

THE YOUTH MOVEMENT

My At-Home Activity Pack

Feelings & Conflict · 8 Sessions

This is your space. There are no wrong answers — it's just for you to think, write, and see how you grow. Do one page each week with your parent. Keep it somewhere safe.

Name: _____

Date: _____

"Why do feelings matter?"

My word for today

One word for how today felt — then say why:

Where I feel things

When a feeling is strong, where do I notice it in my body? (stomach, chest, jaw...)

Feelings word storm

List as many feeling words as you can — go past good, bad, and fine:

Someone who handles feelings well

Who is it, and what do they do that works?

This Week's Challenge

Notice one moment this week when a feeling changed what you did. Write down the feeling and what you did.

Name: _____

Date: _____

"Is 'fine' really how I feel?"

Spot the difference

In your own words — Annoyed vs. furious:

Nervous vs. terrified:

Two feelings at once

Describe a time you felt two opposite things at the same time:

My feelings menu

Write 6 feeling words you'd actually use this week:

This Week's Challenge

Keep a quick feelings log for three days — jot the feeling and what set it off, using a specific word.

Name: _____

Date: _____

"What's the space between feeling and doing?"

My warning signs

What does my body do right before I lose my cool? (hot face, clenched fists...)

React vs. respond

Describe a time you reacted fast and wish you'd paused first:

My calm-down toolkit

List 3–5 things that really help you cool down:

My cue

What tells me it's time to use a tool?

This Week's Challenge

Use one tool from your calm-down toolkit during a stressful moment this week. Did it help?

Name: _____

Date: _____

"Can I really know what someone else feels?"

Reading the clues

What signals tell you how someone feels? (face, tone, posture, what they don't say...)

Sympathy vs. empathy

- Sympathy = feeling for someone
- Empathy = feeling with someone

A time I misread someone

What happened, and what did you learn?

Perspective swap

Think of a recent disagreement. What might the other person have felt and needed?

This Week's Challenge

Pay close attention to one person's mood this week and check in by asking how they're really doing.

Name: _____

Date: _____

"Is all conflict a bad thing?"

How conflict feels to me

When conflict starts, I usually feel...

Name the difference

Disagreement:

Argument:

Fight:

Where it shows up

Home, friends, school, online — where does conflict happen most for you?

Finish the sentence

Conflict usually starts for me when...

This Week's Challenge

Notice one small conflict this week — yours or one you see — and write what it was really about underneath.

Name: _____

Date: _____

"Do I fight, freeze, flee, or fix?"

The four styles

- Avoiding — going quiet, walking away
- Competing — pushing to win
- Accommodating — giving in to keep peace
- Collaborating — working it out together

My style map

Which style do you usually use with... A friend:

A parent or adult:

Online / texting:

Upside & cost

Pick your most-used style. What's good about it? What does it cost you?

This Week's Challenge

Catch yourself in your usual conflict style this week. Just notice it — no need to change anything yet.

Name: _____

Date: _____

"Am I listening, or waiting to talk?"

Being truly heard

Describe what it feels like when someone really listens to you:

What gets in my way

When I'm upset, what stops me from really listening?

Ask, don't argue

Write one question you could ask instead of arguing your point:

Say it back

Think of a recent disagreement. In one sentence, restate the OTHER person's side fairly:

This Week's Challenge

In one disagreement this week, try to fully understand the other side before explaining yours.

Name: _____

Date: _____

"What happens after the argument?"

Three ways to ask

- Passive — saying nothing, hoping they notice
- Aggressive — demanding, blaming
- Assertive — clear, honest, respectful

My turn

Write an "I feel ___ when ___ because ___" statement about a real (small) frustration:

A real apology

List the parts of an apology that actually feels genuine:

My support list

When a conflict is too big to handle alone, who can I turn to?

This Week's Challenge

Use one clear "I feel" statement this week, and take one small step to repair a relationship if you'd like to.

You did it.

Eight sessions. That's real work — be proud of it.

One skill from this pack I want to keep practicing:
