

# Childhood Depression Worksheet

This worksheet is designed to help children, parents, and caregivers identify signs of depression in children aged 7-12. It can also serve as a tool to facilitate open discussions about feelings and emotions

**Instructions: Use the emoji scale below to indicate how you have been feeling over the past two weeks.**

Feeling		😊 Happy	😐 Okay	😞 Sad	😭 Very Sad
Most of the time					
When waking up					
After school					
Before going to bed					

**What are some things that make you feel happy?**

*Describe the emotions*

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**What are some things that make you feel sad?**

*Describe the emotions*

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**Are there times when you feel sad without knowing why?**

Explain *the emotions*

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**Instructions: Answer the following questions about your daily activities and interests.**

Have you been feeling bad about yourself or feeling that you are a failure?	Yes	No
Do you have trouble concentrating on things like reading or watching TV?		
Have you been feeling more restless or fidgety than usual?		
Have you thought about hurting yourself or felt that life isn't worth living?		

List three people you can talk to when you feel sad or upset.

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List three activities that help you feel better when you're sad.

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Is there a place where you feel safe and comfortable? Describe it.

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