

# ACT WORKSHEETS:



85+ WORKSHEETS  
TO ACCOMPANY  
THE AIM CURRICULUM ACT  
LESSONS

## D1T2: Past, Future, NOW

**PAST**

**FUTURE**

**NOW**

## D6T2: Life Chameleon


D6T3: Hiding the Real Me

How I Hide Myself	The Real Me



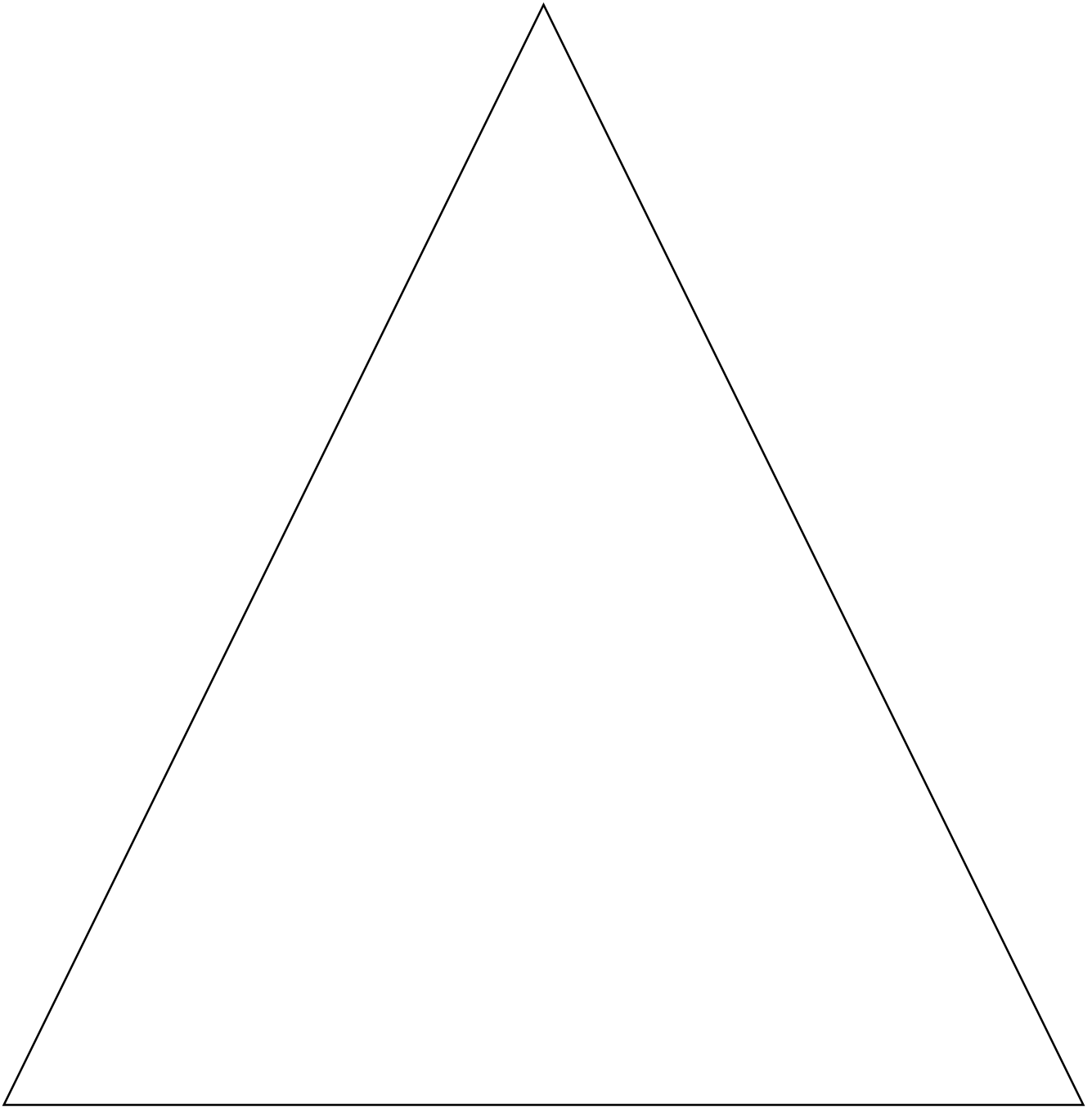
## D12T3: Chaotic Mind



**Example Values List:**

Being Athletic  
Gratitude  
Understanding  
Being Compassionate  
Trusting  
Companionship  
Truthfulness  
Creativity  
Learning  
Feeling Free  
Independence  
Fairness  
Relaxation  
Experiencing Adventure  
Friendship  
Family  
Being Wealthy  
Achievement in School  
Feeling Peaceful  
Courage  
Love  
Being Genuine  
Being Determined  
Having Fun

