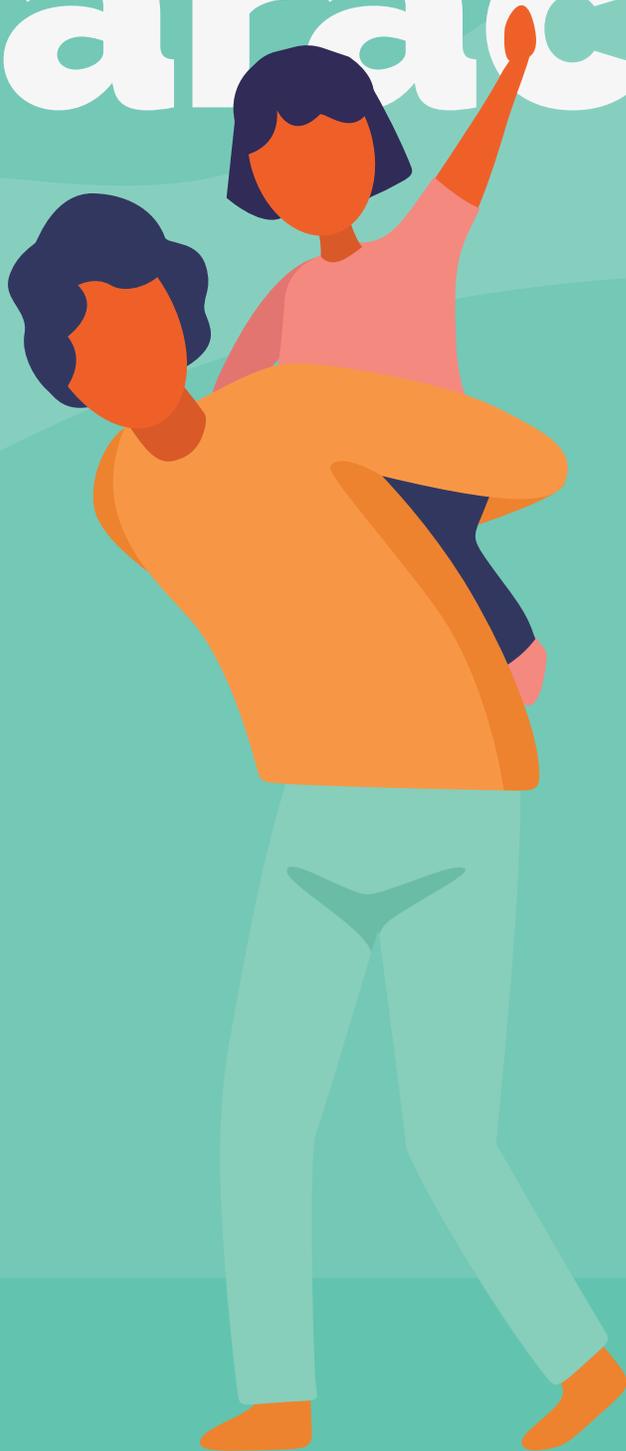


building character

ACTIVITY
BOOK



A North
Dakota
Behavioral
Health
Initiative

PARENTS LEAD.ORG

know your feelings

Talk to your family, friends or teachers about your feelings. This will help you learn and grow.

Draw a line from the faces to the words that match.



“THAT’S FUNNY.”

“OH NO!”

“I’M SO HAPPY.”

“THAT MAKES ME MAD.”

“I’M TIRED.”

“I WILL MISS YOU.”

Answer on page 20.

ask for help

Family and friends help us when we have problems. If you have a problem, talk to your mom or dad about it.

YOUR FRIEND
LOST THEIR TOYS
AT THE PARK.

CAN YOU HELP
FIND THEM ALL?



Find the hidden toys.

BAT BALL FRISBEE SCOOTER KITE PAIL

Answer on page 20.

introduce yourself



You can make new friends. Tell them your name and something about you.

WHAT IS YOUR FAVORITE...

ANIMAL _____

MOVIE _____

SPORT _____

FOOD _____

COLOR _____

SONG _____

BOOK _____

VIDEO GAME _____

follow instructions

Parents and teachers want to see you shine.

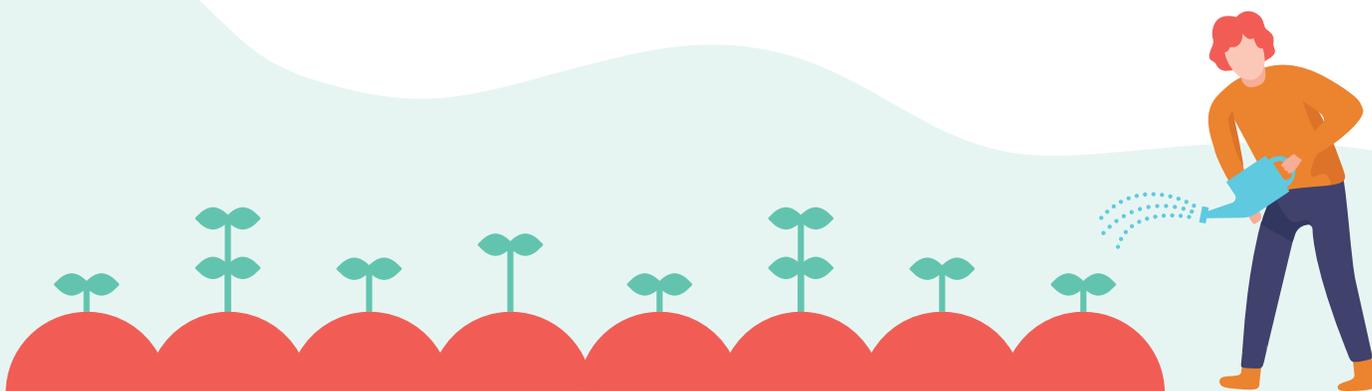
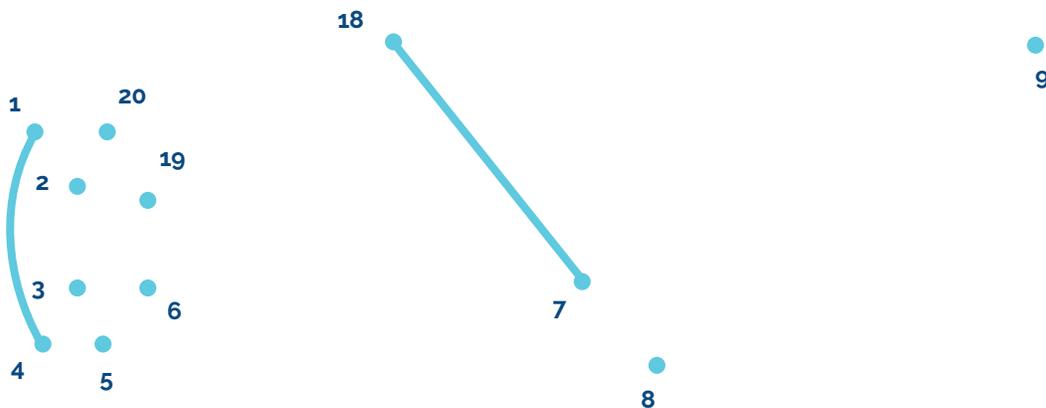
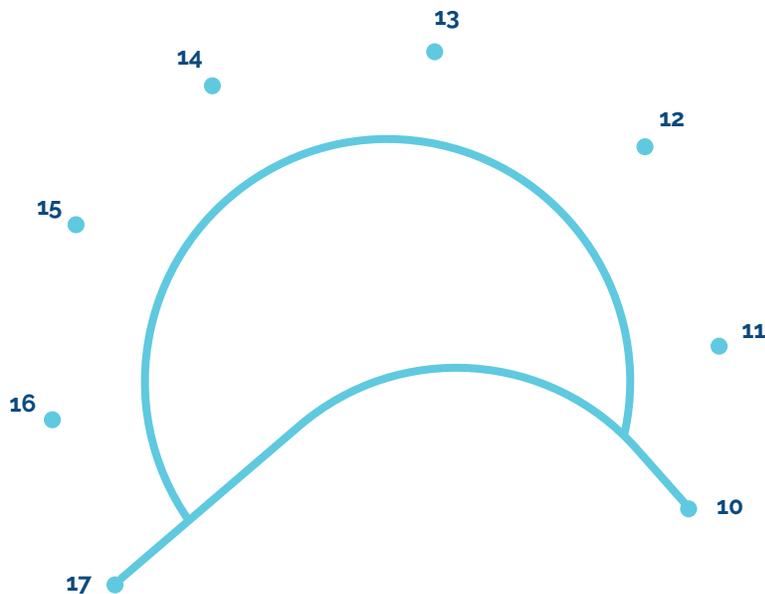
Stay on task and focus when they:

- Give you chores
- Assign homework
- Ask you for help

DAD NEEDS YOUR HELP.

CONNECT THE DOTS TO SEE WHY.

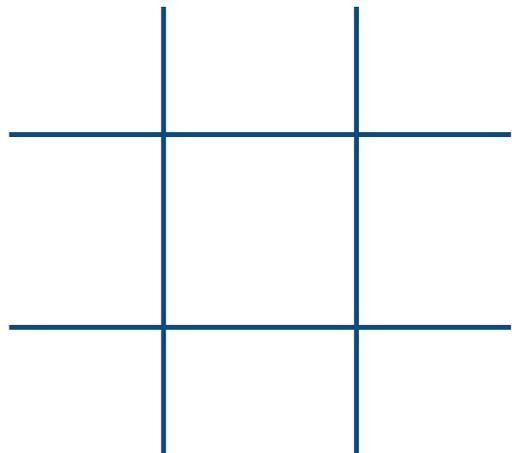
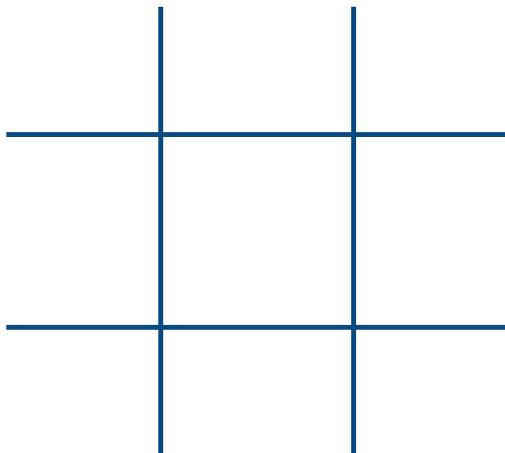
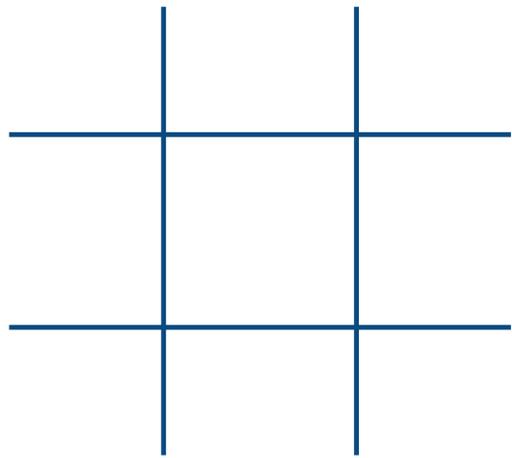
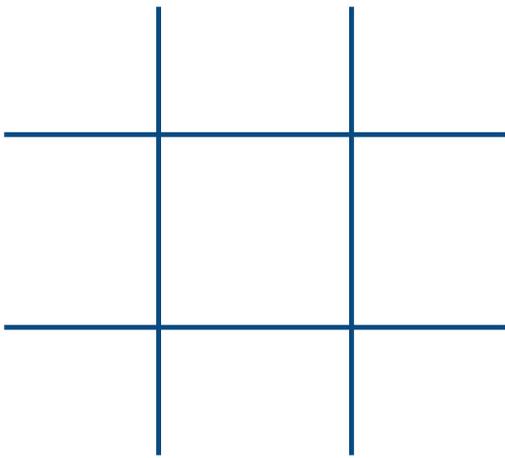
Answer on page 20.



be a good sport

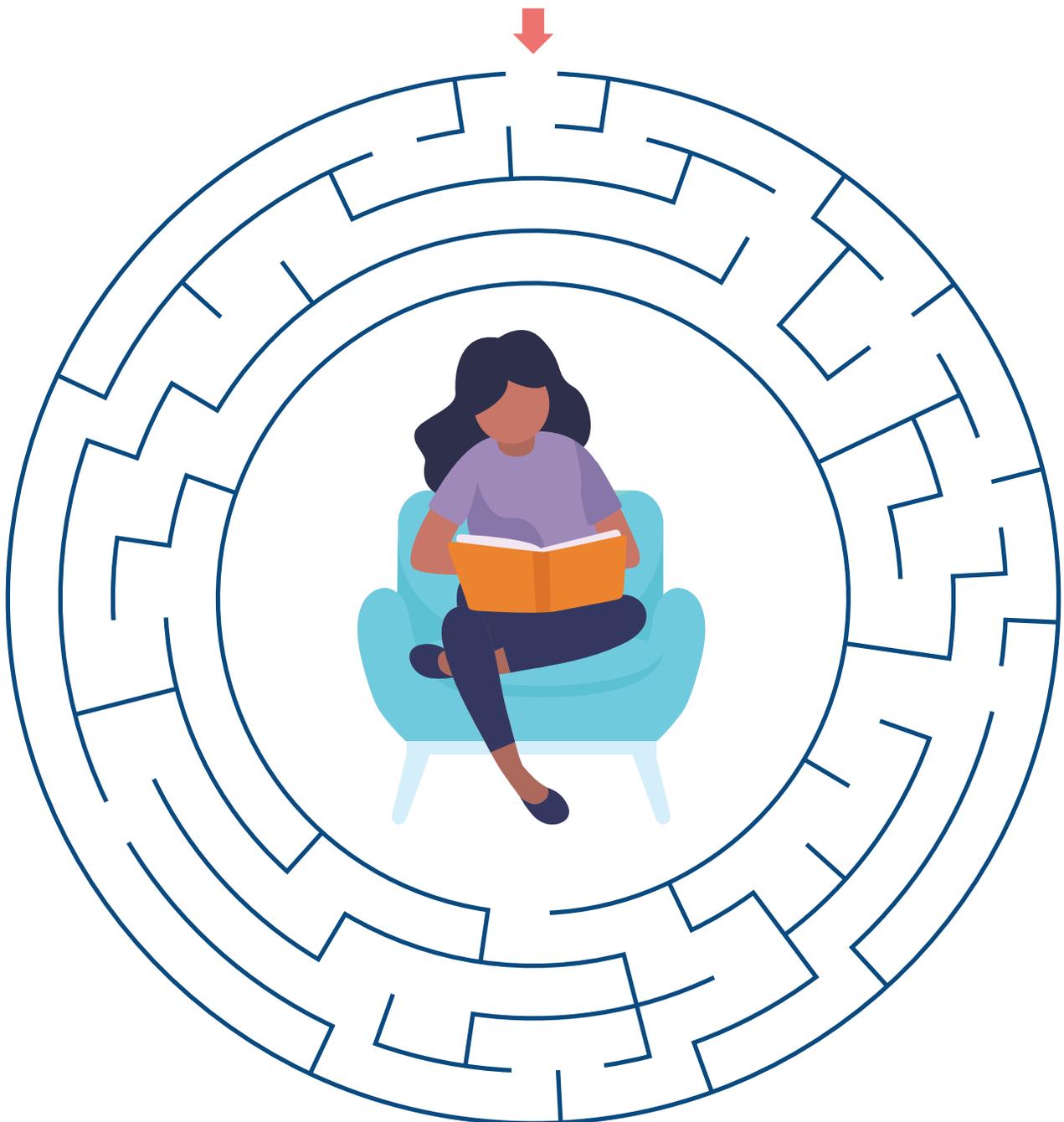


Find a friend to play tic tac toe with you. If you lose, don't get mad. Smile and say "good job" to the winner.



find a quiet place

When you're angry, it can be hard to calm down.
Sometimes, finding a quiet place is a good idea.
Find your way through the maze.



break it down



When you have a problem, try breaking it down into smaller parts.

HOW MANY SMALLER WORDS CAN YOU MAKE OUT OF THE LETTERS IN THE BIGGER WORDS BELOW?

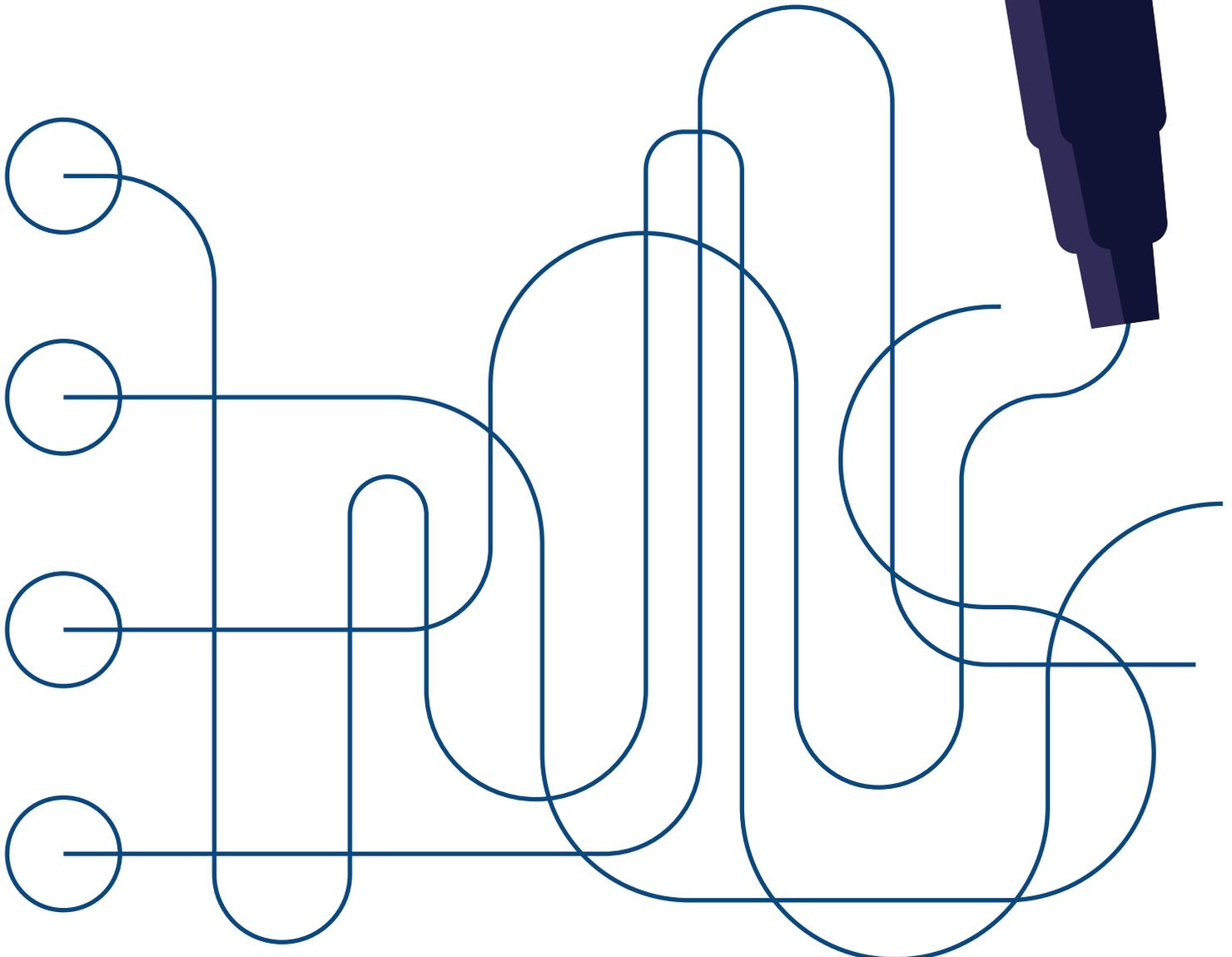
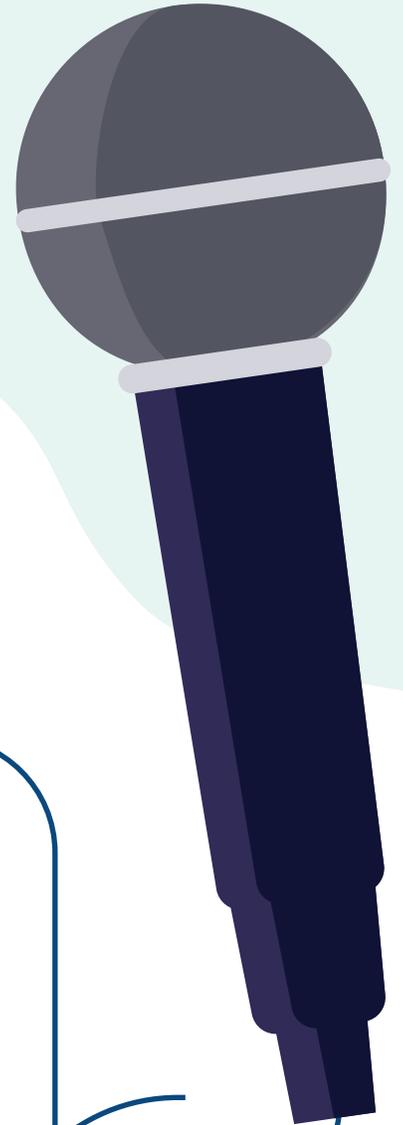
Controlling Emotions

