

# Thought Record for Kids

When our kids have big emotions, it can be helpful to check in with their thoughts, feelings, sensations, and behaviors. This check-in process helps them slow down, so you can understand their experience and you can decide how to cope together. We've written in a few examples below to show you how to use this worksheet.

**What happened?** Write about what happened. What caused your big feeling?

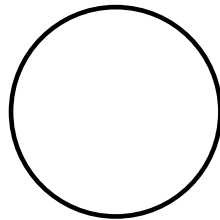
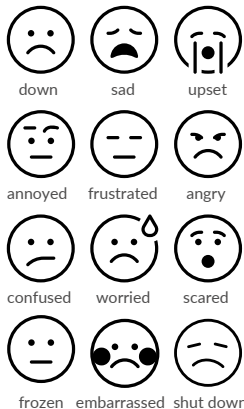
- *Someone teased me during recess and other kids laughed*
- *I got blamed for something that wasn't my fault*
- *My friend told me she can't come over to my house this weekend like we planned*

**What did you think?** What words or pictures went through your head?

- *Everyone must think I'm dumb. I don't think I can show my face at school tomorrow*
- *This always happens to me! It's not fair!*
- *Is she mad at me? Did I do something wrong? Does she not like me anymore?*

**How did you feel?**

Choose from the emojis below, or draw your feeling.



**How did your body feel?**

Check off any body sensations.

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Fast heartbeat    | <input type="checkbox"/> Tired     |
| <input type="checkbox"/> Fast breathing    | <input type="checkbox"/> Slouched  |
| <input type="checkbox"/> Shaky or dizzy    | <input type="checkbox"/> Curled up |
| <input type="checkbox"/> Tense muscles     | <input type="checkbox"/> Sweaty    |
| <input type="checkbox"/> Too much energy   | <input type="checkbox"/> Frozen    |
| <input type="checkbox"/> Fidgety           | <input type="checkbox"/> Unsteady  |
| <input type="checkbox"/> Flushed face      | <input type="checkbox"/> Pressure  |
| <input type="checkbox"/> Teeth clenching   | <input type="checkbox"/> Numb      |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain      |
| <input type="checkbox"/> Too hot           | <input type="checkbox"/> Other:    |
| <input type="checkbox"/> Too cold          | <input type="checkbox"/> _____     |

**What did you do?** What actions did you take? Or, what did you feel like doing?

- *I just stood there and looked at the ground. I felt like crying and running away*
- *I clenched my fists and stomped my feet. I felt like yelling and throwing something*
- *I just said "Okay" and walked away. I didn't want her to look at me*

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



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When our kids have big emotions, it can be helpful to check in with their thoughts, feelings, sensations, and behaviors. This check-in process helps them slow down, so you can understand their experience and you can decide how to cope together. This page is blank so you and your child can write in their answers.

## What happened?

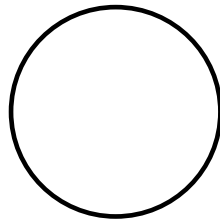
Write about what happened. What caused your big feeling?

## What did you think?

What words or pictures went through your head?

## How did you feel?

Choose from the emojis below, or draw your feeling.



## How did your body feel?

Check off any body sensations.

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## What did you do?

What actions did you take? Or, what did you feel like doing?

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# Thought Record for Kids

Our kids' thoughts and feelings are important! They give our kids (and you) important information. But sometimes, thoughts and feelings can be so out of proportion that kids may need some help regulating. Here are four sets of questions to help your child regulate using their thoughts, sensations, feelings, and/or behaviors.

## Thoughts

- Is my thought helpful, true, or kind?
- If not, is there another way to think about this situation?
- Learn about cognitive distortions
- Is there a problem to solve? Who could help me with that problem?

## Sensations

- Is my environment too hot, loud, bright, or crowded?
- Is my environment too cold, quiet, or dark?
- Is my body feeling too tense or energetic?  
Can I stretch, exercise, or take deep breaths?
- Is my body feeling too sluggish? How can I get my body moving again?

## Feelings

- Do I need to let my feelings out?
  - Talk to a family member, friend, or pet
  - Draw or write about my feelings
  - Sing, hum, dance, or move to music that helps me feel better

## Behaviors

- Do I need to take a break?
- Is there something I can do to get my mind off my feelings?
  - Make or draw something
  - Play a game, take a walk, ride my bike
  - Relax with music, reading, or a bath
  - Spend time with someone I love

## What did you try?

Did a regulation idea work the way you hoped?

## What will you try next time?

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

