

HOW ARE WE BOTH DOING TODAY?

Sometimes children and parents are both carrying a lot.

A simple activity to pause, listen and understand one another.

Name: _____ Date: _____

ME (Child / Young Person)	MY PARENT / CARER
How am I feeling today?	How am I feeling today?
What is challenging me today?	What is challenging me today?
What is going well?	What is going well?
What might help me today?	What might help me today?

WHAT HAVE WE LEARNED ABOUT EACH OTHER?

Something didn't realise: _____

Something I can do to help: _____

Something we are both doing well: _____

OUR SMALL STEP FOR TODAY

One small thing we will do today to support ourselves or each other: _____

_____

_____

☐ We've done it!



GENTLE REMINDER

- Be kind. Be patient.
- Small steps make a big difference.
- You both matter.

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Understanding ourselves.
Understanding others.
Understanding the world around us.

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