

I am feeling  
**regretful**

WORKSHEET:  
**LEARNING FROM REGRET & MOVING FORWARD**

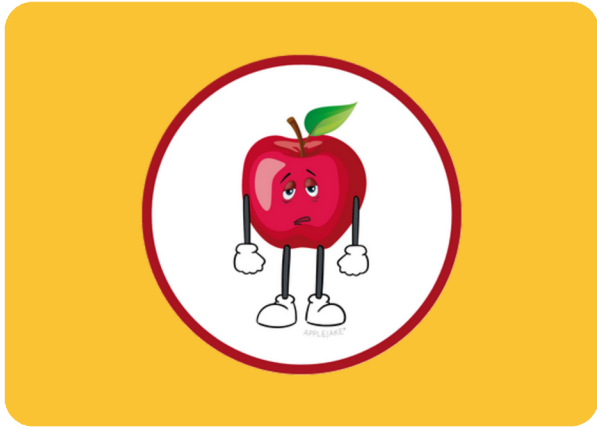
**Part 1:** Reflecting on Regret

What's one thing you regret doing or not doing?  
(Write or draw it in the box below.)



**FOR PARENTS:**

Share a moment of your own regret first to make it easier for your child to open up. Emphasize that it's okay to feel regret and that it's a normal part of life.



## Part 2: What Did You Learn?

What lesson did you learn from this regret?  
(Write it down in the space below. Be sure to focus on what you can do differently next time.)



### FOR PARENTS:

Help your child see this as a valuable learning moment. Encourage them to think about how they could handle similar situations differently in the future.

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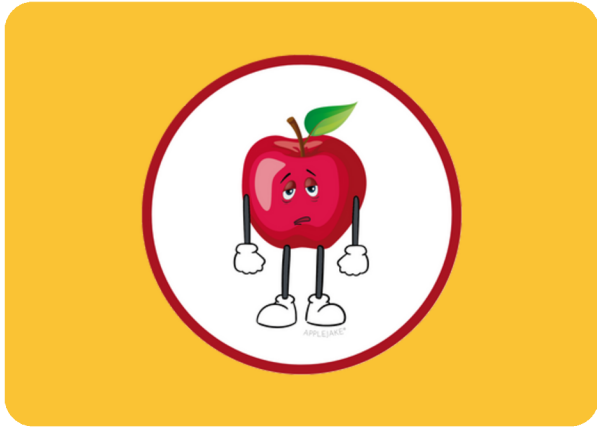
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## Part 3: Creating Your "Moving Forward" Card

Now, let's create a "Moving Forward" card!  
(On the next page, design a card with one small action you can take to either make amends or improve next time.)



### **FOR PARENTS:**

Encourage your child to choose a step that feels achievable and positive. This could be a simple apology, a small act of kindness, or a reminder to try harder next time.

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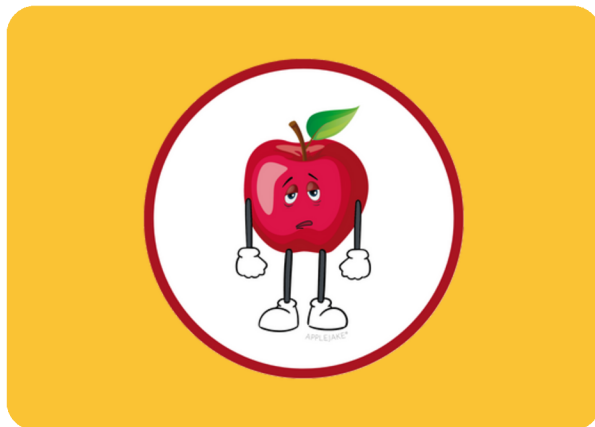
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## TITLE OF THE CARD: "MY MOVING FORWARD CARD"

### Front of the Card:

- A blank space or border to decorate it (stickers, doodles, colors, etc.).
- Add a sentence prompt: "One small step I can take to make things better is..."
- Space to write: Have your child write down the action they're going to take.



### FOR PARENTS:

Keep the tone light and creative. The focus is on the process of reflection and improvement rather than perfection.

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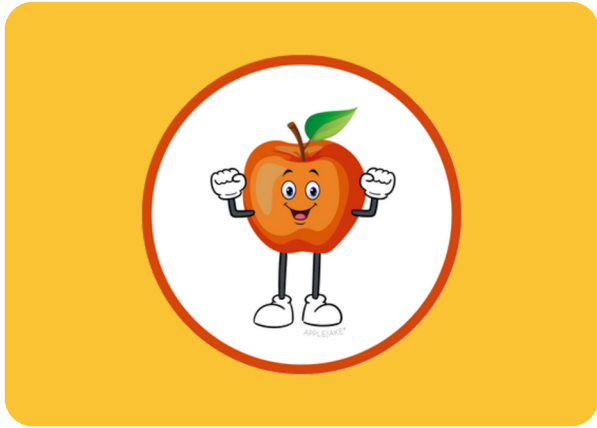
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# MY MOVING FORWARD CARD







## Part 4: Discussing the Plan

### **When will you take this step?**

(Write or discuss with your parent when and how you'll carry out your plan.)



#### **FOR PARENTS:**

Help your child break it down into a manageable timeline, so it feels realistic. Remind them that it's about progress, not perfection.

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## CELEBRATE THE LEARNING!

**Give yourself a little pat on the back for learning from your mistake!**

(Write or share one positive thing you can say about yourself for handling this situation.)

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