friend are trying to decide who goes first while playing cards.

5. You are playing tag during recess and every time you tag a particular child, he claims that you didn't get him or he calls time-out.

6. Your sister keeps going into your room and using your things when you are not at home.

7. A friend keeps trying to get you to do things that you know are wrong.

8. You see an unfamiliar child in your neighborhood who has fallen off of his bike and is bleeding and crying.

NATURAL CONSEQUENCES

Match each behavior with its natural consequence.

BEHAVIOR

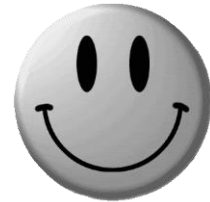
- _____ Playing "tag" in a parking lot.
- _____ Stealing money from your friend's room.
- _____ Teasing a neighborhood dog.
- _____ Running away from home.
- _____ Playing with matches.
- _____ Playing "catch" in the house.
- _____ Leaving your bike out in the yard all night.
- _____ Starting a fight with someone smaller than you.
- _____ Smoking a cigarette.
- _____ Dropping out of school.
- _____ Lending a friend \$5.
- _____ Having a bad attitude.

NATURAL CONSEQUENCE

- A. Might break something expensive.
- B. Might get hit by a car.
- C. Might not have any friends, people might not like you.
- D. Might get addicted, could end up getting cancer or yellow teeth.
- E. Might lose trust or lose a friend.
- F. Might get attacked and/or bit.
- G. Might get beat up and embarrassed.
- H. It could get stolen.
- I. Might not get your money back.
- J. Might not be able to get a good job.
- K. Could burn the house down, could burn yourself.
- L. Someone might take advantage of you or hurt you.

MY COMPLIMENTS...TO MYSELF

I AM
GOOD
AT...



I FEEL
GOOD
WHEN I...

I AM A
GOOD FRIEND
BECAUSE...



MOST PEOPLE
REALLY LIKE MY...

I AM A
GOOD PERSON
BECAUSE...

I AM
PROUD
OF...

I KNOW I AM
LOVED BECAUSE...



JOURNAL - ~~ANGER~~

1. List 5 things that make you the most angry.

a.
b.
c.
d.
e.

2. What thoughts go through your mind when you get angry at someone?

3. What thoughts could you substitute in order to help you with your anger?

4. What are some of the poor choices you have made as a result of your anger?

5. What could you do different next time in order to avoid making poor choices when angry?

a.
b.

FINISH THESE SENTENCES

I once stole _____ from _____.

I hurt _____ when I _____.

I lied when I said, “_____.”

I once _____ when I was angry.

It was unsafe for me to _____.

It hurts others when I _____.

I wish I could stop _____.

I am going to try to _____.

I am a _____ person.

I feel bad about _____.

I feel good about _____.

I often worry about _____.

When I grow up, I'm going to be _____.

I'm glad that I am _____.

I wish I knew how to _____.

Someday I'm going to _____.

FEARS CHART

On the chart below, place an “X” or color in the number of boxes that corresponds to your level of fear with regards to each fear. Example: No “X’s” means no fear, “5” means mild fear, “10” means it causes high anxiety, and anything higher than “13” means it causes a considerable amount of fear.

[illegible]

IF I WERE A SUPERHERO...

**I WOULD CHOOSE TO HAVE
THE FOLLOWING ABILITY:**

(choose 1)

- ☐ ABILITY TO BECOME INVISIBLE
- ☐ ABILITY TO FLY
- ☐ ABILITY TO READ MINDS
- ☐ ABILITY TO SEE THROUGH WALLS
- ☐ ABILITY TO MOVE THINGS WITH MY MIND
- ☐ ABILITY TO TRAVEL THROUGH TIME
- ☐ SUPER-HUMAN STRENGTH

THIS IS HOW I WOULD LOOK.

THIS IS WHAT I WOULD DO WITH MY SPECIAL ABILITY: