building character

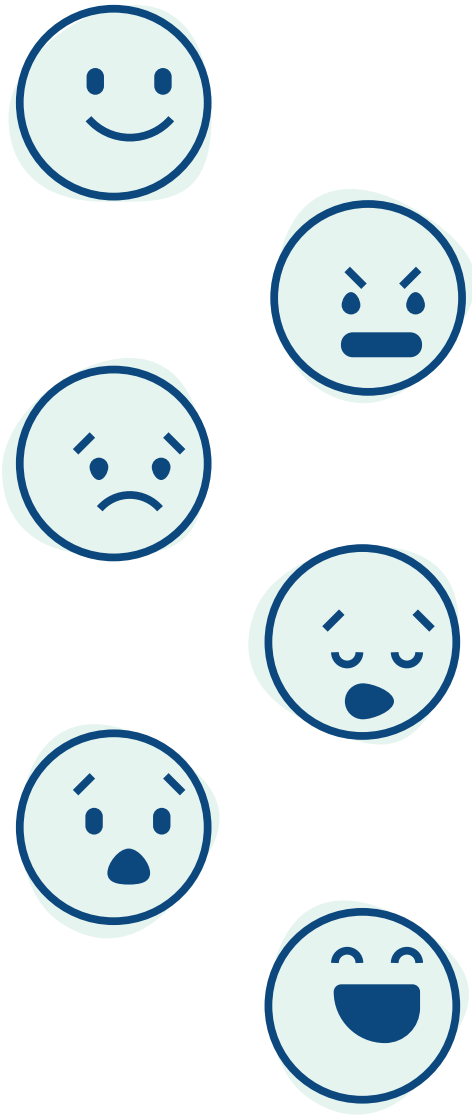
ACTIVITY BOOK

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 18.

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 18.

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.

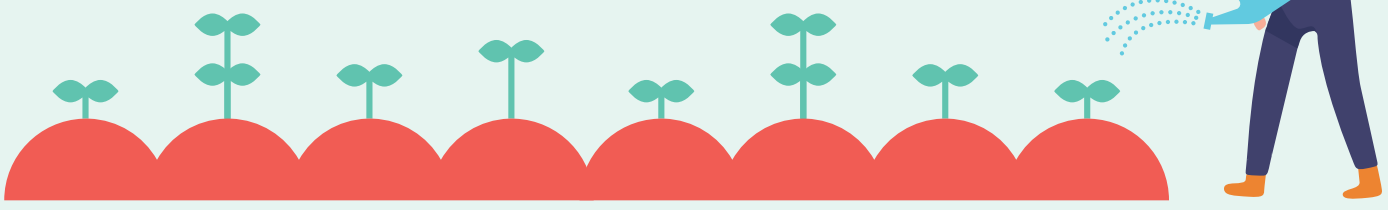
Stay on task and focus when they:

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

DAD NEEDS YOUR HELP.

CONNECT THE DOTS TO SEE WHY.

Answer on page 18.

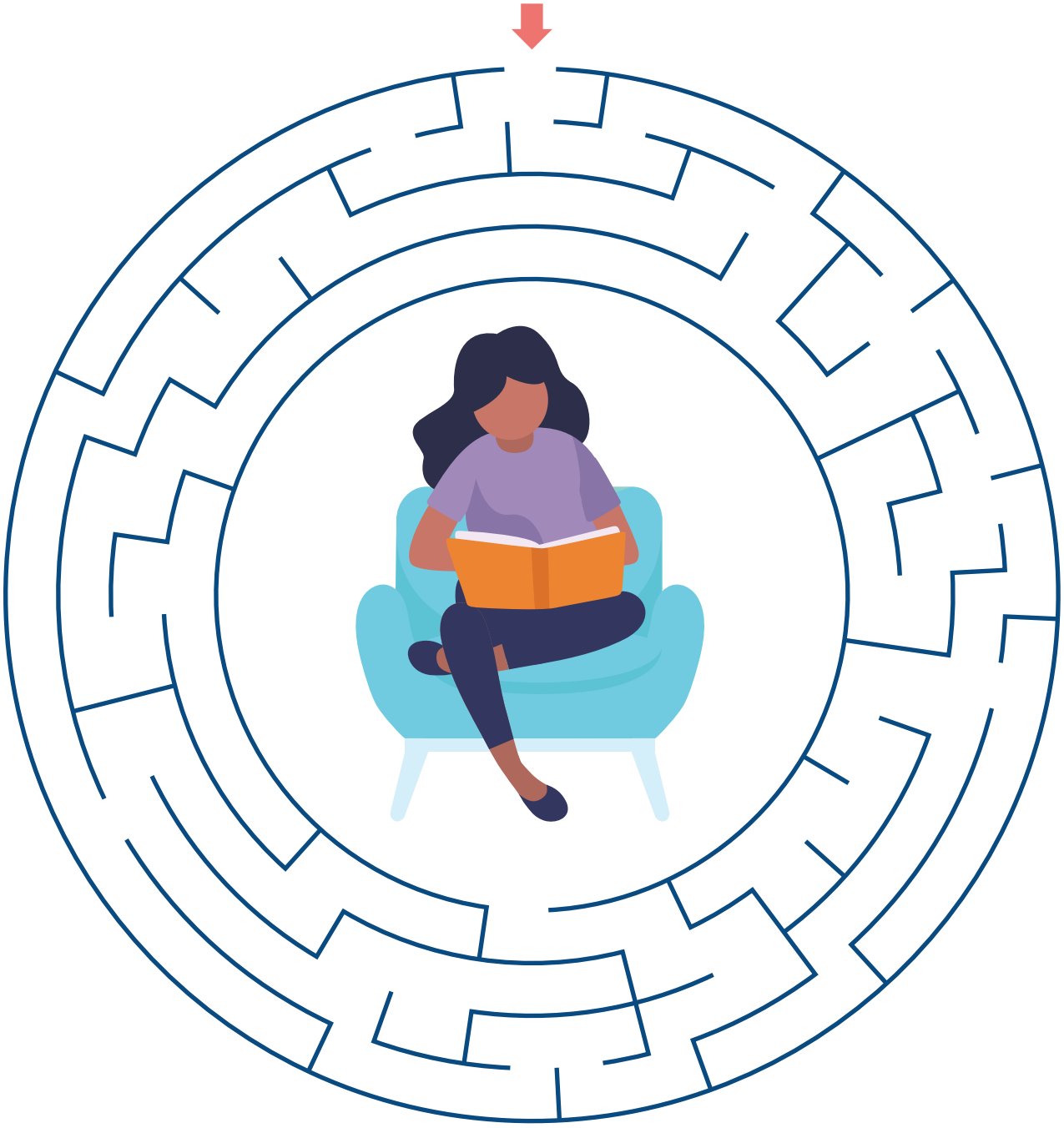


be a good sport

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.



Answer on page 19.

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

do the right thing

If you hurt someone's feelings, what should you do? Follow the steps to find out.