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

listen up

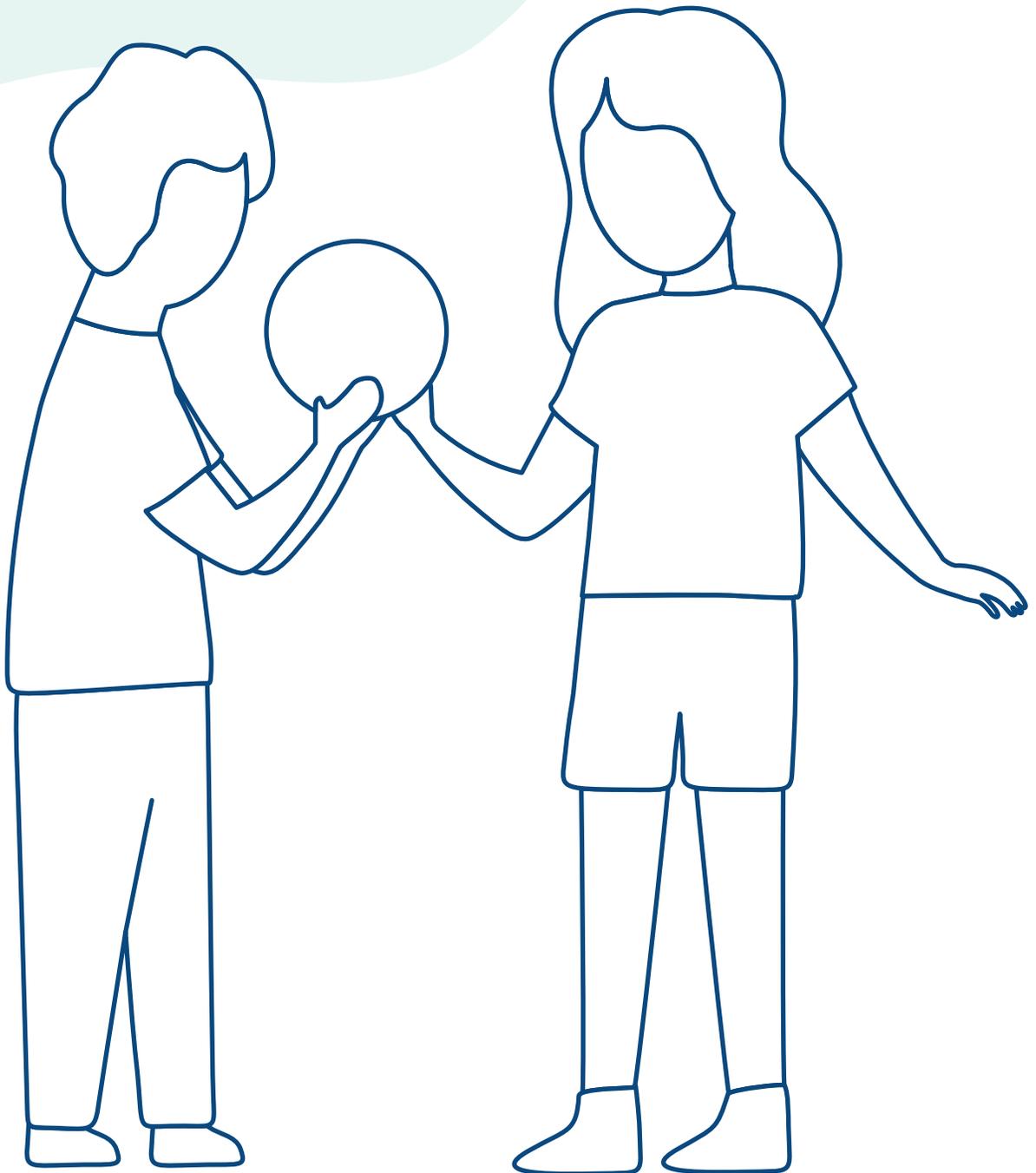
When someone is talking, it's good manners to stay quiet and listen.

Can you follow the cord and see which one is attached to the microphone? Put an X in the circle to turn it on.



share and care

Sharing is one way to show kindness to others. Let your friends and family play with your toys to show them you care.



compliment yourself

Fill in the blanks with your name and special things about you. Then read it out loud to your mom or dad. Ask them what they think makes you special.

