

BEHAVIORAL ACTIVATION WORKSHEET

Name: _____ Class: _____ Date: _____

What Is Behavioral Activation?

Behavioral activation means taking small, meaningful actions even when you don't feel motivated. Doing enjoyable, useful, or important activities can help build a healthier routine.

Remember: **Small steps count!**

1. How Am I Feeling Today?

Circle or tick the words that describe how you feel.

☐ Happy ☐ Calm ☐ Excited ☐ Tired ☐ Bored ☐ Worried ☐ Sad

☐ Angry ☐ Lonely ☐ Motivated ☐ Other: _____

My energy level today: 1 ★ 2 ★ 3 ★ 4 ★ 5 ★

2. Activities I Enjoy

Write or draw three activities that you enjoy.

1. _____
2. _____
3. _____

Examples: reading, drawing, playing a game, listening to music, spending time with family, or going for a walk.

3. Activities That Matter

What are some activities that help you learn, grow, or take care of yourself?

1. _____
2. _____
3. _____

4. My Small-Step Plan

Choose **one small activity** you can do today.

Activity: _____

When will I do it? _____

Where will I do it? _____

Who can do it with me? _____

How long will I do it? _____

5. Before and After

Before the activity

How do I feel? ☐ Very low ☐ Low ☐ Okay ☐ Good ☐ Very good

My energy level: 1 2 3 4 5

After the activity

How do I feel? ☐ Very low ☐ Low ☐ Okay ☐ Good ☐ Very good

My energy level: 1 2 3 4 5

Did anything change?

6. My Activity Plan Plan a few small activities for the week.

Day	Activity	Done?
Monday	_____	☐
Tuesday	_____	☐
Wednesday	_____	☐
Thursday	_____	☐
Friday	_____	☐
Saturday	_____	☐
Sunday	_____	☐

7. Mix It Up! Try to include different kinds of activities.

Enjoyment Something that makes me smile:

Achievement Something that helps me learn or accomplish something:

Connection Something I can do with or for someone else:

Self-Care

Something I can do to take care of myself:

8. When I Don't Feel Like Doing It

Sometimes motivation comes **after** we start.

When I don't feel like doing my activity, I can:

- ☐ Start for just 5 minutes. ☐ Ask someone for support. ☐ Break the activity into smaller steps.
☐ Remind myself why it matters. ☐ Choose an easier version of the activity. ☐ Try again later.

My own strategy:

9. What I Learned

1. One activity that helped me was:

2. Something I enjoyed was:

3. Something I accomplished was:

4. One activity I would like to repeat is:

MY SMALL STEP

Today I will take one small step toward something important to me:

I don't have to do everything at once. One small step is still progress.