1. CROSS OUT ALL THE U'S
2. CROSS OUT ALL THE N'S
3. CROSS OUT ALL THE I'S

S	N	A	N	Y
I	S	O	U	R
R	U	Y	I	T
N	O	N	T	I
I	H	E	M	U

_ _ _ _ _ _ _ _ _ _

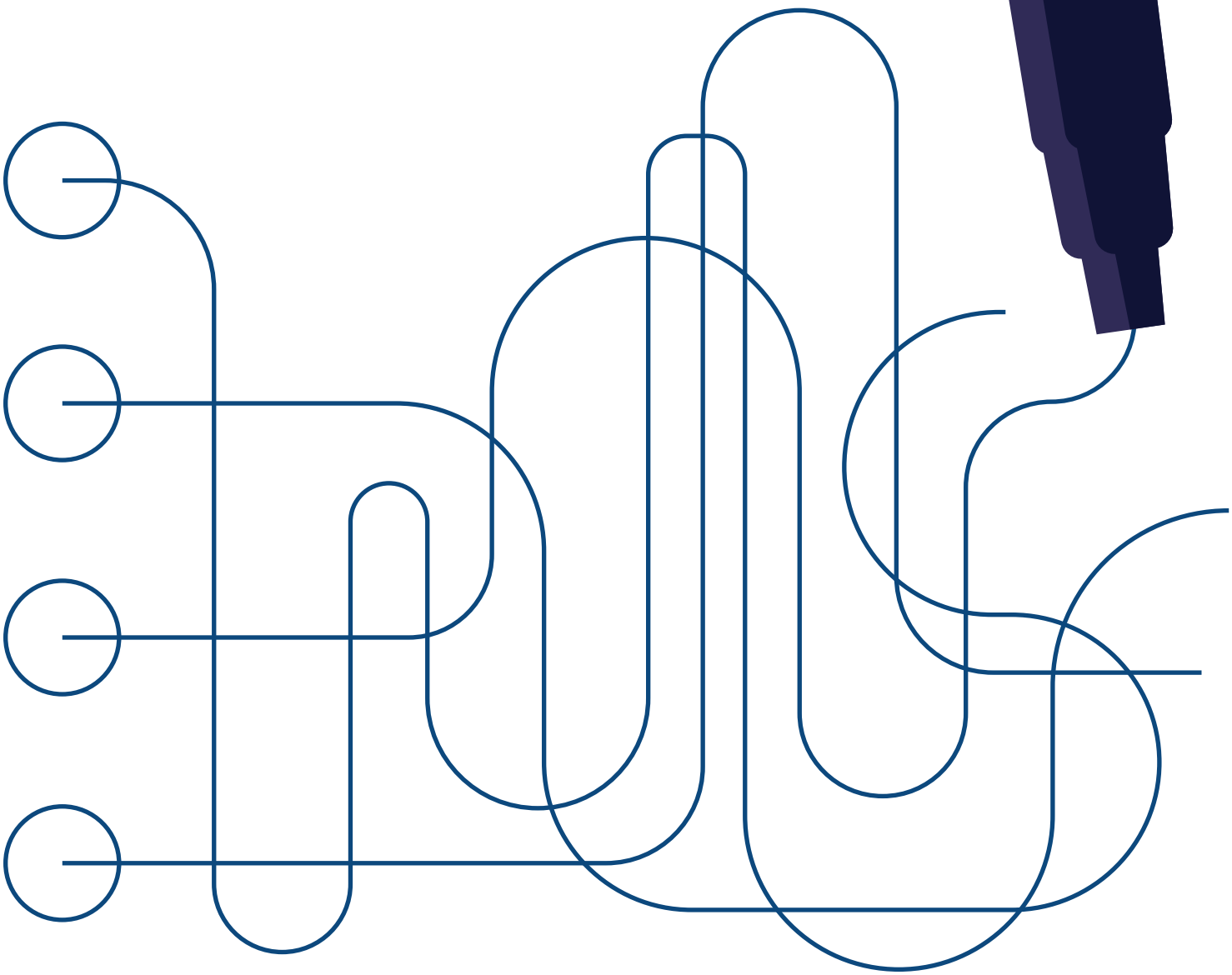
_ _ _ _ _ _ _ _

Answer on page 19.