_____ is very _____ !
(YOUR NAME) (POSITIVE WORD)

I bet you didn't even know that _____ is
(YOUR NAME)

(SOMETHING THAT MAKES YOU SPECIAL)

_____ is also really good at
(YOUR NAME)

(SOMETHING YOU ARE GOOD AT)



feel your feelings

It's ok to feel angry, sad, worried or frustrated sometimes. It's what you do with your feelings that matters. Talk to your mom or dad about things you can do when you're feeling badly.

E R U Z U V A M A Y I W
I H C B K T V D R V K H
S H T I N H X H F V Q M
O B P A G C O U N T M Y
W F E U E E S R W T O Y
Y A A W T R E E R T V H
S L L Y A A B T R M E L
C O Z K D R M I O R N C
D B M K B X D R K L A T
N S W O L L O W F Q X K
B E I D Z E Z H L H P X
J I E K R L V P T I C J

Answer on page 21.

Find the words.

WALK	WRITE	COUNT
MOVE	READ	TALK
BREATHE	LAUGH	DRAW



you're in control

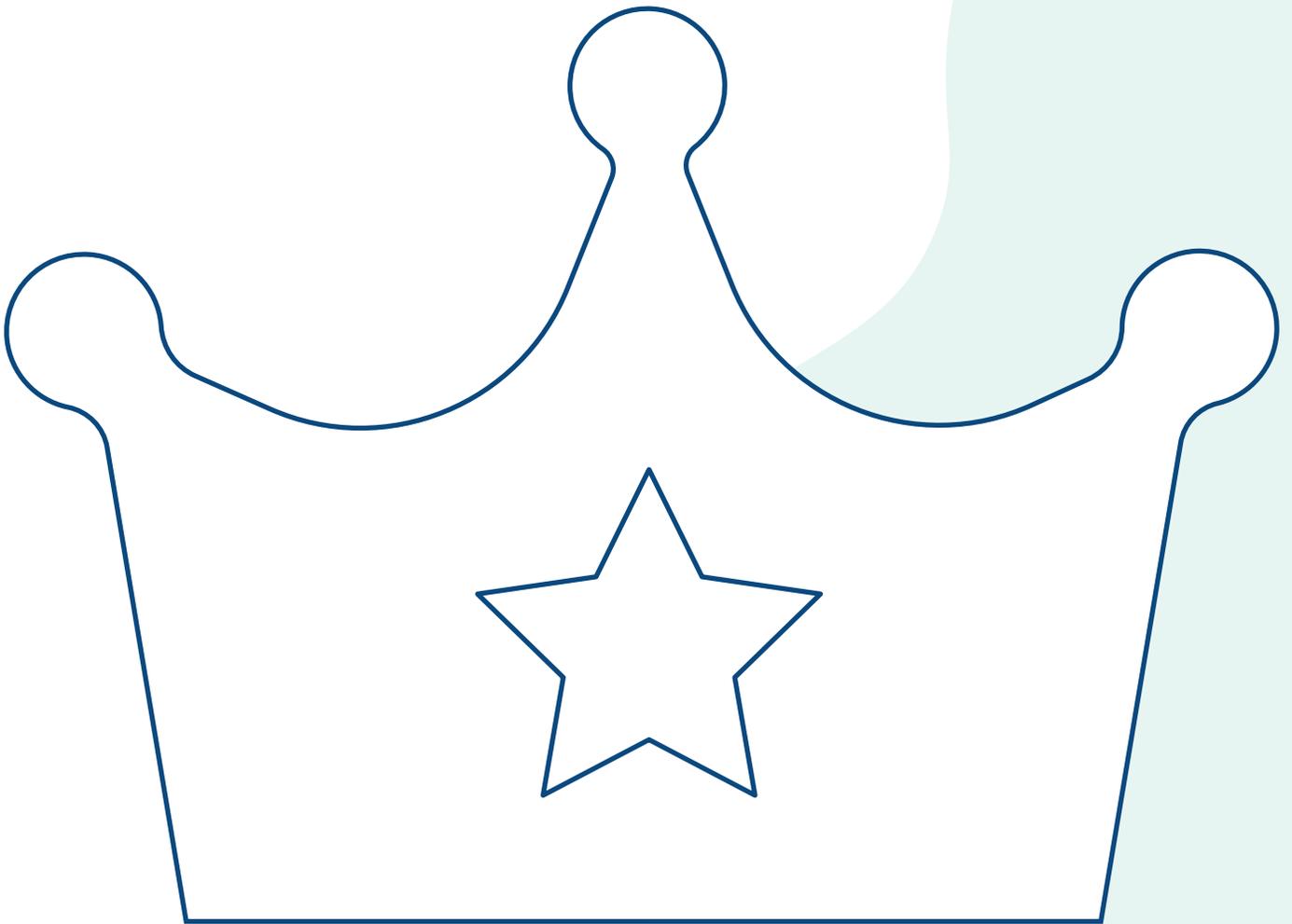


Fill in the blanks of the story.
Then, write your own ending.

A NEW STUDENT NAMED _____ CAME TO
SCHOOL TODAY. _____ WAS ALONE AT RECESS
SO I ASKED IF THEY WANTED TO CLIMB ON THE JUNGLE
GYM WITH ME. _____ KICKED SAND AT ME AND
RAN AWAY. I FELT _____. LATER,
_____ CAME BACK AND SAID SORRY TO
ME. I SAID _____ AND WE _____.

my special qualities

Everyone has their own special qualities that make them unique. What are yours? Write them inside the crown.



be kind to yourself

Self-talk is what you say to yourself about who you are. Saying nice things makes you feel good. Color each flower and say something kind to yourself.

I AM A
GOOD PERSON.

I AM GETTING
BETTER AT _____

I WORK
HARD.

I DO MY BEST.

I SHARE
WITH OTHERS.

I DON'T GIVE UP.

show you care

Empathy means you understand the feelings or emotions of someone else. Read the examples with your mom or dad. Talk about what each person might be feeling and how you would react.

- You missed a basket today, but your teammate scored three times and you won the game.
- Your classmate broke their leg and can't play during gym.
- A new kid started going to your school. She sat alone at lunch all week.
- At your friend's birthday party, one of the kids won't share a toy you want to play with. When it is time to go home, you are disappointed.
- Your friend studied for the test, but did not pass.
- You go to your friend's house to play. Their younger sibling wants to play, too.