## D15T3: Prioritization Pyramid



**My name is \_\_\_\_\_.**

**I am the world's best \_\_\_\_\_.**

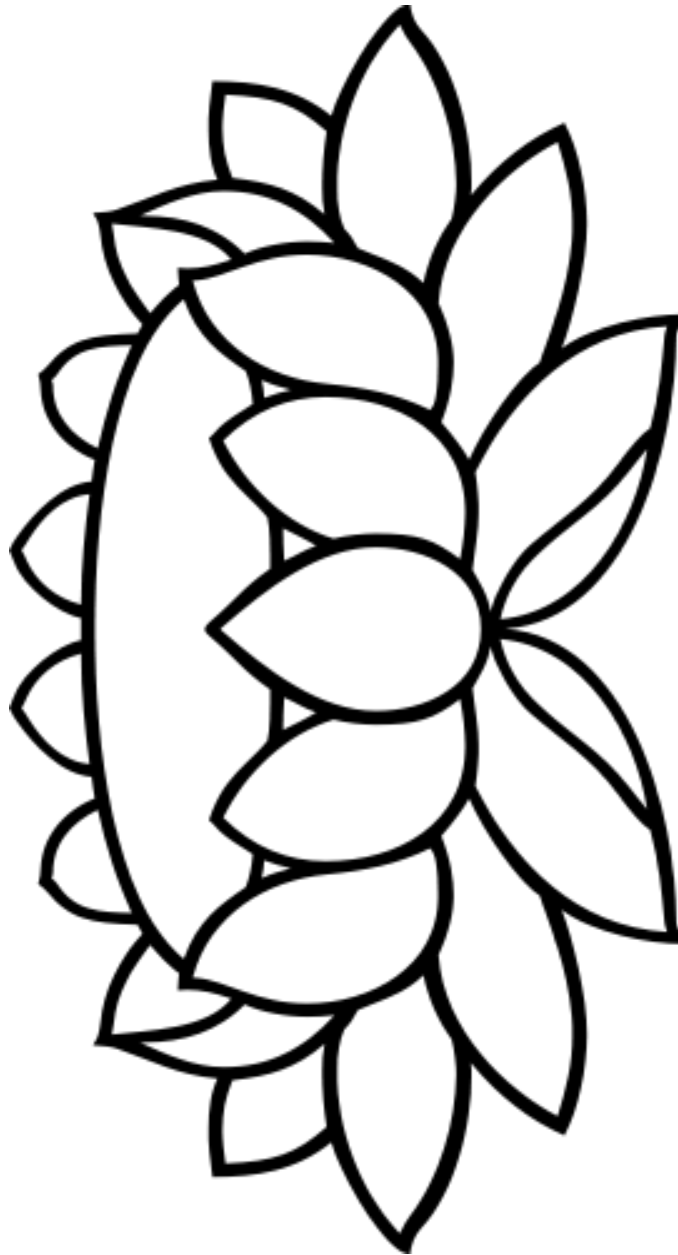
**Whenever I meet anyone new, they always  
tell me they think I'm \_\_\_\_\_.**

