



A Healthy Little Minds' Worksheet

# Little Acts, Big Feelings

Name: \_\_\_\_\_

Date: \_\_\_\_\_



By Godswill Ambrose



# A NOTE TO GROWN-UPS






## Dear Parents & Caregivers,

Welcome to Healthy Little Minds — a space where emotions are not just felt but explored with care and creativity.

The worksheet you're holding — “Little Acts, Big Feelings” — is more than just an activity book. It's a gentle guide to help your child recognize, express, and grow from their emotions through kindness, courage, and reflection.

## What's Inside?

This worksheet invites your child to:

-  Draw moments of joy and reflect on what happiness looks and feels like
-  Describe acts of kindness or bravery they've experienced or would like to try
-  Track helpful behaviors that made a difference — no matter how small
-  Finish story prompts to express their thoughts and creativity
-  Journal about daily emotions and meaningful experiences

Each page encourages:

- Emotional awareness
- Empathy for others
- Confidence through action
- Quiet reflection and positive expression



# A NOTE TO GROWN-UPS

## How You Can Support

You don't need to be a therapist to help your child grow emotionally. Just being present makes all the difference.

Here's how you can get involved:

- Sit down together and complete pages with your child
- Ask gentle questions like, "How did that feel?" or "What would you do next time?"
- Celebrate their small wins — every little act is a big feeling in disguise
- Let them guide the pace — there's no need to finish it all in one sitting

## Why It Matters

Children who understand their emotions and practice kindness grow into resilient, compassionate individuals. This worksheet is designed to make that journey playful, engaging, and deeply meaningful.

Thank you for nurturing your child's heart and mind. 

Warmly,

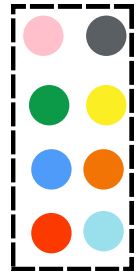
**Godswill Ambrose**

Author & Founder of Healthy Little Minds



# WHAT DOES JOY FEEL LIKE

Draw a time you felt really happy,  
like Amaka in the rain.

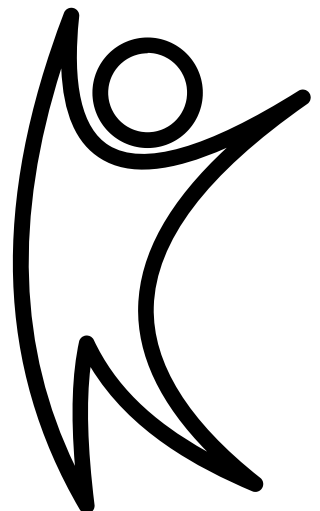
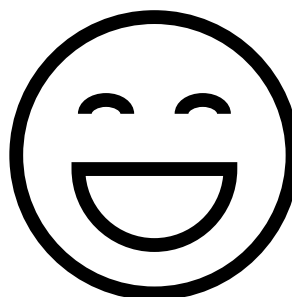


I feel *joy* when ...

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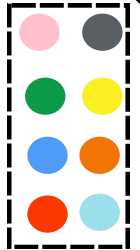
WHAT COLOR  
IS YOUR JOY?  
COLOR IT  
BELLOW





# WHAT FEELINGS DID I SHOW TODAY?

**Today, I showed a big feeling through a little act. I want  
to tell you about it!**



What happened?



How did i feel?



What did i say or do?





# THINK ABOUT A LITTLE ACT OF KINDNESS

**Describe a little act of kindness  
or courage that you can do.**



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# HELPING HAND

Think about a time you helped someone



Who did you help?

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How did you help them?

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How did it feel?

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# BRAVE MOMENTS

Think of a time you felt brave.  
What did you do?



I feel brave when \_\_\_\_\_



Because I \_\_\_\_\_



After that, I feel \_\_\_\_\_





# A QUIET MOMENT WITH DESTINY

**Time for a heart to heart talk with Destiny**



**What kind of thoughts would bring you comfort?**

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**How does it feel to be calm and still?**

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**Where is a peaceful place for you?**

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# HELPING

**Draw about a time when you helped someone.**



**Who was that?**

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**What did you do?**

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**How did you do it?**

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# HOW I CAN HELP

**Make a list of ways you can help others.**

**Then, draw a picture of yourself helping.**

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# STORY STARTERS

**Finish each sentence below to create your story.**

One day, I helped a friend by

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As the sun set, I felt happy because

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I fixed something that was broken, and

-----

I tried something new and noticed

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# JOURNAL PROMPTS

**Have you got your diary nearby?**

**Please pick it and let's write.**

- **What is a little good thing you did today?**
- **How did it make you feel?**
- **Why did you choose to do it?**
- **Draw a picture of your little act.**





# FINDING BIG FEELINGS

**When have you felt a big feeling because of something you did for someone else?**






# MY ACTS OF KINDNESS TRACKER



I helped by...



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