



Introduction (Page 1)

Welcome to our worksheet on building respectful relationships and cultivating a calm space in our minds! In this worksheet, we will explore the importance of self-affirmations and positive self-talk in helping us manage our emotions, develop a growth mindset, and build strong relationships with others.

What are Self-Affirmations? (Page 2)

Self-affirmations are positive statements that we repeat to ourselves to help build confidence, self-esteem, and a positive mindset. They can help us feel more calm, focused, and in control. Can you think of a time when you used a self-affirmation to help you feel better? Write about it in the space below.

Practicing Self-Affirmations (Page 3)

Let's practice using self-affirmations! Repeat the following statements to yourself:

- I am capable and competent.
- I am worthy of respect and kindness.
- I can handle whatever challenges come my way.

How did you feel after repeating these statements? Write about your experience in the space below.

Positive Self-Talk (Page 4)

Positive self-talk is the practice of speaking kindly and encouragingly to ourselves. It can help us build confidence, develop a growth mindset, and improve our relationships with others. Can you think of a time when you used positive self-talk to help you feel better? Write about it in the space below.

Creating a Calm Space (Page 5)

A calm space is a place where we can feel relaxed, focused, and in control. It can be a physical space, such as a quiet room or a peaceful outdoor spot, or it can be a mental space, such as a happy memory or a calming visualization. What does your calm space look like? Draw a picture or write a description in the space below.

A large rectangular dashed box, intended for a drawing or written description of a calm space.

Mindfulness Exercise (Page 6)

Let's practice mindfulness! Take a few deep breaths and focus on the present moment. Notice the sensations in your body, the sounds around you, and the thoughts in your mind. Write about your experience in the space below.

Building Respectful Relationships (Page 7)

Respectful relationships are built on mutual respect, trust, and open communication. Can you think of a time when you built a respectful relationship with someone? Write about it in the space below.

Active Listening (Page 8)

Active listening is an important part of building respectful relationships. It involves paying attention to the other person, asking questions, and responding thoughtfully. Can you think of a time when you practiced active listening? Write about it in the space below.

Self-Awareness (Page 9)

Self-awareness is the ability to understand our own thoughts, feelings, and behaviors. It can help us build stronger relationships, make better decisions, and develop a more positive mindset. Can you think of a time when you practiced self-awareness? Write about it in the space below.

Conclusion (Page 10)

Congratulations on completing our worksheet on building respectful relationships and cultivating a calm space in our minds! Remember that self-affirmations, positive self-talk, and mindfulness can help you manage your emotions, develop a growth mindset, and build strong relationships with others. Keep practicing these skills and watch your life change for the better!