**I disagree, there's no way I'm  
\_\_\_\_\_, I'm ALWAYS,  
\_\_\_\_\_!**

**On the other hand, I am the world's worst  
\_\_\_\_\_.**

**Every single time I \_\_\_\_\_, I mess it  
up!"**

## D19T2/3: Lotus Model



## **Example Values List:**

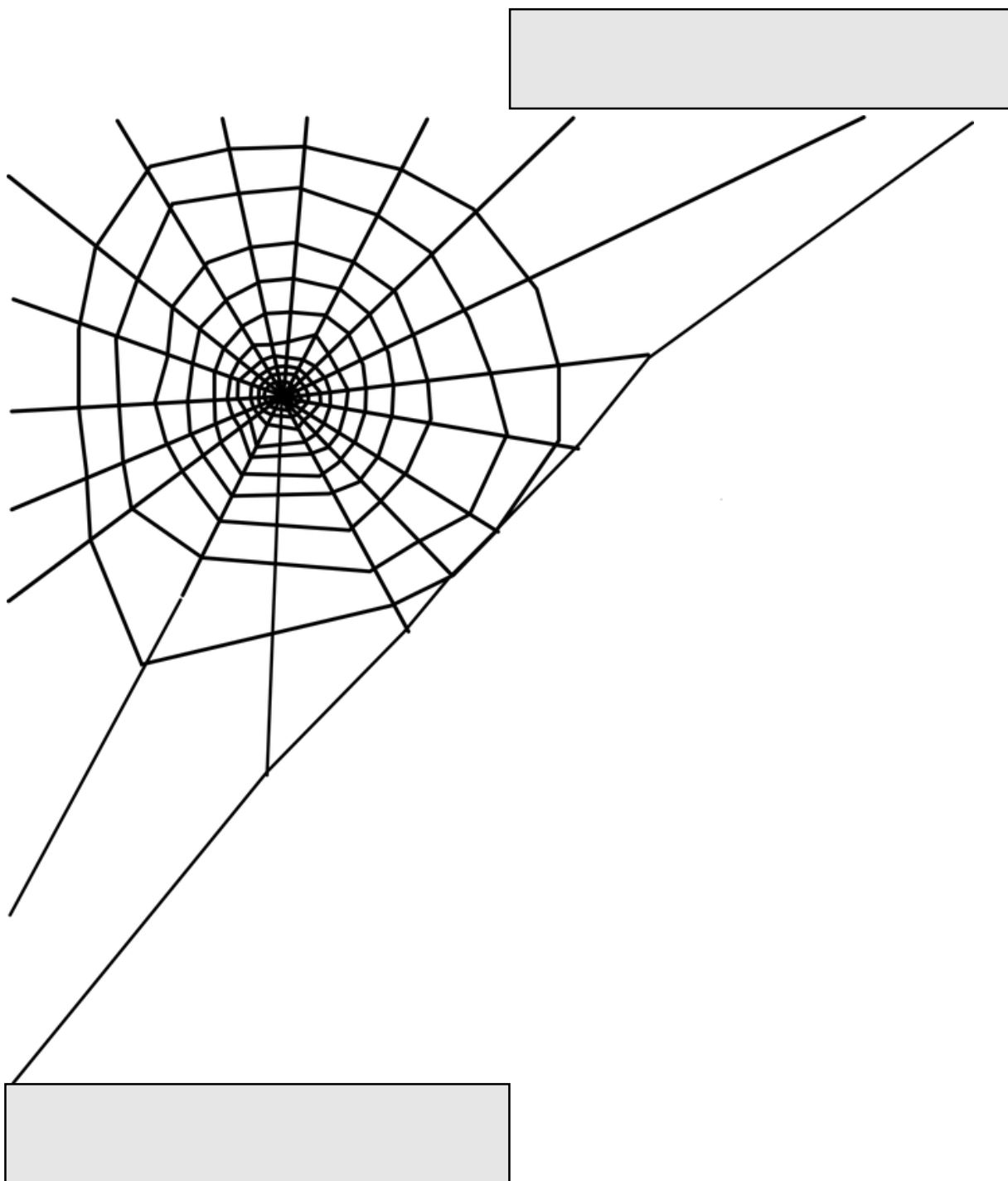
Being Athletic  
Gratitude  
Understanding  
Being Compassionate  
Trusting  
Companionship  
Truthfulness  
Creativity  
Learning  
Feeling Free  
Independence  
Fairness  
Relaxation  
Experiencing Adventure  
Friendship  
Family  
Being Wealthy  
Achievement in School  
Feeling Peaceful  
Courage  
Love  
Being Genuine  
Being Determined  
Having Fun

## D22T2: Storyboard



## D24T3: Connections

In the boxes, write two words that you have related together in a way that is troublesome for you. Along the web line, write how they are connected in your mind.





Foggy Day Cloud

Clear Day Cloud

---

## D27T3: One Committed Action Plan

### **My Value:**

<input type="checkbox"/> Monday	
<input type="checkbox"/> Tuesday	
<input type="checkbox"/> Wednesday	
<input type="checkbox"/> Thursday	
<input type="checkbox"/> Friday	
<input type="checkbox"/> Saturday	
<input type="checkbox"/> Sunday	

