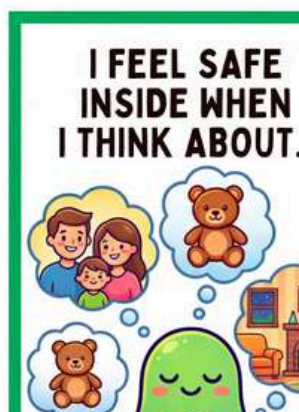
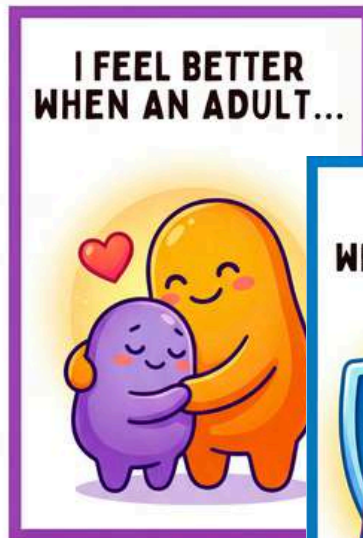


A THERAPEUTIC TREASURE DECK OF SENTENCE COMPLETION CARDS: FEELINGS AND THOUGHTS CONVERSATION CARDS

64 cards



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**I FEEL SAFE
WHEN SOMEONE...**



**A TIME I FELT
SCARED WAS
WHEN...**



**I TRUST PEOPLE
WHO...**



**I FEEL CALM IN
A PLACE THAT HAS...**



**I FEEL UNSURE
WHEN...**



**I FEEL BETTER
WHEN AN ADULT...**



**I ASK FOR
HELP WHEN...**



**I FEEL SAFE
INSIDE WHEN
I THINK ABOUT...**



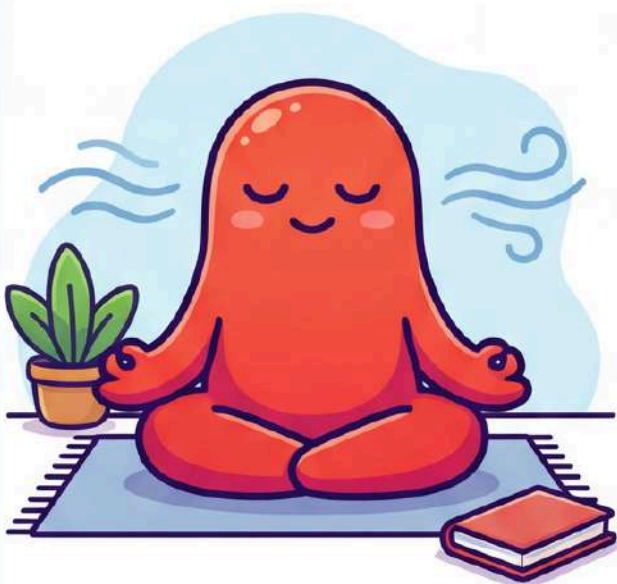
**A FEELING THAT
COMES UP A LOT
FOR ME IS...**