listen up

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

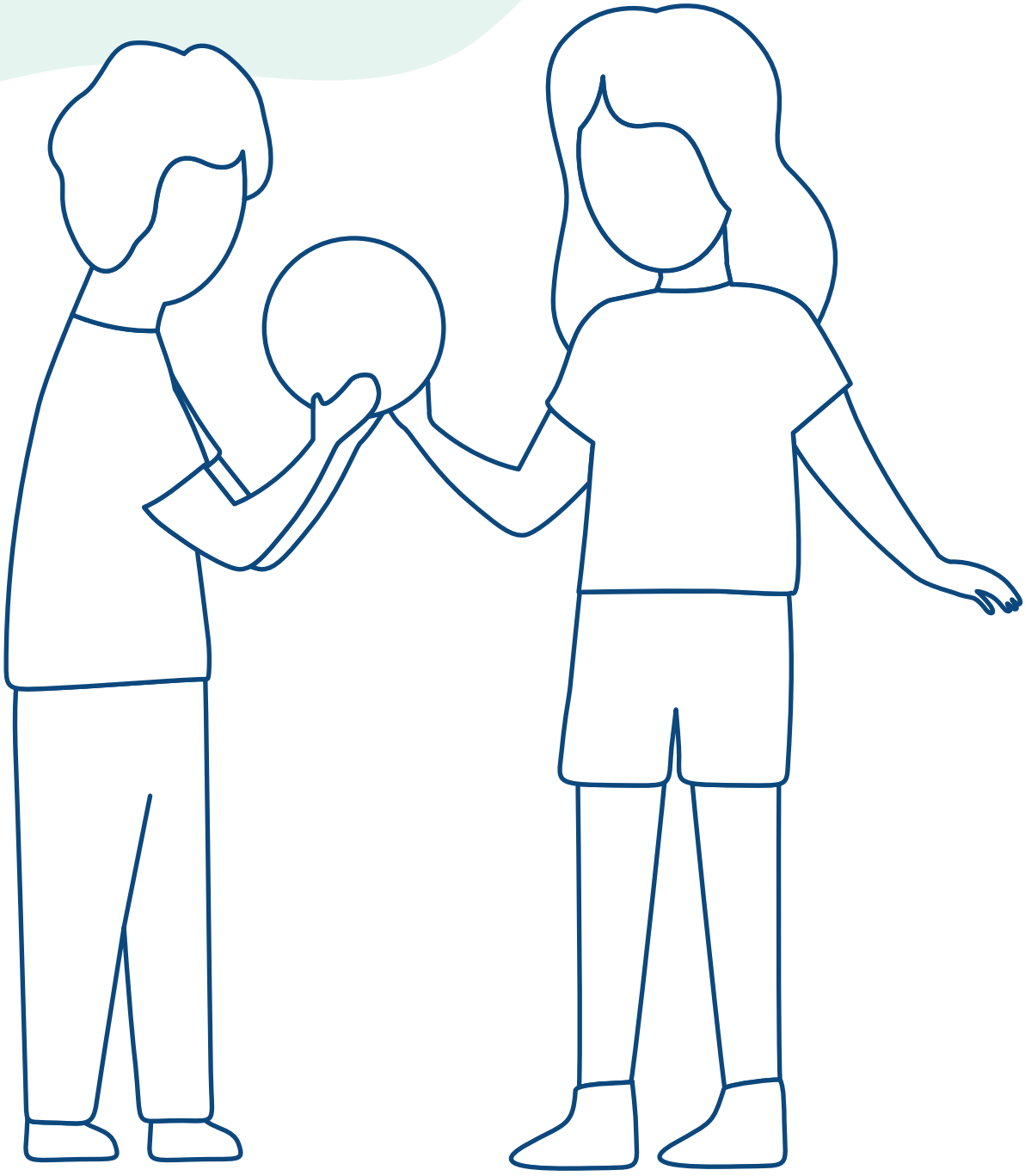
Can you follow the cord and see which one is attached to the microphone? Put an X in the circle to turn it on.



Answer on page 19.