**STUPID**

T30T3: Mindfulness Glasses

**Event:**

---

**Blurry Vision**

---

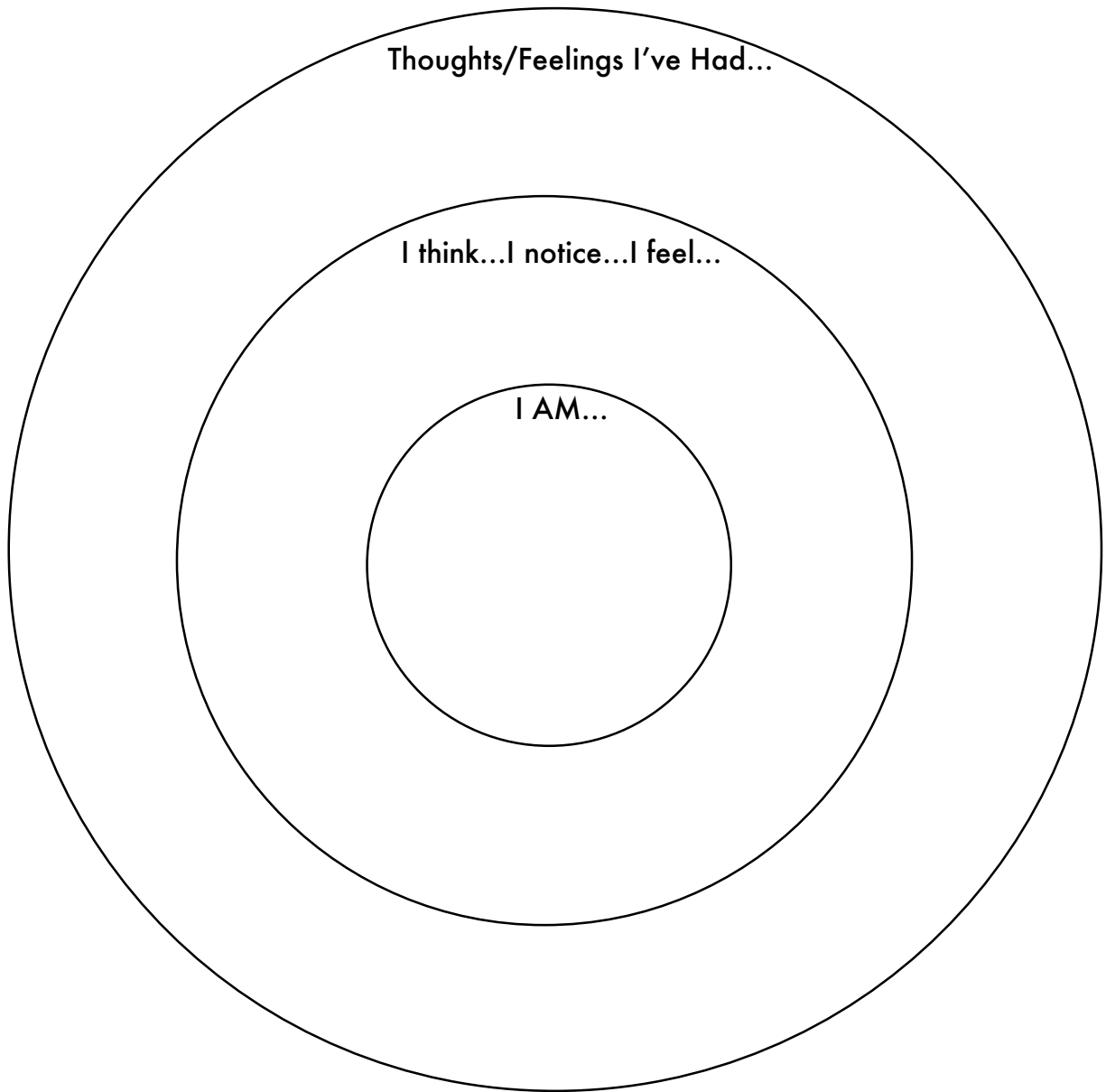
**Mindfulness Specs**