**I KNOW I AM
GETTING UPSET
WHEN...**



**I FEEL CALM
WHEN I...**



**I FEEL HAPPY
WHEN...**



**I FEEL WORRIED
WHEN...**



**A FEELING THAT
IS HARD
FOR ME IS...**



**I FEEL PROUD
WHEN I...**



**I FEEL EXCITED
WHEN...**



**SOMEONE IN
MY FAMILY WHO
HELPS ME IS...**



**I FEEL CLOSE TO
SOMEONE
WHEN WE...**



**I FEEL CARED
FOR WHEN
SOMEONE...**



**A TIME SOMEONE
MADE ME SMILE
WAS WHEN...**



**I FEEL LEFT OUT
WHEN...**



**I ENJOY BEING
WITH MY FAMILY
WHEN WE...**



**I FIND IT HARD TO
TALK TO SOMEONE
WHEN...**



**I FEEL IMPORTANT
IN MY FAMILY
WHEN I...**



**SOMETHING
I LIKE ABOUT
MYSELF IS...**



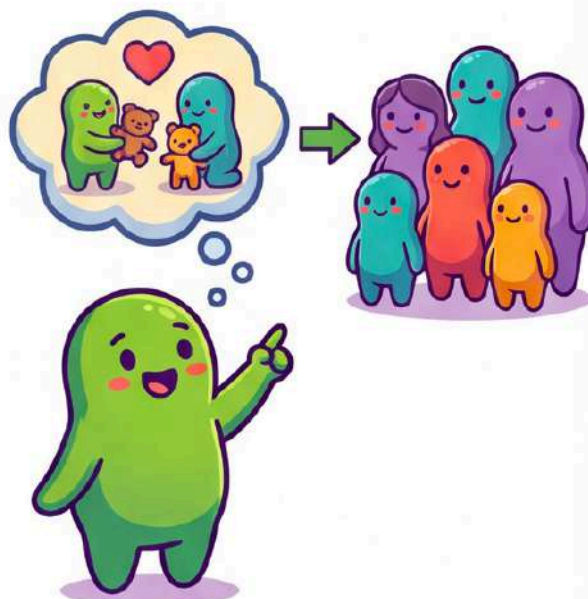
**I FEEL PROUD
OF MYSELF
WHEN...**



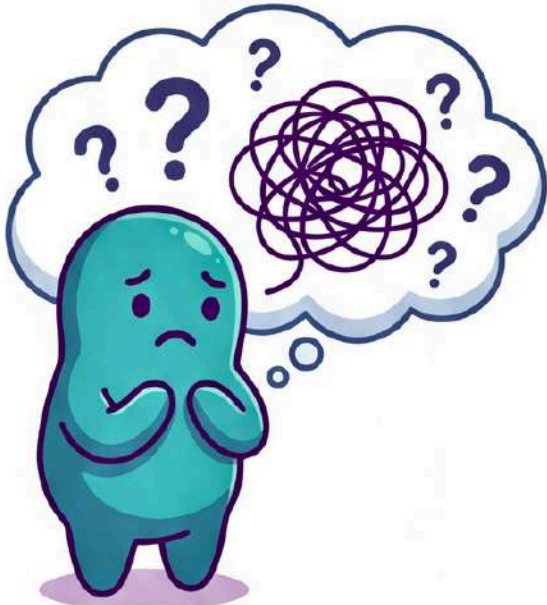
**I FEEL
CONFIDENT
WHEN I...**



**I WANT PEOPLE
TO NOTICE
THAT I...**



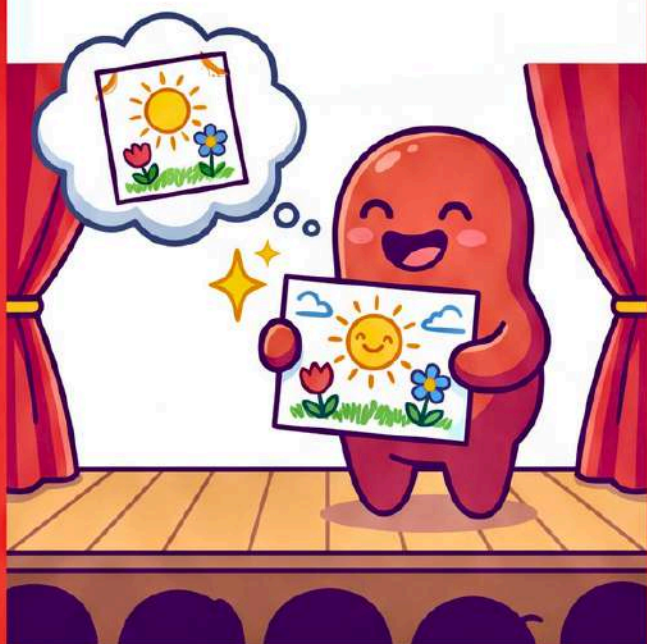
**I FEEL UNSURE
ABOUT MYSELF
WHEN...**



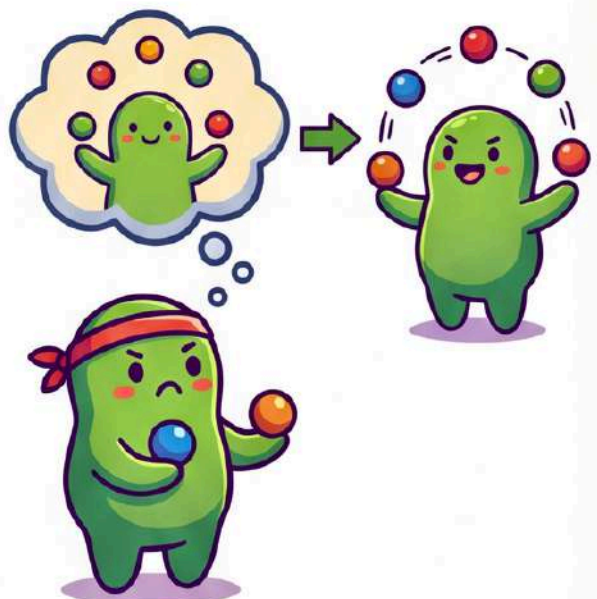
**I FEEL LIKE
I BELONG
WHEN...**



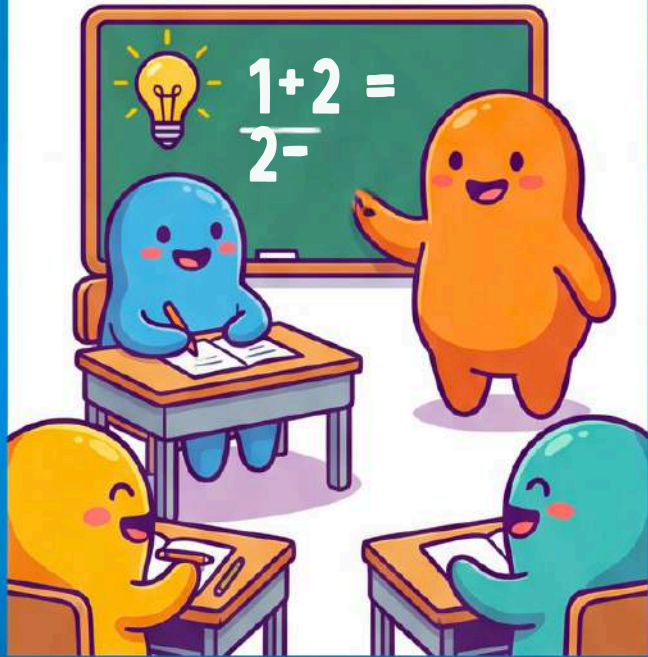
**I FEEL HAPPY
WITH MYSELF
WHEN...**



**I WANT TO
GET BETTER AT...**



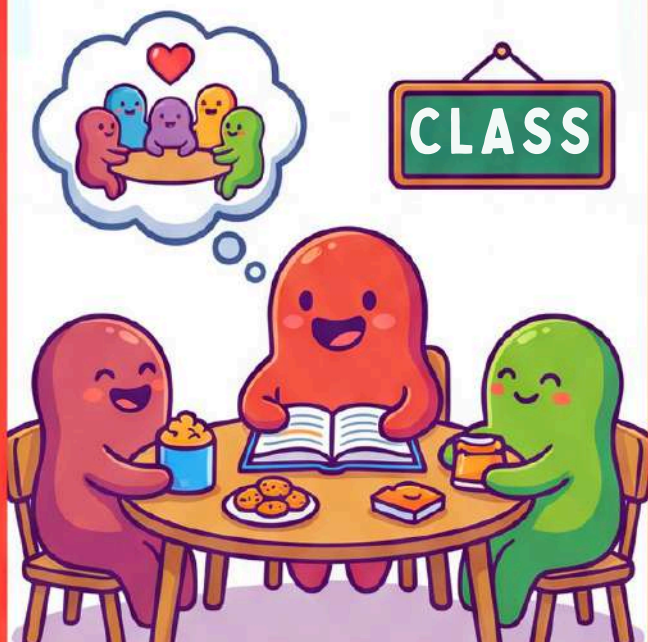
SCHOOL FEELS EASIER WHEN...



I JOIN IN MORE WHEN...