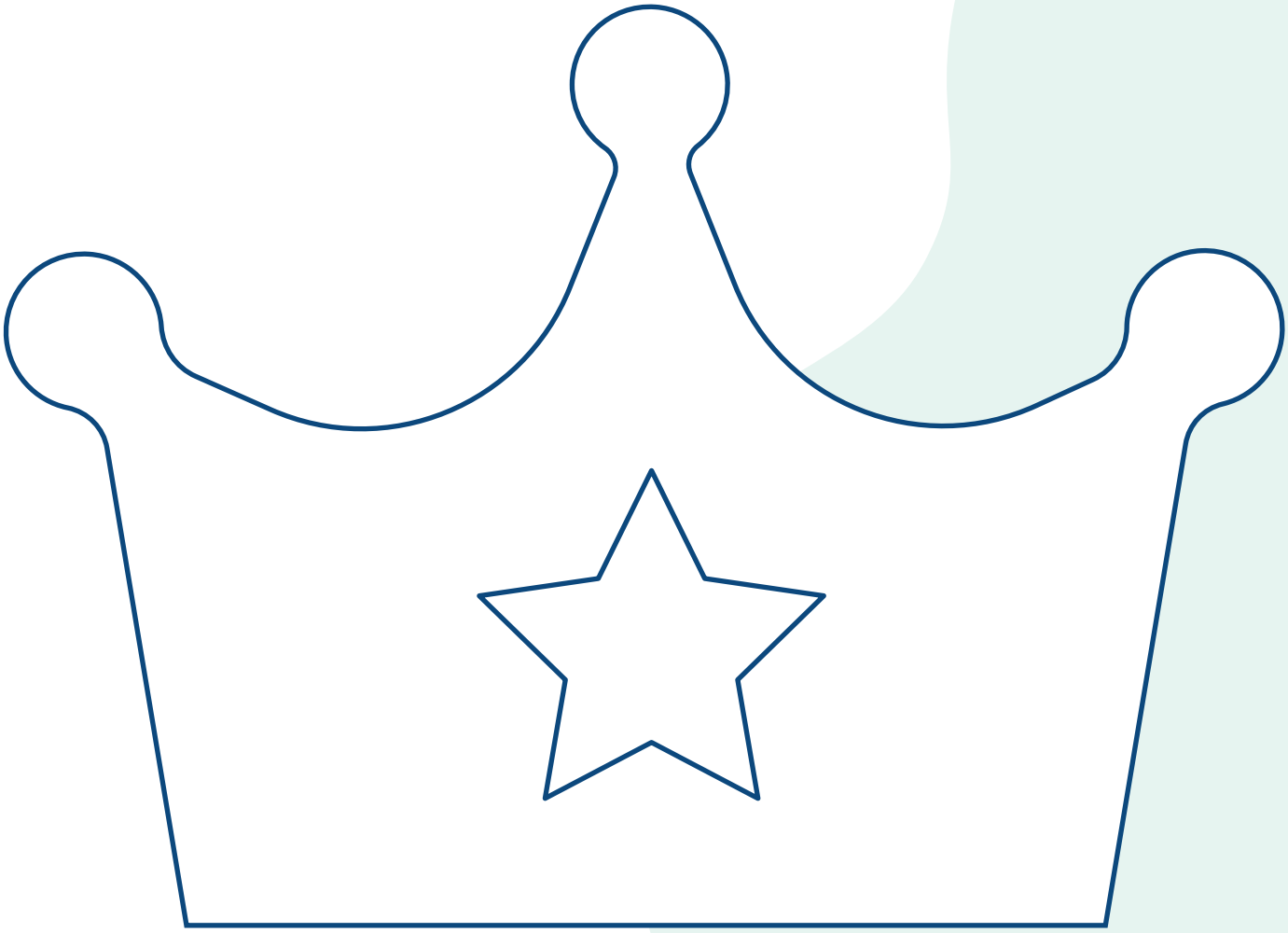
share and care

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



my special qualities

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



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

Find the words.

WALK
MOVE
BREATHE
WRITE
READ
LAUGH
COUNT
TALK
DRAW

Answer on page 19.

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 _____.