## D31T3: What Willingness Looks Like

WILLING

UNWILLING

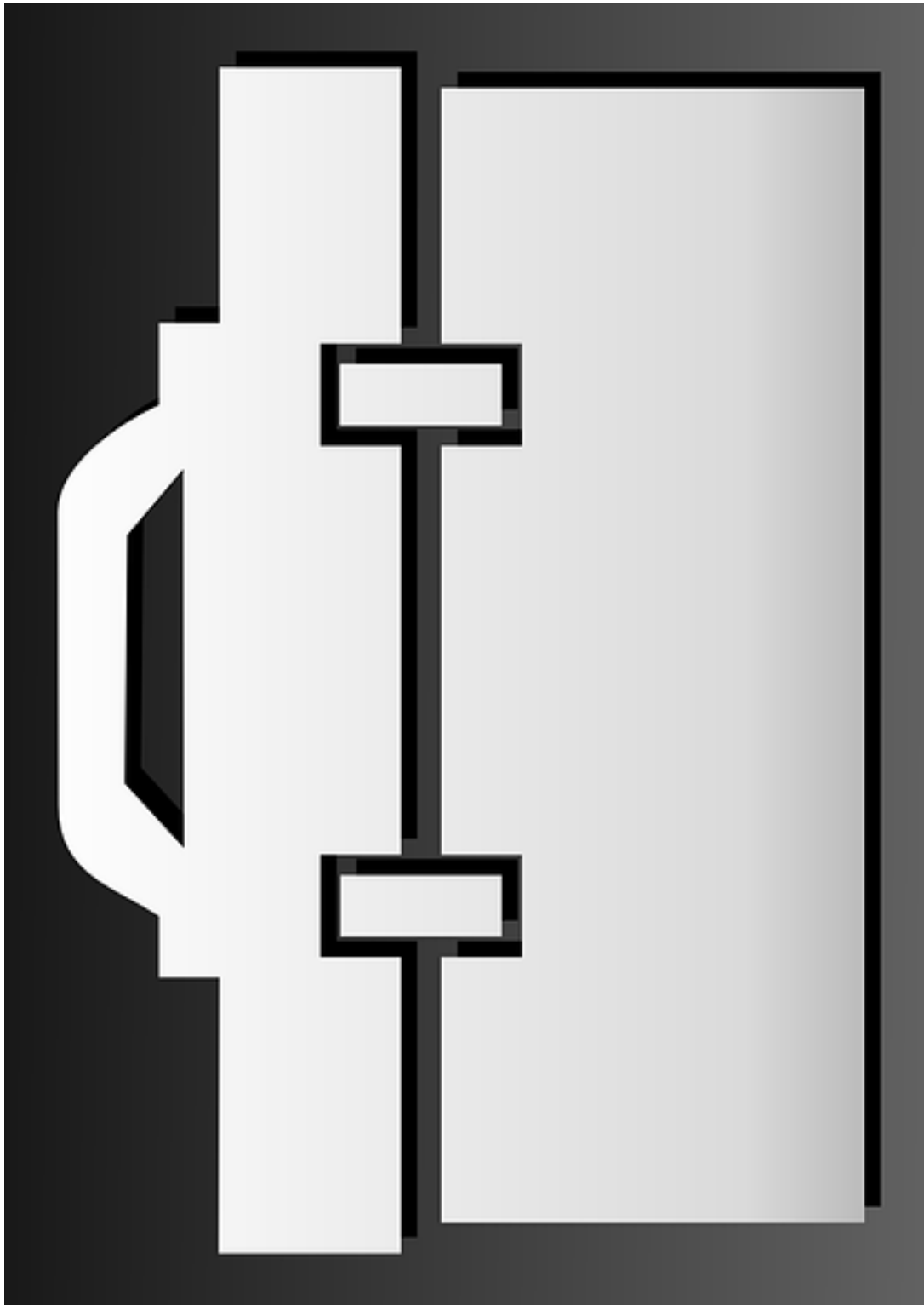
## D33T2: Thought Circles



## D35T3: Thought