



Printable Family Worksheets





How to Use the Family Worksheets

These family worksheets are designed to help caregivers, siblings, and families reflect, talk, pray, and connect together. Use them in whatever way best serves your family.



For the greatest benefit, read the corresponding section in the main resource book before completing each worksheet.



Ways to Use Them

- Use one worksheet at a time—there is no need to do them all at once.
- Complete them together as a family or let each person respond in their own way.
- Write, draw, circle, or talk through the questions—there is no perfect way to participate.
- Use the worksheets after school, during a quiet moment, at bedtime, or whenever your family needs a gentle reset.
- If a conversation becomes emotional, pause and pray together.



A Gentle Reminder

These pages are meant to create connection, not pressure. Small conversations, honest feelings, and quiet moments together matter more than perfect answers.

*Take your time. Use what is helpful. Leave the rest.
Hope can grow here, one small moment at a time.*





A Thank You Prayer



Fill in the blanks together.

- ♥ Thank You, Jesus, for _____.
- ♥ Thank You for creating _____ exactly as You did.
- ♥ Thank You for every part of who _____ is.
- ♥ Thank You for how precious _____ is to You.
- ♥ Thank You for choosing me to be _____'s caregiver.
- ♥ Thank You for loving _____ even more than I do.
- ♥ Thank You for protecting _____.
- ♥ Thank You for guiding _____.
- ♥ Thank You for going with _____ into every new situation.
- ♥ Thank You for being with both of us now and forevermore.



You can whisper it, say it out loud,
or let your child listen as you pray.
God hears every thankful heart.



*Rejoice always, pray continually,
give thanks in all circumstances.*

—1 Thessalonians 5:16–18



Thinking on Good Things

A Family Fill-in-the-Blanks Worksheet Inspired by Philippians 4:8

♥ Fill this out together and think about the good things God is helping you see today. ♥



1 Something true is _____



2 Something honorable is _____



3 Something right is _____



4 Something pure is _____



5 Something lovely is _____



6 Something admirable is _____



7 Something excellent is _____



8 Something worthy of praise is _____



Our Family Prayer

Jesus, help our family think about what is true,
good, and pleasing to You today.

Thank You for _____.

Amen.

"Think about things that are true, honorable, right, pure,
lovely, and admirable..."

—Inspired by Philippians 4:8



SECTION 3

Seeing My Child Beyond the File

A Caregiver Reflection + Prayer Worksheet

1. One thing I wish others could see about my child is _____
2. My child shines when _____
3. One support that would help my child succeed is _____
4. A person involved in my child's care I can pray for is _____
5. One way I can pray for them today is _____
6. A truth I want to remember today is _____

A Simple Prayer

Jesus, thank You for _____.
Help others see their value, gifts, and needs clearly.
Bless _____ today and give me wisdom,
courage, and compassion as I advocate for my child.
Amen.

My child is more than a file.
My child is known and loved by God.

My First Day Support Plan

A Caregiver Reflection + Fill-in Worksheet

Use this page to slow down, name your fears, and make a simple plan for tomorrow.

1. One feeling I am carrying into this school year is _____
2. One feeling my child may be carrying is _____
3. One fear I need to stop letting predict the whole year is _____
4. One truth I want to remember is _____
5. One small reminder my child can carry or wear is _____
6. One thing that helps my child feel calm or brave is _____
7. One person I can contact for support is _____
8. My prayer for tomorrow is _____



A Simple Prayer

God, You already know what tomorrow holds.
Help me release my fear, trust Your presence, and take the next step
with courage. Be with my child, steady our hearts,
and meet us in every moment. Amen.

The first day does not predict the whole year.

Caregiver Worksheet

Progress May Look Different Here

Progress does not have to look typical to be meaningful.

1 One quiet victory I've noticed lately:



2 One place comparison has been stealing my peace:



3 One dream or expectation I need permission to grieve:



4 One mercy or gift I can thank God for today:



5 One small step I want to celebrate right now:



God's mercy is new every morning.

Lamentations 3:22-23 | Psalm 42:11





Where Do I Find a Soft Place to Land?



Caregiver Reflection Worksheet

Home may not always feel restful. This page is an invitation to notice where God is meeting you, what support you need, and what truth you want to carry into this school year.

1

When do I feel most safe, understood, or able to exhale?



2

What makes it difficult for me to rest—even when I have the opportunity?



3

What am I carrying right now that other people may not see?



4

Who is part of my circle of support?



5

What kind of support do I wish I had more of?



6

What is one small place, person, practice, or moment that feels like refuge to me?



7

What truth from this guide do I want to carry into the school year?



I may not have a
perfectly peaceful home,
but I am still worthy of
rest, support, and care.