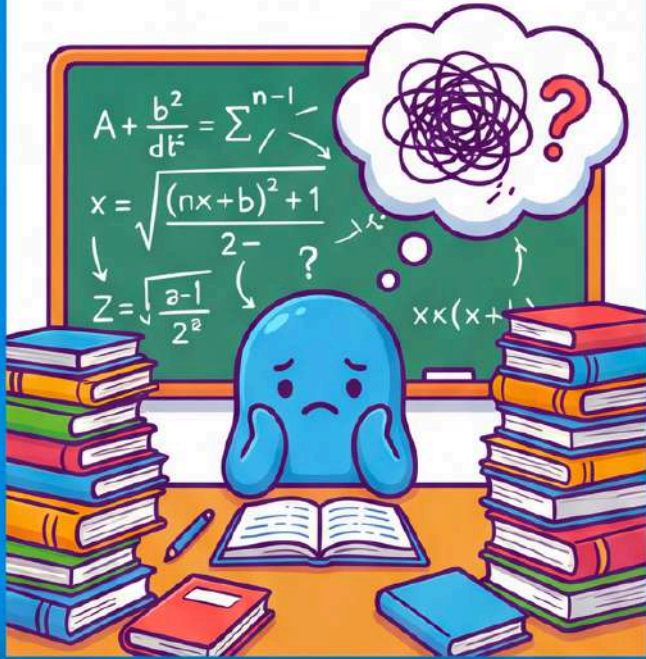
I FEEL PART OF OF MY CLASS WHEN...



I ENJOY SCHOOL WHEN WE...