Billboard

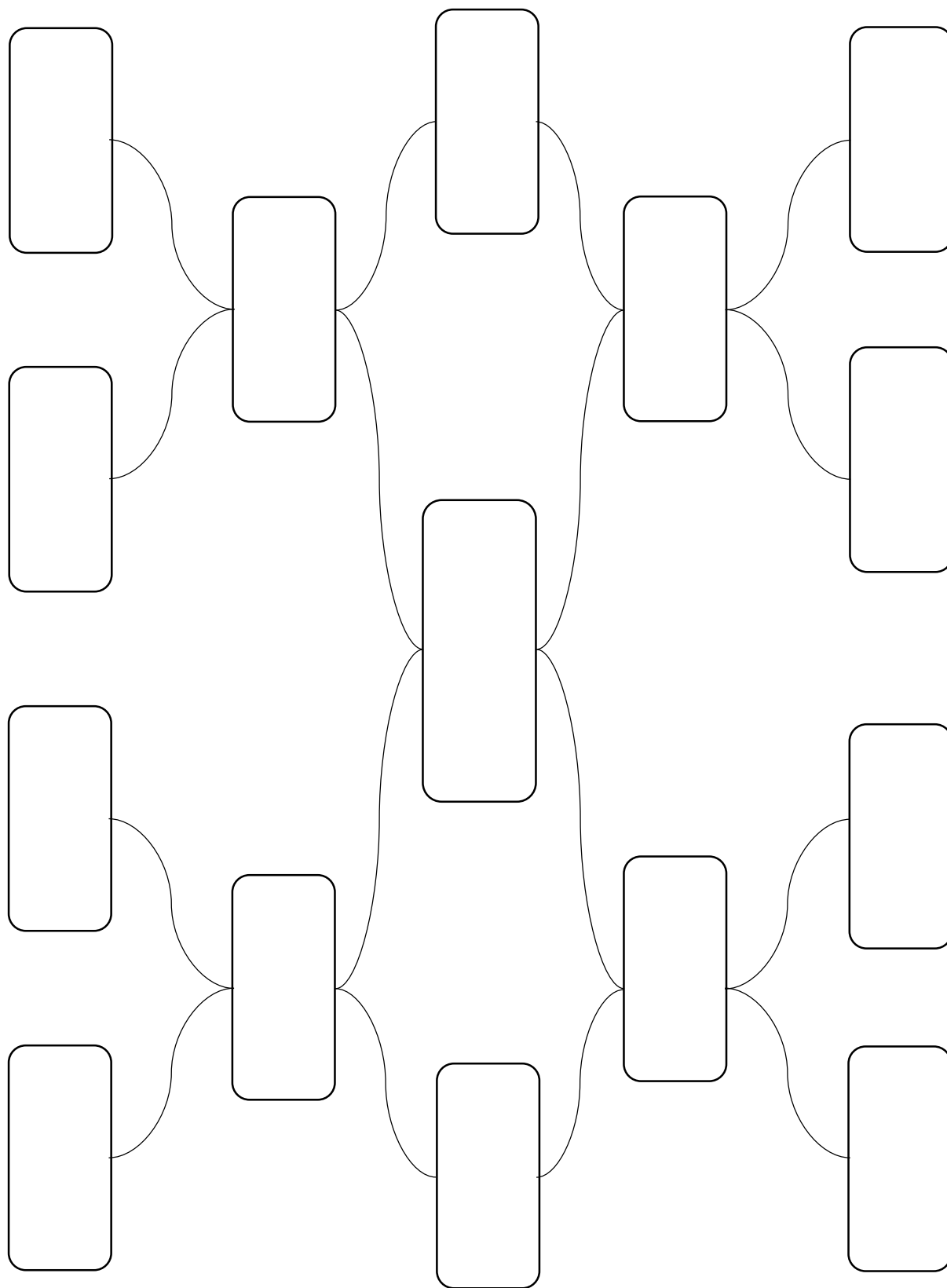


## D37T3: Acceptance Toolbox





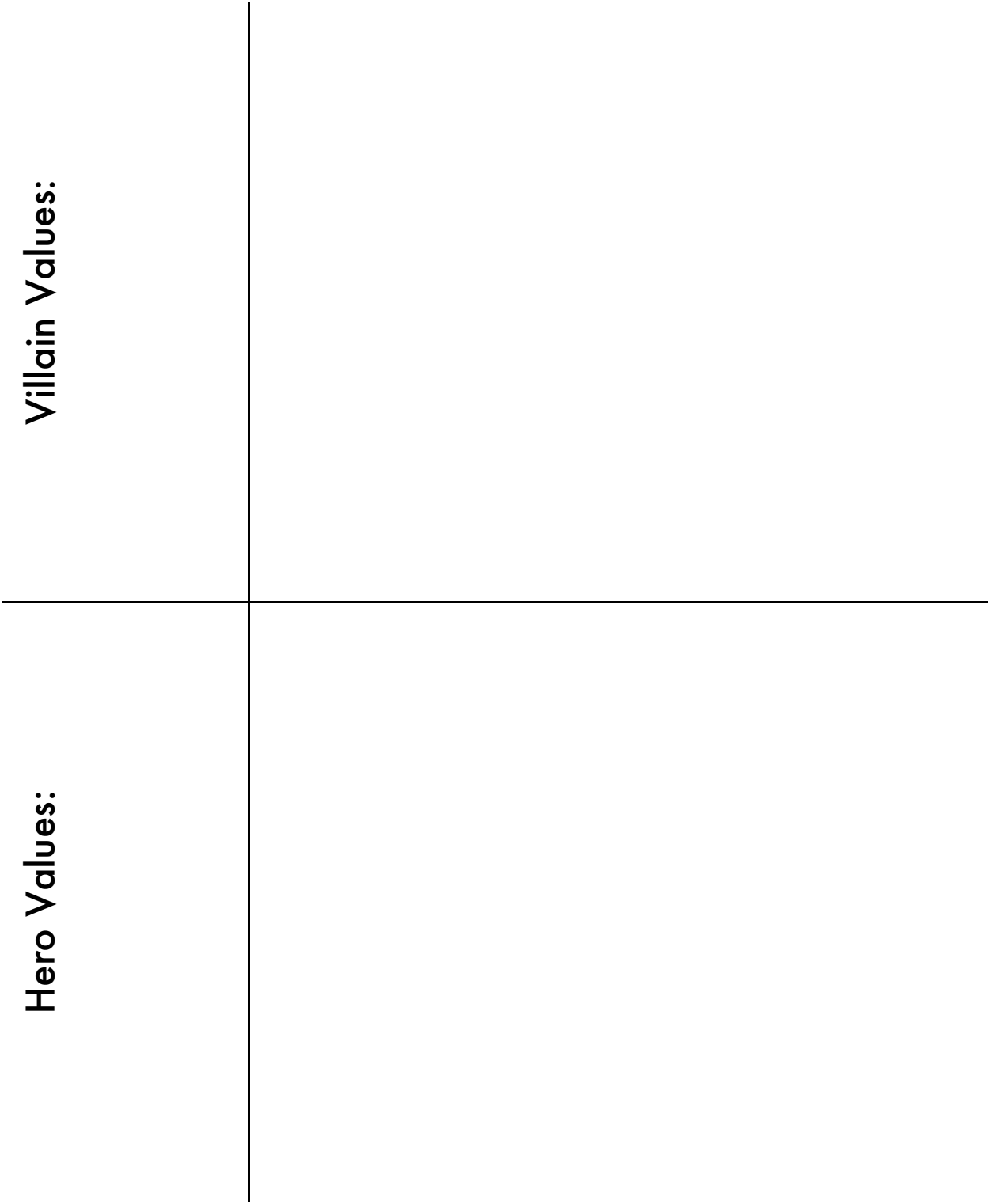
## D38T3: Web of Relations



### D39T3: Opposites

<b>SMART</b>	<b>DUMB</b>
<b>FUNNY</b>	<b>SERIOUS</b>
<b>POLITE</b>	<b>RUDE</b>
<b>KIND</b>	<b>MEAN</b>

