

For Children: Positive Activity Worksheet



When people are feeling really sad, they can feel really tired. Sometimes they feel too tired to do anything—even fun things. Even if you think you won't feel like it, make a plan to do some fun things in the week ahead.

1. Identify and Plan One or More Activities

Look at the activities that you circled on the *Choosing Things to Do* list. Write down two or three of the fun activities that you could do in the next few days. Do you want to play a game with a friend? Do you need a grown-up to take you somewhere? Do you want to do something by yourself? Pick at least one thing that you can do alone and at least one thing that you do with someone else. If you need or want someone to help you do the activity, write down the name.

Activities	Who Will Do This with You
1. _____	_____
2. _____	_____
3. _____	_____

2. Schedule Activities in a Calendar

Take a look at this calendar. Write the names of the activities under the days you can do them.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

List anything else you need to make sure you can do the activity (bring supplies, make sure my friend is available, check to see if the park is open).