_____

_____

_____

_____

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)

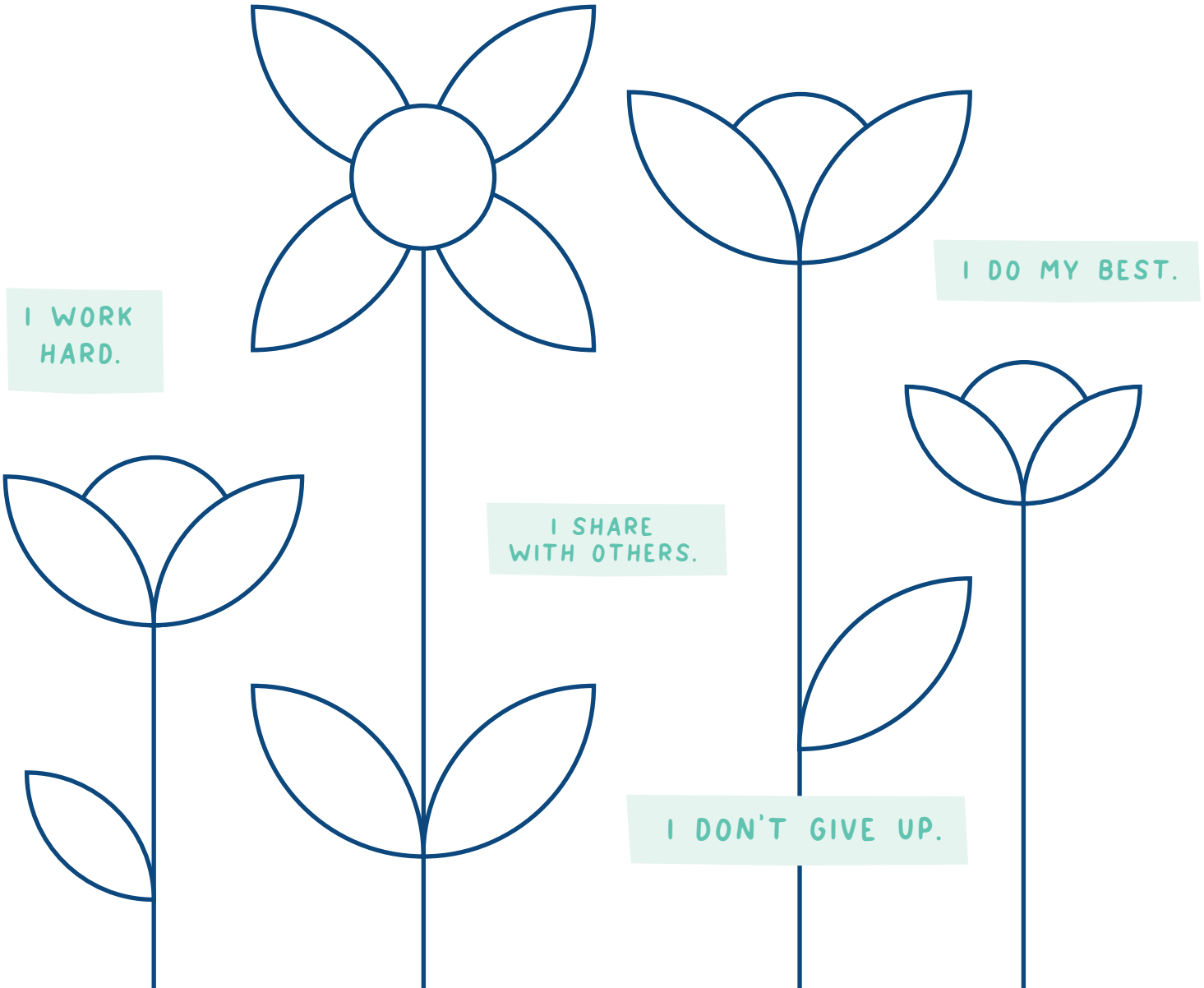
be kind to yourself

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 GETTING BETTER AT _____

_____

I AM A GOOD PERSON.



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.

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.