PARENTS

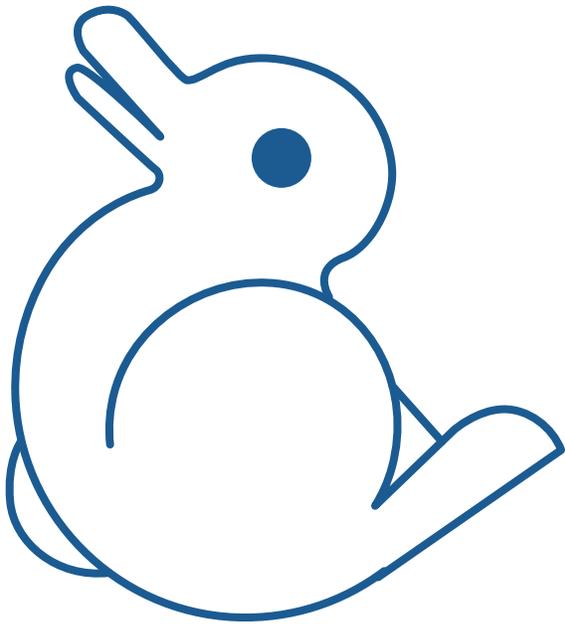
Ask your child what they would say or do in each scenario. Help them focus on a positive response to the situation, practicing empathy for others.



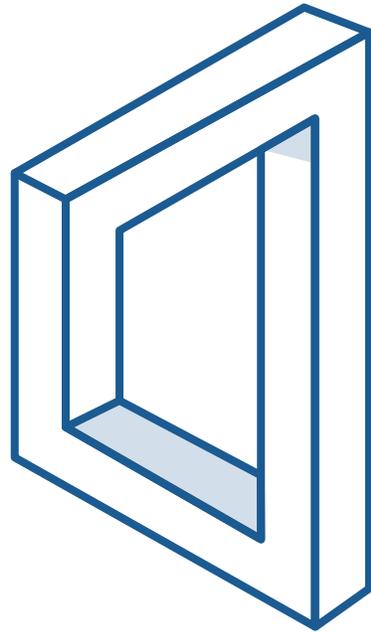
what do you see?

Sometimes you, your family or friends see your emotions differently.
Not everyone sees the same thing.

DO YOU SEE A BUNNY OR DUCK?



CAN YOU BUILD THIS?



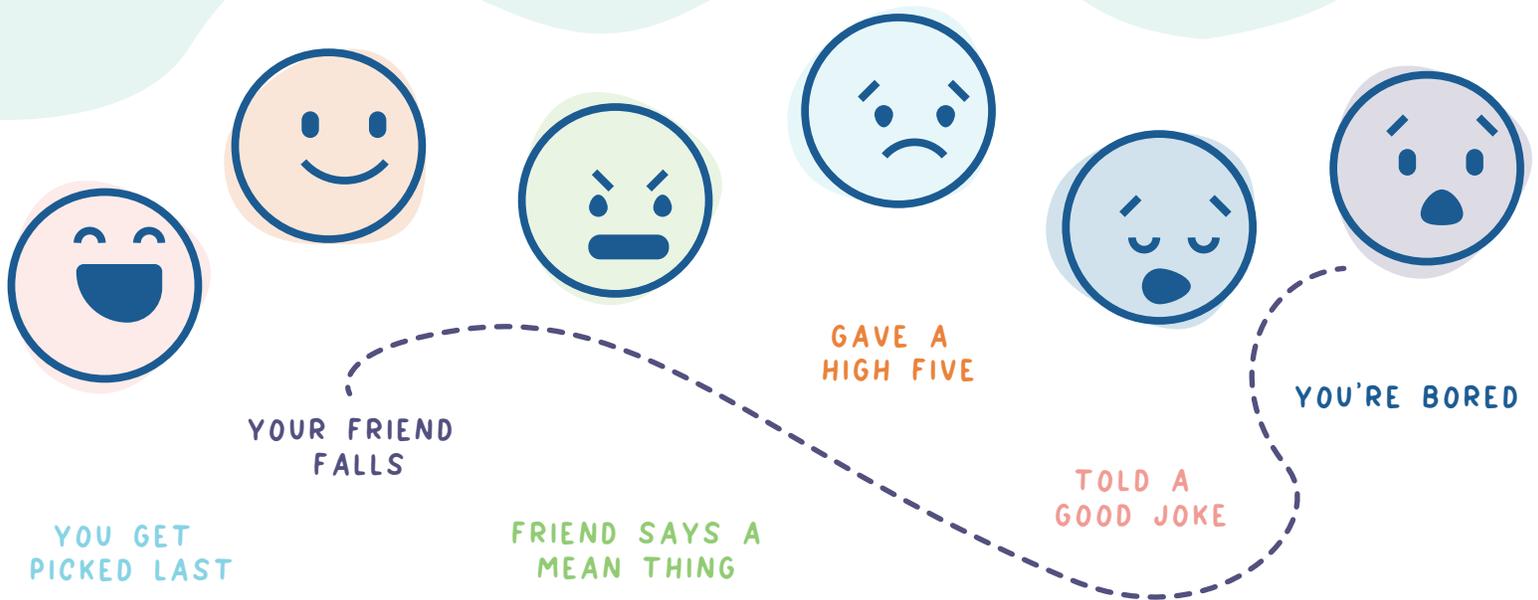
IS THE GREEN OR BLUE LINE LONGER?



