

Kids Printables Companion Pack

Generic, no-name printables that pair with the FOCaF static kids games. These sheets are for home, school, or helper use. They do not ask children to document adult conflict, choose sides, or share private family facts.

<p>Use this when A child needs simple visual practice with feelings, routines, kind words, support roles, and fact/feeling language.</p>	<p>Do not use this for Private case details, allegations, medical information, court filings, therapy, diagnosis, or emergency response.</p>
<p>Privacy boundary Use initials or private labels only if a grown-up adds notes later. Do not send completed sheets to FOCaF.</p>	<p>Safety boundary If someone may be unsafe, use a safe grown-up, school support, emergency/crisis help, or official support before using a worksheet.</p>

Contents: Feelings Weather Wheel, Pack My Backpack Checklist, Bedtime Star Path, Kindness Garden Sheet, Fact/Feeling/Guess Cards, Support Circle Sheet, and Grown-up Notes.

1. Feelings Weather Wheel

Point to one weather feeling. Then pick one small support. No child has to explain private reasons to use this.

■ Sunny happy / ready	■ Cloudy quiet / unsure	■ Rainy sad / heavy
■ Stormy mad / overwhelmed	■ Rainbow hopeful / better	■ Tired sleepy / worn out

Small supports to try:

Take three slow breaths	Drink water	Ask a safe grown-up
Quiet corner	Hold a comfort item	Stretch or walk

2. Pack My Backpack Checklist

A grown-up can print this for a school morning or two-home transition. Keep it generic. Do not write full child names or private addresses.

Item	Check	Grown-up note
Folder or papers	■	Private note for home/school use only
Homework or reading book	■	Private note for home/school use only
Lunch or lunch plan	■	Private note for home/school use only
Water bottle	■	Private note for home/school use only
Sweater/coat	■	Private note for home/school use only
Comfort item if allowed	■	Private note for home/school use only
Charger if age-appropriate	■	Private note for home/school use only
Adult-handled medication reminder	■	Private note for home/school use only

Adult-handled items, medicine, money, transportation, and official papers belong with grown-ups.

3. Bedtime Star Path

Use this as a calm sequence. The goal is predictability, not perfect behavior.

■ Step 1	Brush teeth	What helps tonight? _____
■ Step 2	Pajamas	What helps tonight? _____
■ Step 3	Pick story or quiet activity	What helps tonight? _____
■ Step 4	Lights low	What helps tonight? _____
■ Step 5	Rest	What helps tonight? _____

Caregiver script: "We can do one small step at a time. Grown-ups handle grown-up worries. Your job is to rest."

4. Kindness Garden Sheet

Cut or point to cards. Sort into Kind, Not kind, or Ask a grown-up. Use school, friend, and routine examples - not adult conflict.

Please may I have a turn?	You can sit with us.
I need a minute.	You are not my friend anymore.
This message feels too heated.	I do not know what to do.
Can a grown-up help us?	Let us try again.

Kind	Not kind	Ask a grown-up
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5. Fact, Feeling, or Guess Cards

Practice sorting what can be checked, what someone feels, and what someone is only guessing. This helps communication without asking children to investigate adult problems.

Fact	The appointment is Tuesday.	Why? _____
Feeling	I feel nervous.	Why? _____
Guess	Maybe someone is mad at me.	Why? _____
Fact	The bus comes after breakfast.	Why? _____
Feeling	I feel proud.	Why? _____
Guess	Maybe the plan changed.	Why? _____

6. Support Circle Sheet

Use helper roles, not real names, unless a grown-up privately adds them later. Children should know help exists without carrying adult responsibility.

Home helpers Caregiver, relative, trusted family friend	School helpers Teacher, counselor, nurse, coach
Community helpers Doctor, librarian, youth program, 211/basic-needs helper	Emergency helpers Emergency services, crisis line, domestic violence advocate when safety is involved

Kid reminder: You can ask a safe grown-up. You do not have to solve adult conflict, carry messages, collect proof, or pick sides.

7. Grown-up Notes for Using These Printables

Keep the worksheets low-pressure. They are practice sheets, not evidence sheets. They should make routines calmer and language clearer.

- Use these with the FOCaF kids games, school routines, bedtime routines, and transition preparation.
- Keep notes generic. If you need private documentation, keep it in your own records and use appropriate professional or official channels.
- Do not ask children to write allegations, adult disputes, court facts, medical details, or private family history on these pages.
- If a child seems scared, unsafe, or overwhelmed, stop the worksheet and use a safe adult, school support, crisis support, medical support, domestic violence advocacy, or official help as appropriate.
- Court and legal steps are adult responsibilities. These sheets are for child stability, routines, communication skills, and safe support roles.

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