



SELF REFLECTION

— & VOICE WORKSHEET —
FOR YOU. WITH YOU. AND YOUR CHILD.

HEAL TOGETHER. GROW TOGETHER. RISE TOGETHER.

BEHIND EVERY
ANGRY CHILD
— IS A STORY —
ADULTS
IGNORED.



INSTRUCTIONS: TAKE TIME FOR YOURSELF OR WITH YOUR CHILD(REN) TO REFLECT ON THE QUESTIONS BELOW. WRITE FREELY. BE HONEST. LISTEN DEEPLY. GROW TOGETHER.

Magnifying Glass Icon **PART 1: SEEING OUR STORY**
Take a moment to look at the picture above.

What stands out to you the most?

What emotions does this picture bring up for you?

What do you think the woman and children are feeling or going through?

Person Icon **PART 2: MY STORY**

What is one part of your story that you've never shared?

What are some challenges you've overcome?

What has helped you keep going when things got hard?

Pencil Icon **PART 3: MY CHILD'S VOICE**

(FOR PARENTS)
What do you think your child is feeling that they may not say out loud?

What do you wish you understood better about their world?

(FOR CHILDREN)
What is something on your mind that you wish adults understood?

Two People Icon **PART 4: OUR VOICES TOGETHER**
PARENT & CHILD ACTIVITY
Take turns answering the questions below.
Listen without interrupting.
This is a safe space for both voices.

Questions to Ask Each Other:

- ♥ What makes you feel proud?

- ♥ What makes you feel hurt or mad?

- ♥ What do you need more of from me (love, time, understanding, space, support...)?

- ♥ What can we do together to make our relationship stronger?

Leaf Icon **PART 5: HEALING & GROWTH**

What is one thing you are ready to heal from?

What are you ready to let go of?

What are you ready to build for yourself and your family?

How can we support each other on this journey?

Shield Icon **PART 6: OUR PROMISE**

Write a promise to yourself:

Write a promise to your child:

Write a promise to each other:

Heart Icon **DAILY REMINDER**
Our stories matter.
Our voices matter.
Our healing matters.
Our future matters.
We rise. Together.

TODAY I CHOOSE TO...

- BE PRESENT
- LISTEN DEEPLY
- SPEAK TRUTHFULLY
- LOVE UNCONDITIONALLY
- HEAL INTENTIONALLY

NOTES / DRAW / EXPRESS