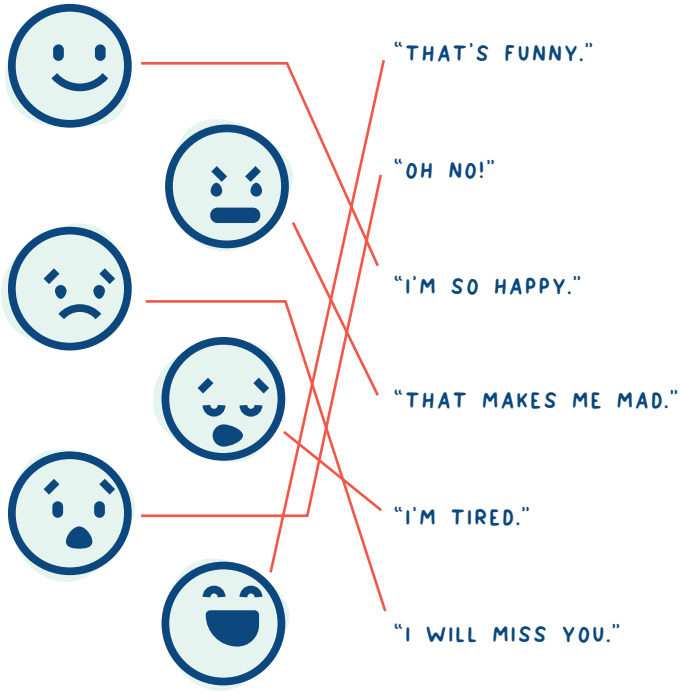
Make sleep a priority. Lack of sleep can cause irritability. Have a bedtime routine for your children and keep electronics out of the bedroom.

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 for more information.

answer key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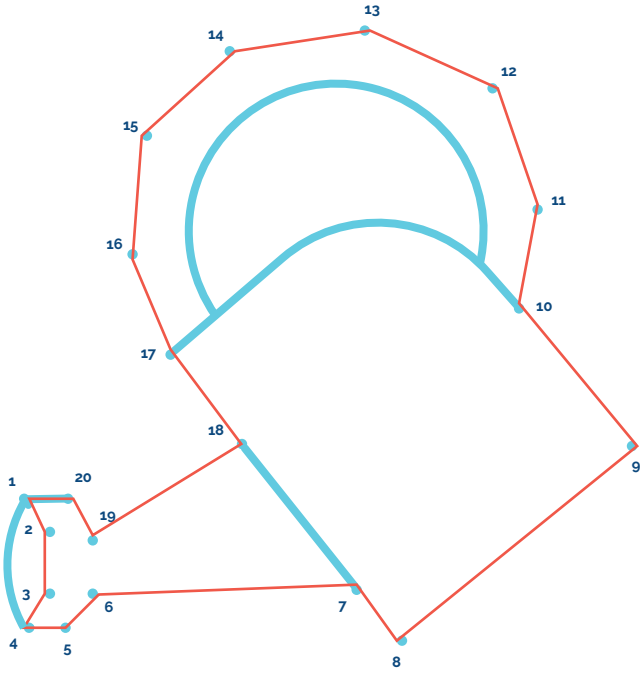
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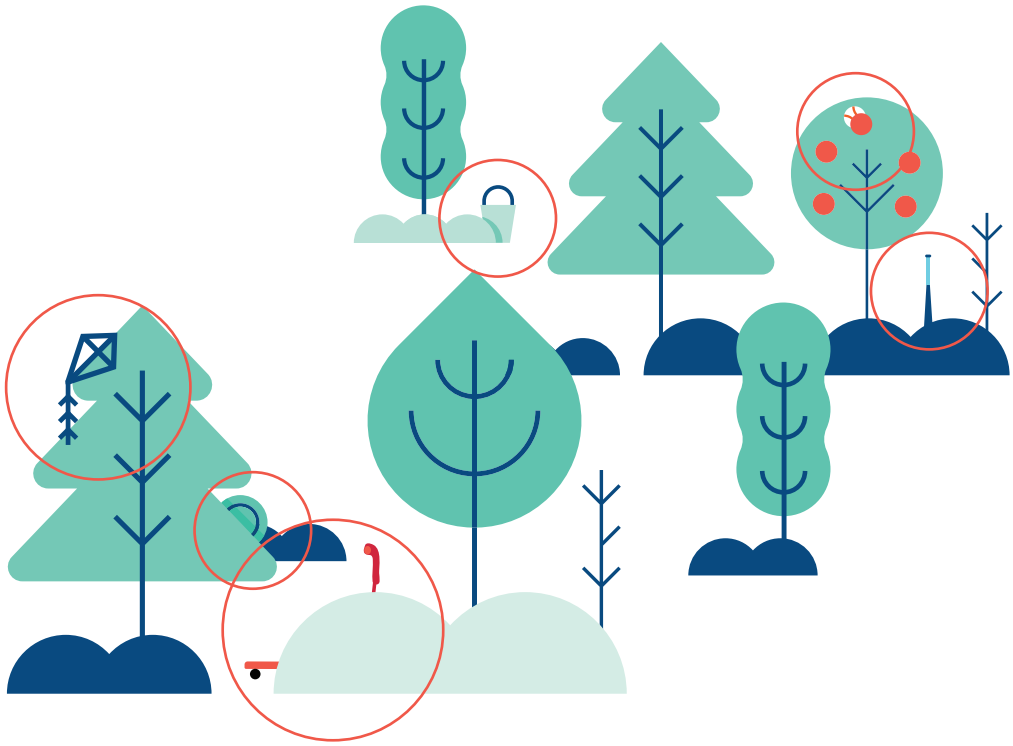