Answer on page 22

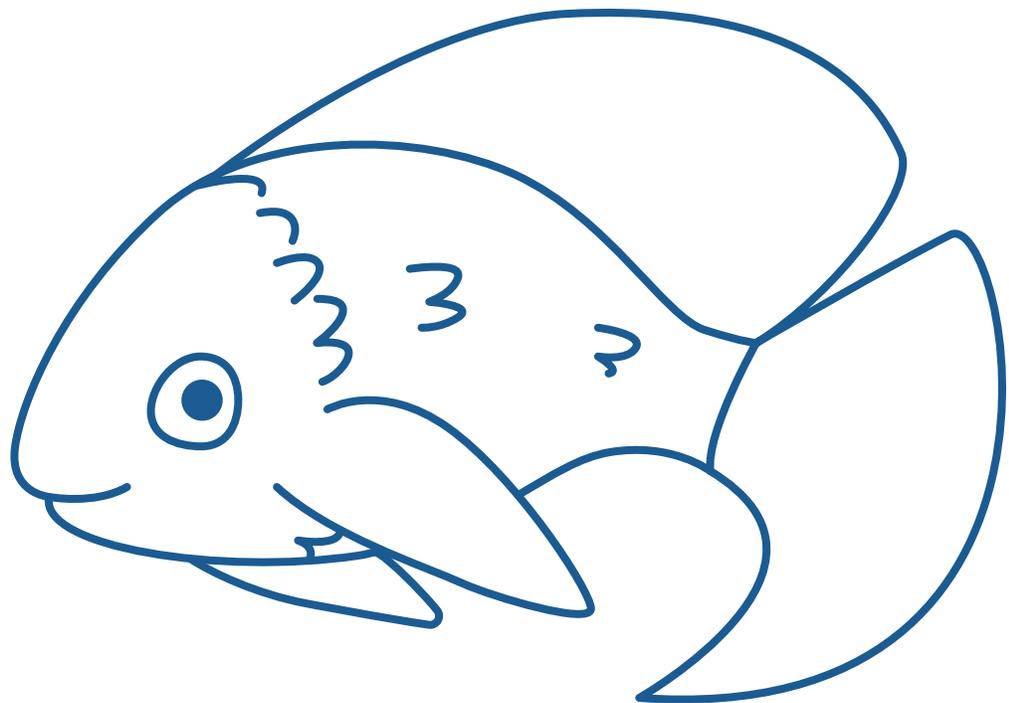
make it match

Feelings can match to faces. Feelings also match to actions. If someone gives you a gift, being sad doesn't match. What about smiling and saying "thank you"? That's a match.



FOLLOW THE CODE
AND COLOR THE FISH.

SCALES = GREEN AND BLUE
FINS = ORANGE
HEAD = RED
TAIL = YOUR CHOICE!



stop and count

How can you keep calm if you're angry or frustrated? Just taking a moment to breathe and count to ten helps a lot. What do you do to keep calm?

COUNT THE NUMBER OF EACH KIND OF INSECT.

BUMBLEBEES:

DRAGONFLIES:

GRASSHOPPERS:

ANTS:

LADYBUGS:



tips for parents

MANAGING STRESS

While a bit of stress is normal, too much stress can be unhealthy for a child's developing mind and body. Here are some common life events that can increase stress levels:

- Being away from home
- Peer relationships
- Daily schoolwork
- Divorce of parents
- A new baby
- Moving to a new town
- Parent being called for deployment

KEEP YOUR CHILD'S STRESS LEVELS IN CHECK

Help them slow down. Activities are great, but children need time to relax and recharge. Family meals are a great time for a little break together.

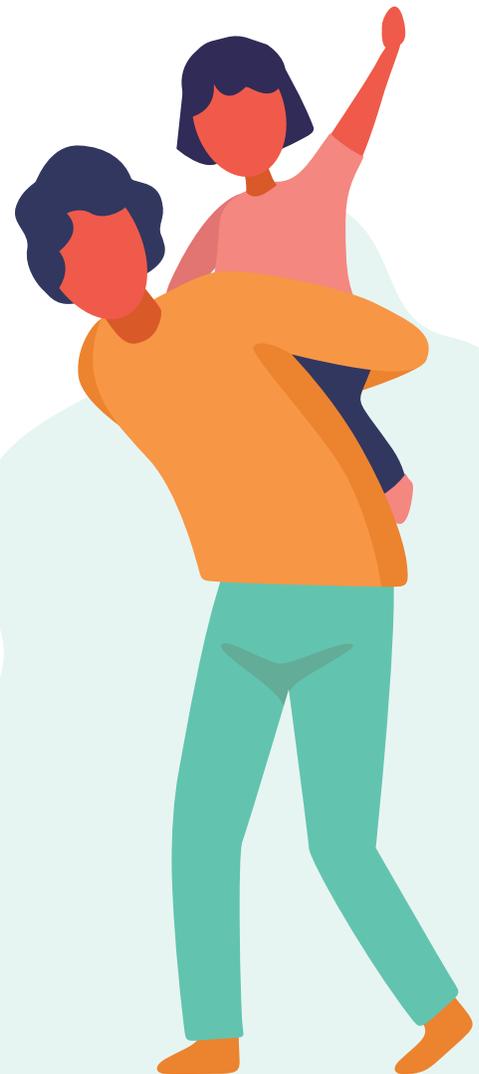
Encourage exercise. Exercise releases endorphins that relieve stress and help with sleep. Encourage your kids to join sports or do activities as a family.

Make sleep a priority. Lack of sleep can cause irritability. Have a bedtime routine for your children and keep electronics out of the bedroom.

