

Depression Support Workbook for Children

Gentle pages for low mood, small steps, and asking for help • Approximately ages 6 to 12

My name _____ Date started _____

Depression can affect feelings, energy, sleep, thoughts, and interest in activities. These pages help you notice patterns and ask for support. You can skip any exercise. This workbook does not diagnose depression or replace professional care.

A grown-up who can help me



What is depression?

Depression can make a child feel sad, grumpy, empty, tired, or less interested in play. It is a health problem, not a sign that you are bad or lazy. Help is available.

A change I have noticed

Something that feels harder lately



My feelings today

You can have many feelings in one day. A grown-up can help you find words for them.

sad • mad • tired • lonely • worried • calm • unsure • other

The feeling that fits best now

How my body feels



My support team

You deserve help even if you are not sure what to say.

Safe grown-up	How to find them	What I can say

Words I can use: “I feel low today. Can you sit with me and help me choose one small thing?”



My tiny step plan

When everything feels hard, one small step counts. Ask a grown-up to help.

Care	Connection	Comfort
Drink water or eat a snack	Talk to someone safe	Draw, read, or listen to music
Wash face or brush teeth	Sit near someone	Rest or go outside briefly

My tiny step today



My comfort toolbox

A comforting activity may make a hard moment easier. It does not need to fix everything.

A person, place, or object that helps

A comforting activity I can try



Kind words for me

Choose a sentence you can believe a little, or write your own.

“I am having a hard time, and I deserve help.” • “One small step is enough for now.”