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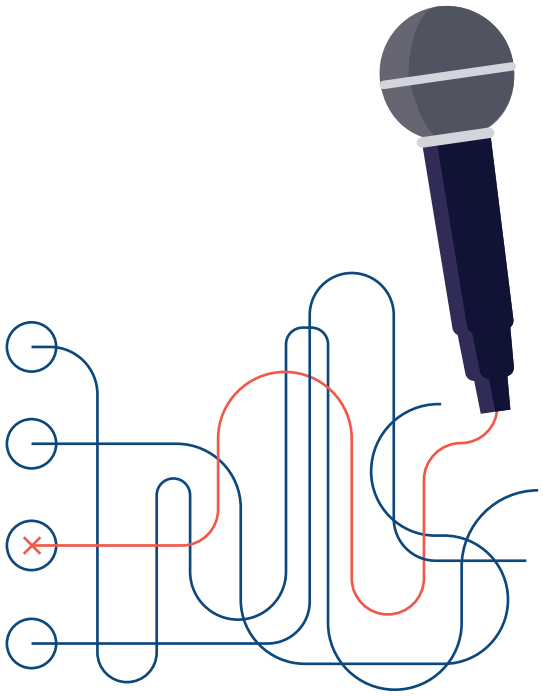

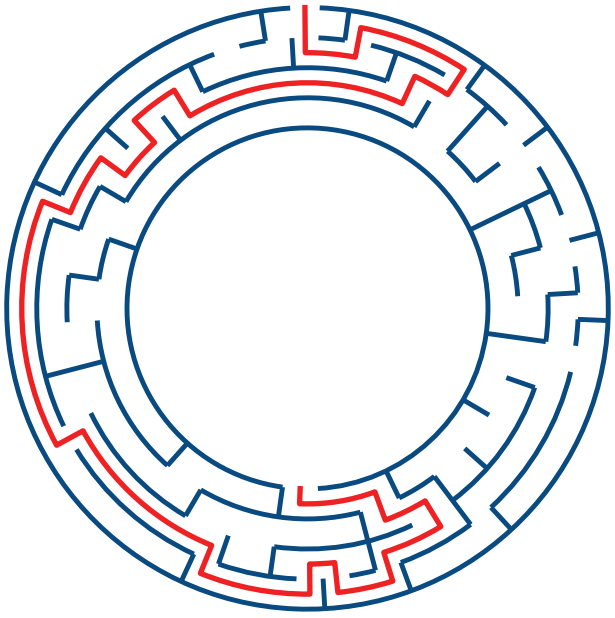

S N A N Y
I S O U R
R U Y I T
N O N T I
I H E M U

SAY SORRY
TO THEM

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

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NORTH Dakota Be Legendary.
Health & Human Services