

🌙 **Worksheet for Children – Say What You Feel, Clear and Kind**



Theme: Speaking clearly, being kind to yourself and others

🦋 *First, sit down quietly. Close your eyes if you like. Take a deep breath in... and out... Now you can start.*

✏️ **Exercise 1 – What helps me speak clearly?**

Draw or write three things that help you say what you feel.

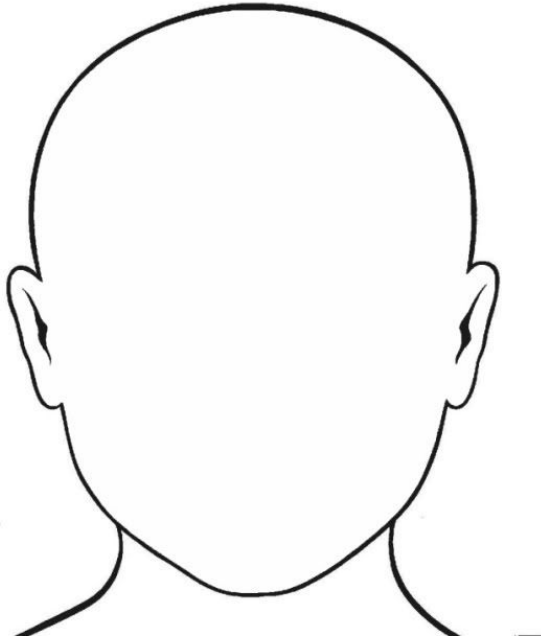
For example: calming down first, holding your favorite toy, thinking before you speak.

Exercise 2 – Masks of Confusion

Draw a face with a mask that hides something.

What do you feel behind the mask?

What do you really want to say when you're being honest?



Exercise 3 – Magical Words

Create a short sentence that feels clear and kind to you.

For example: *"I want to be alone for a while."*

Write it down or decorate it like a magic spell!



Extra tip for parents or caregivers:

Discuss the answers together in an open and gentle way.

The moon helps us combine softness with clarity.