My kind sentence



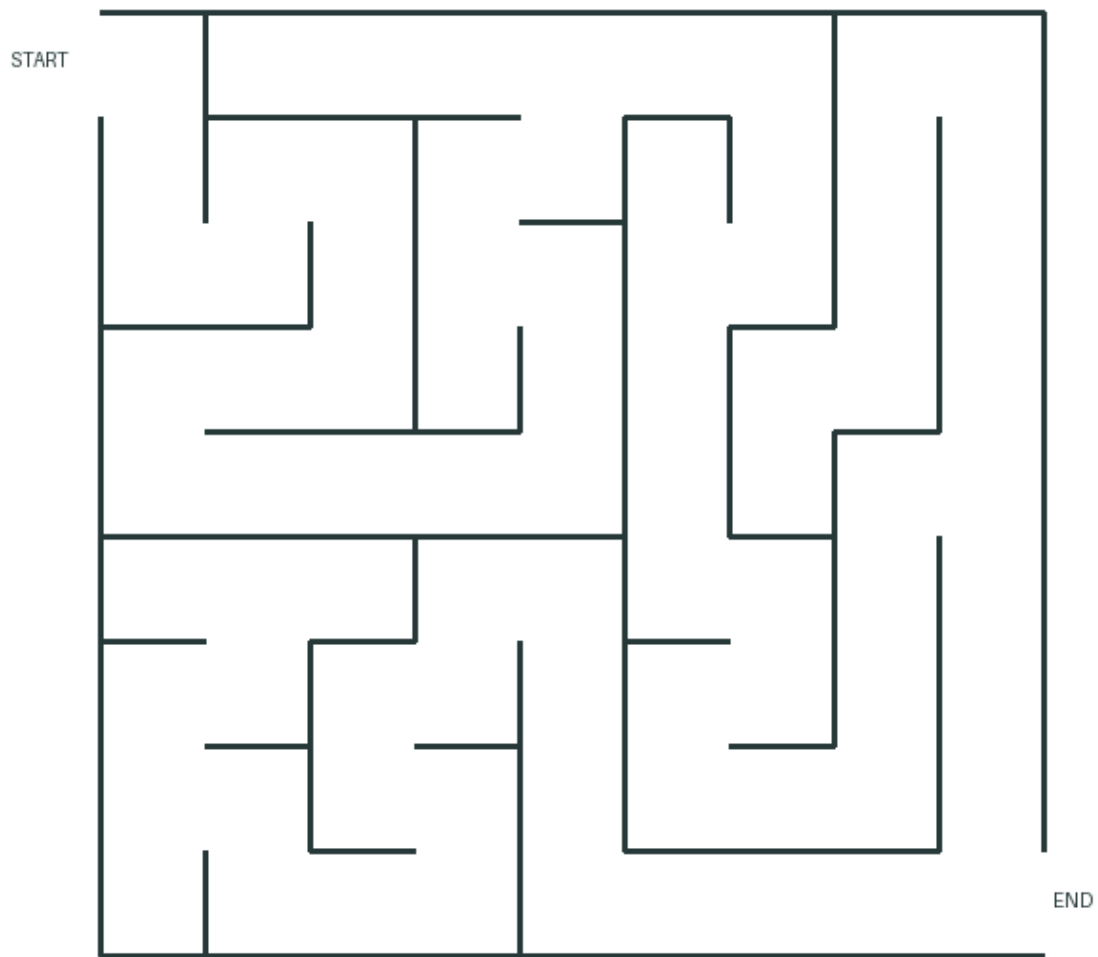
Draw a support picture

Draw a safe person, comforting place, or small activity you might try.



A quiet maze

Trace a path from START to END. Stop whenever you want.



When I need more help

If low mood, loss of interest, or other symptoms persist or disrupt daily life, talk with a health professional. A child or teen should tell a trusted adult.

If you are thinking about suicide or self-harm, or cannot stay safe, tell someone immediately. In the United States, call or text 988. For immediate danger, call 911 or go to an emergency department. Elsewhere, use local crisis and emergency services.



30 day guided journal

These optional prompts come from the source. Use them in any order. Skip any page that does not help.

Day 1

Draw how you feel today.

Day 2

What is one thing that makes you feel safe?



Day 3

Who is someone who cares about you?

Day 4

What is one thing you are good at?



Day 5

What does your body feel like when you are sad or tired?

Day 6

What is one thing you enjoy, even a little?



Day 7

What is one small thing you did today?

Day 8

Draw your favorite calm place.



Day 9

What helps when you feel lonely?

Day 10

What would you tell a friend who felt sad?



Day 11

What is one kind thing you can say to yourself?

Day 12

What food, song, game, or activity comforts you?



Day 13

What is one thing you would like help with?

Day 14

Who can you talk to about big feelings?



Day 15

What is something you are proud of?

Day 16

What helps you rest or sleep?



Day 17

What is one way to move your body that feels good?

Day 18

What made you smile today?



Day 19

What is one thing you can do when your thoughts are mean?

Day 20

Draw or write about a happy memory.



Day 21

What is one small goal for tomorrow?

Day 22

What do you wish grown-ups understood about your feelings?



Day 23

What is something you like about yourself?

Day 24

What does a good friend do?



Day 25

What is one thing you can do when you need a break?

Day 26

What helps at school when you are having a hard day?



Day 27

Name three things you can see right now.

Day 28

What is one thing you are looking forward to?



Day 29

What coping tool helped you most this month?

Day 30

Finish this sentence:



30 day mood and support tracker

A word or short note is enough. Stop tracking if it adds distress.

Day	Mood	Energy 0-5	Support or note
1			
2			
3			
4			
5			



MENTAL HEALTH / DEPRESSION / CHILDREN

Day	Mood	Energy 0–5	Support or note
6			
7			
8			
9			
10			



MENTAL HEALTH / DEPRESSION / CHILDREN

Day	Mood	Energy 0–5	Support or note
11			
12			
13			
14			
15			



MENTAL HEALTH / DEPRESSION / CHILDREN

Day	Mood	Energy 0–5	Support or note
16			
17			
18			
19			
20			



MENTAL HEALTH / DEPRESSION / CHILDREN

Day	Mood	Energy 0–5	Support or note
21			
22			
23			
24			
25			



MENTAL HEALTH / DEPRESSION / CHILDREN

Day	Mood	Energy 0–5	Support or note
26			
27			
28			
29			
30			



Closing reflection

There is no deadline for this page.

A pattern I noticed

What helped, even slightly

What remains difficult

Support I want next

Further reading: National Institute of Mental Health, Depression; Teen Depression; Children and Mental Health; 988 Suicide & Crisis Lifeline.