**I FIND SCHOOL
HARD WHEN...**



**I UNDERSTAND
MY WORK BETTER
WHEN...**



**I FEEL CALMER
AT SCHOOL
WHEN...**



**I FEEL PART OF
MY COMMUNITY
WHEN I...**



**I DID SOMETHING
BRAVE WHEN...**



**I KEEP TRYING
EVEN WHEN IT IS
HARD BY...**



**I FEEL HOPEFUL
WHEN...**



**I HANDLED
A CHALLENGE
WHEN...**



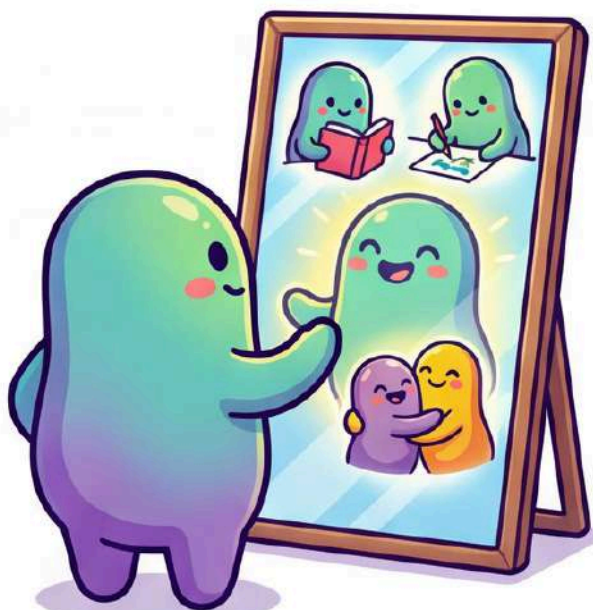
**I FELT STRONG
WHEN...**



**I HELP MYSELF
BY...**



**I NOTICE
MY STRENGTHS
WHEN I...**



**I FELT PROUD OF
MYSELF AFTER I...**



**I KNOW I AM
GETTING UPSET
WHEN I START TO...**



**I CALM DOWN
WHEN I...**



**I MAKE BETTER
CHOICES
WHEN...**



**I FEEL MORE
IN CONTROL
WHEN...**



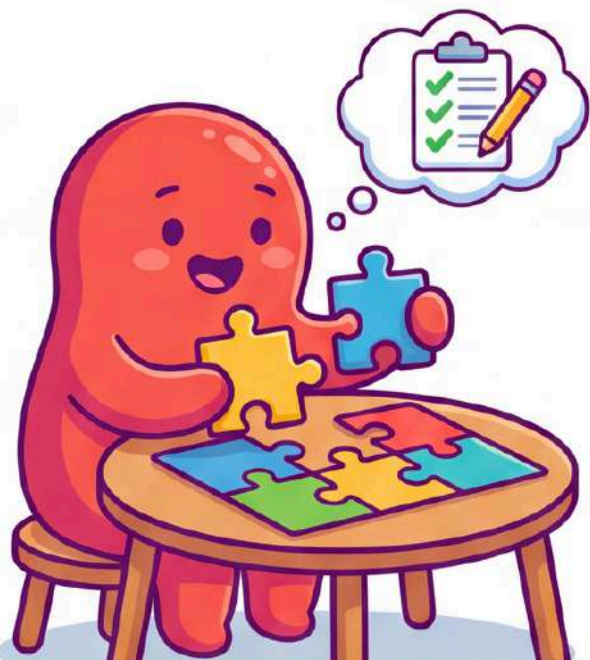
**I DEAL WITH
HARD MOMENTS
BETTER WHEN...**



**I NOTICE MY
BEHAVIOUR
CHANGES WHEN...**



**I SORT OUT
PROBLEMS BETTER
WHEN...**



**I FEEL BETTER
AFTER A TOUGH
TIME WHEN I...**



**A THOUGHT THAT
MAKES ME FEEL
SAFE IS...**



**I FEEL CALMER
WHEN I THINK
ABOUT...**



**A THOUGHT THAT
WORRIES ME IS...**



**I THINK CLEARLY
WHEN I AM IN
A PLACE THAT...**



**I UNDERSTAND
MYSELF MORE WHEN
I THINK ABOUT...**



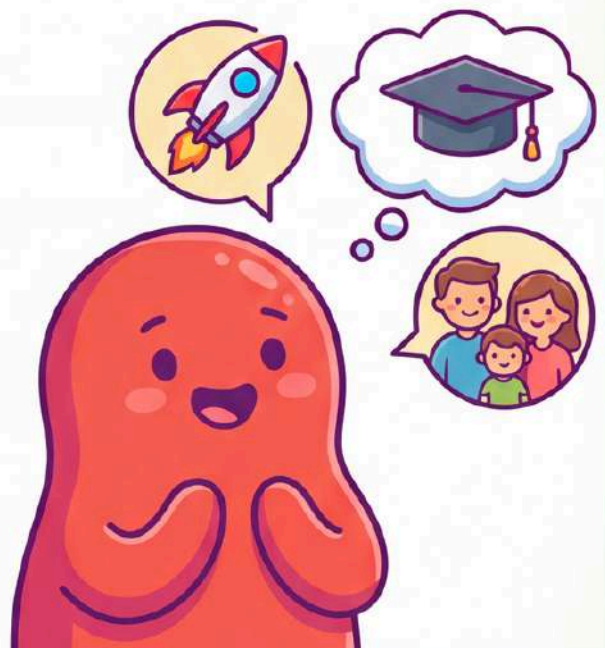
**A THOUGHT THAT
CHEERS ME UP**



**MY THOUGHTS
GET BUSY WHEN...**



**I IMAGINE A GOOD
FUTURE WHEN
I THINK ABOUT...**



About this Resource

This free Fight, Flight, Freeze, Fawn worksheet pack is a child friendly, printable PDF that helps children, kids and young people understand how their brain and body react when they feel unsafe, stressed or overwhelmed. The resource explains the four main survival responses in simple language: Fight, Flight, Freeze and Fawn. Each response is supported by colourful illustrations and clear examples that make the concepts easy to understand.

The worksheets show what each response can look like, such as yelling, running away, going quiet or trying to please others. They also explain why these reactions happen, helping children understand that these behaviours are automatic safety responses rather than something they choose. Each page includes helpful coping ideas and a My Space section where children can write or draw how the response feels in their own body and what helps them calm down. This supports emotional literacy, trauma awareness and self regulation.

These worksheets are useful for parents, carers, teachers, social workers, therapists and other professionals. They can be used during direct work, emotional wellbeing sessions, behaviour support, trauma informed work, early help, life story work or classroom activities. The resource helps children notice body cues, understand their feelings and develop safer ways to cope during stressful moments.

This downloadable PDF is ideal for anyone searching for trauma response worksheets, fight flight freeze fawn printables, emotional regulation tools for kids, coping skills worksheets, behaviour support resources or child friendly explanations of stress and survival responses.

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