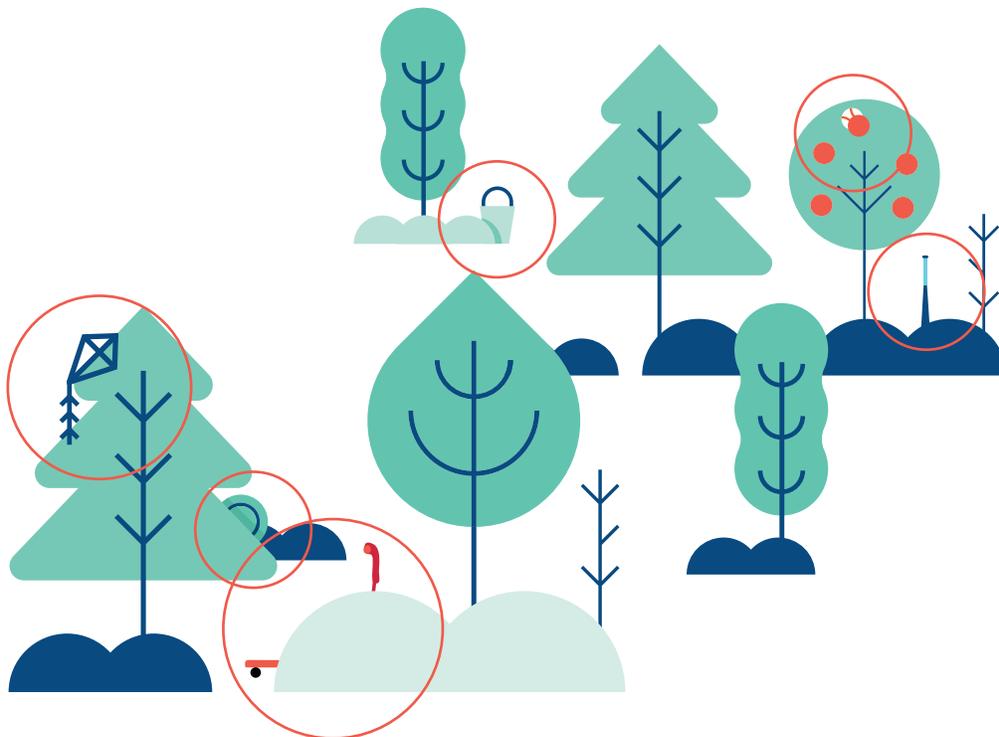
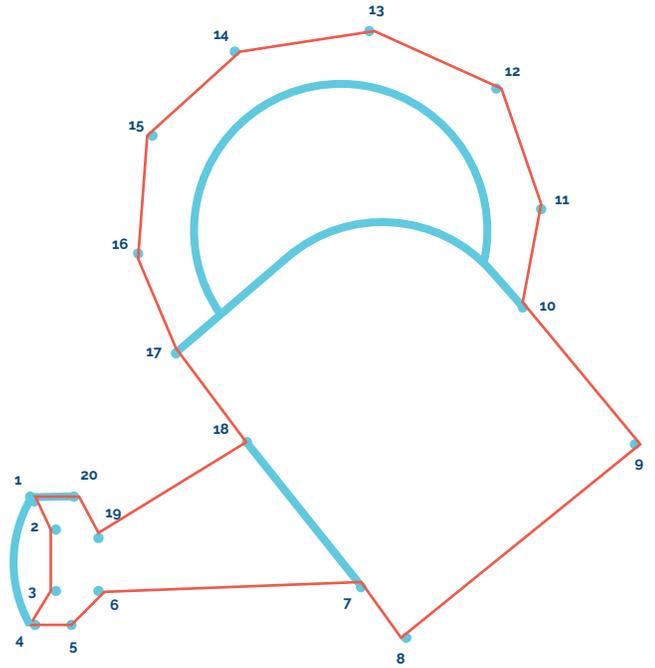
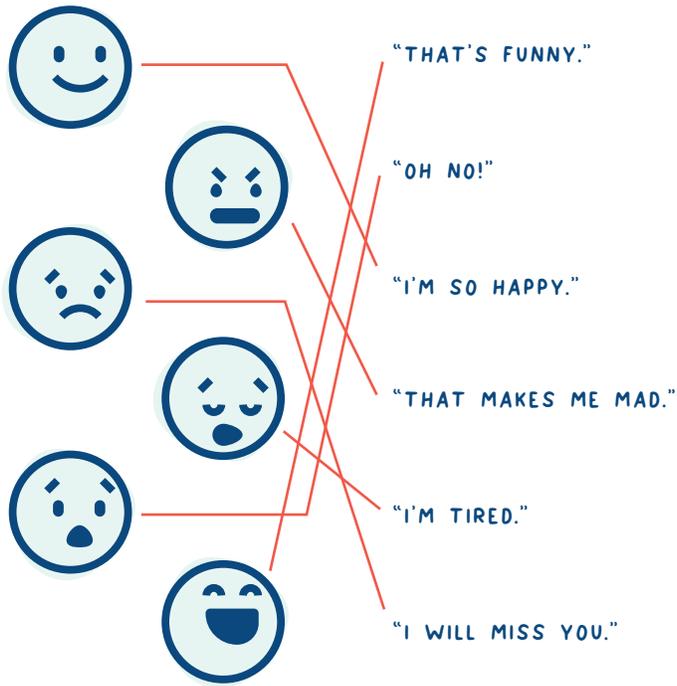
Help them eat well. Children need nourishment to get through the day. Don't skip breakfast, incorporate fruits and vegetables into their diet, and make sure they drink plenty of water.

Talk with them. Bottled-up emotions can wreak havoc on a child's thought process. Encourage them to talk about their thoughts and feelings with you, a trusted friend or teacher.

Visit [ParentsLead.org](https://www.ParentsLead.org) for more information.



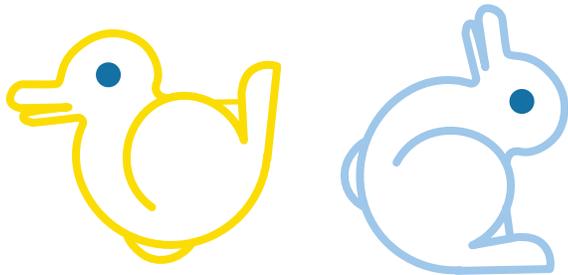
answer key



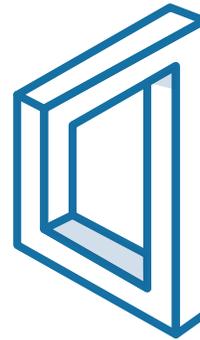
answer key

ILLUSIONS

You can see a duck or a bunny!



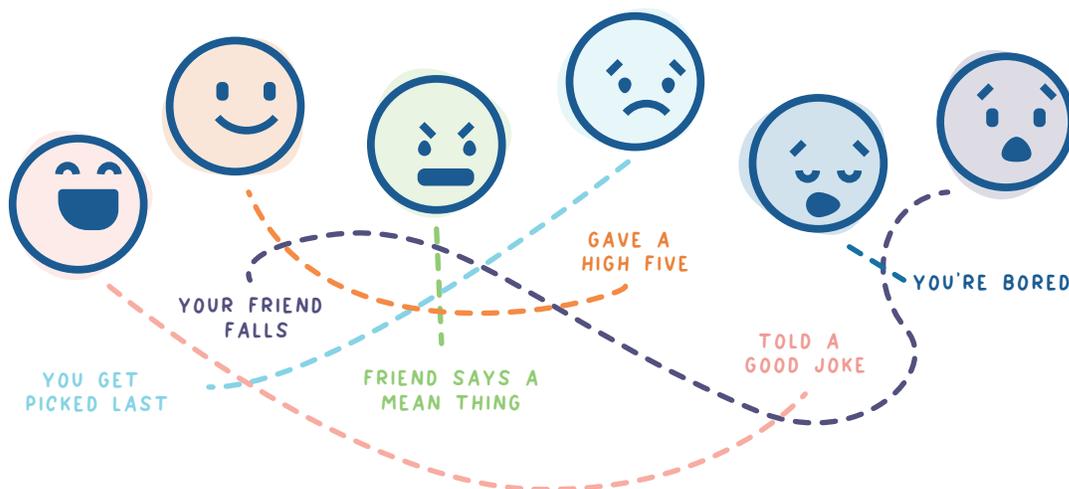
This object could not be built



The lines are the same length



MATCH FACES TO ACTIONS



COUNT THE NUMBER OF EACH KIND OF INSECT.

BUMBLEBEES: 1 DRAGONFLIES: 2 GRASSHOPPERS: 4 ANTS: 5 LADYBUGS: 3

PARENTS LEAD.ORG

A North
Dakota
Behavioral
Health
Initiative

North Dakota Behavioral Health leads initiatives that meaningfully impact behavioral health for all North Dakotans.