D40T2: Heroes and Villains

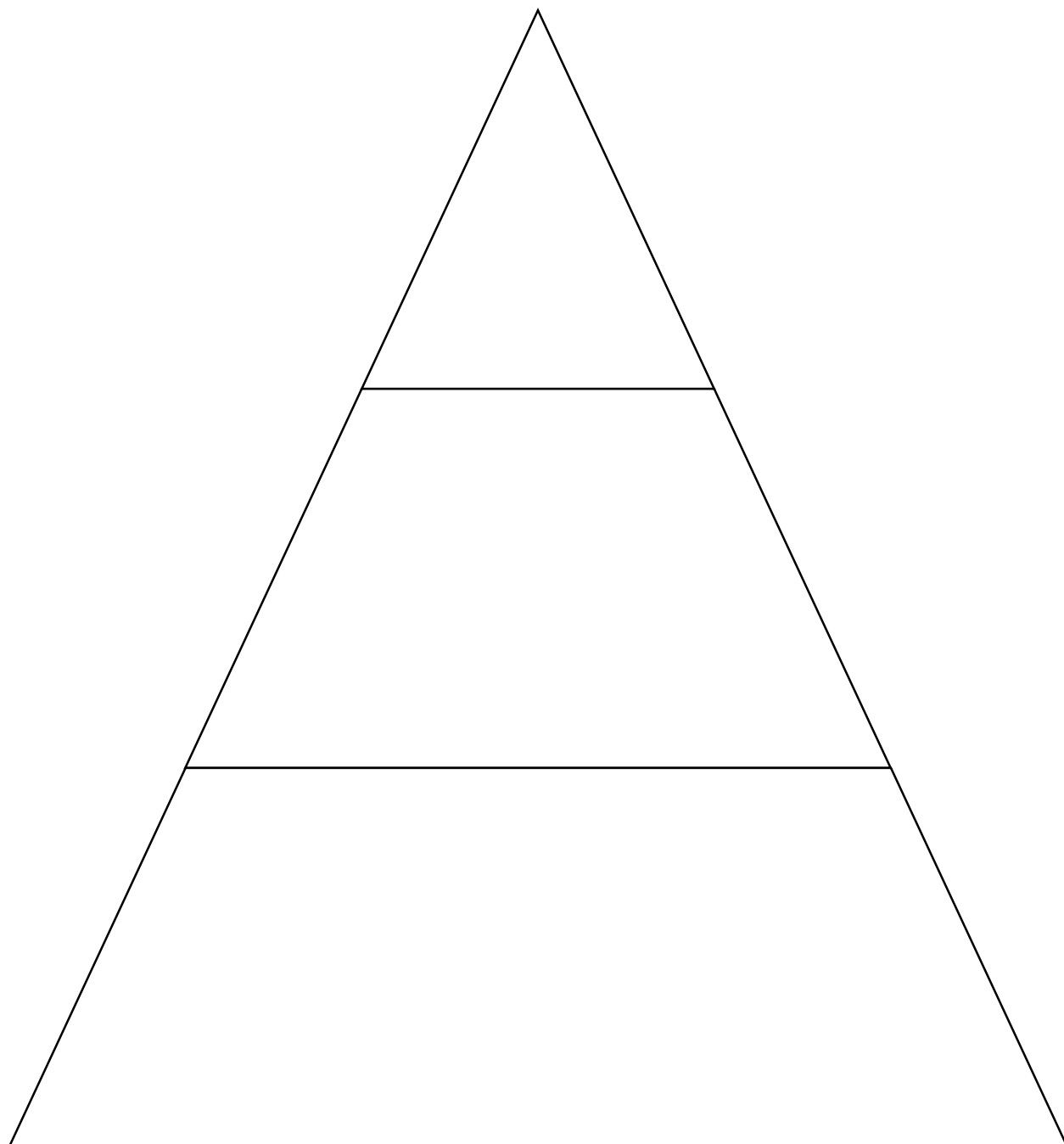


## D41T3: Accepting vs. Giving Up

**ACCEPTING**

**GIVING UP**

## D42T2/3: Values Triangle



D46T2: A Little Rain

**Caught in the Rain**

**Protective Dome**

**Accepting Rain**

## D47T3: 10-Day Forecast

**Day 1**

**Day 2**

**Day 3**

**Day 4**

**Day 5**

**Day 6**

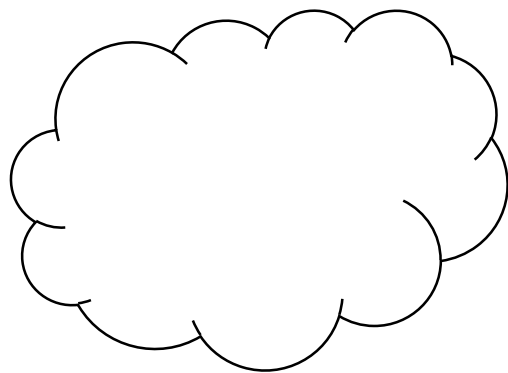
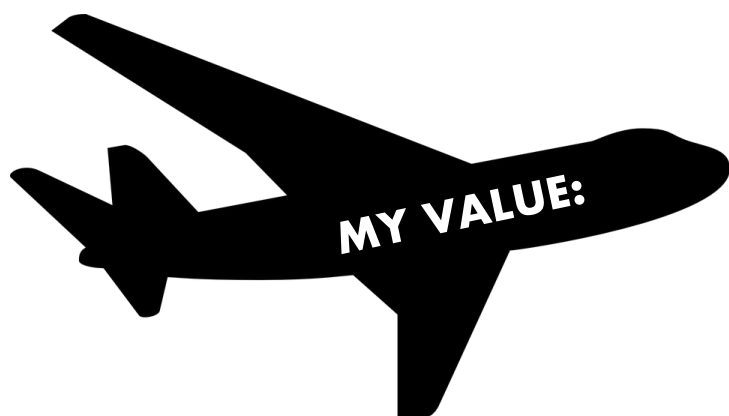
**Day 7**

**Day 8**

**Day 9**

**Day 10**

## D49T2: Airplane Turbulance



**Obstacles:**

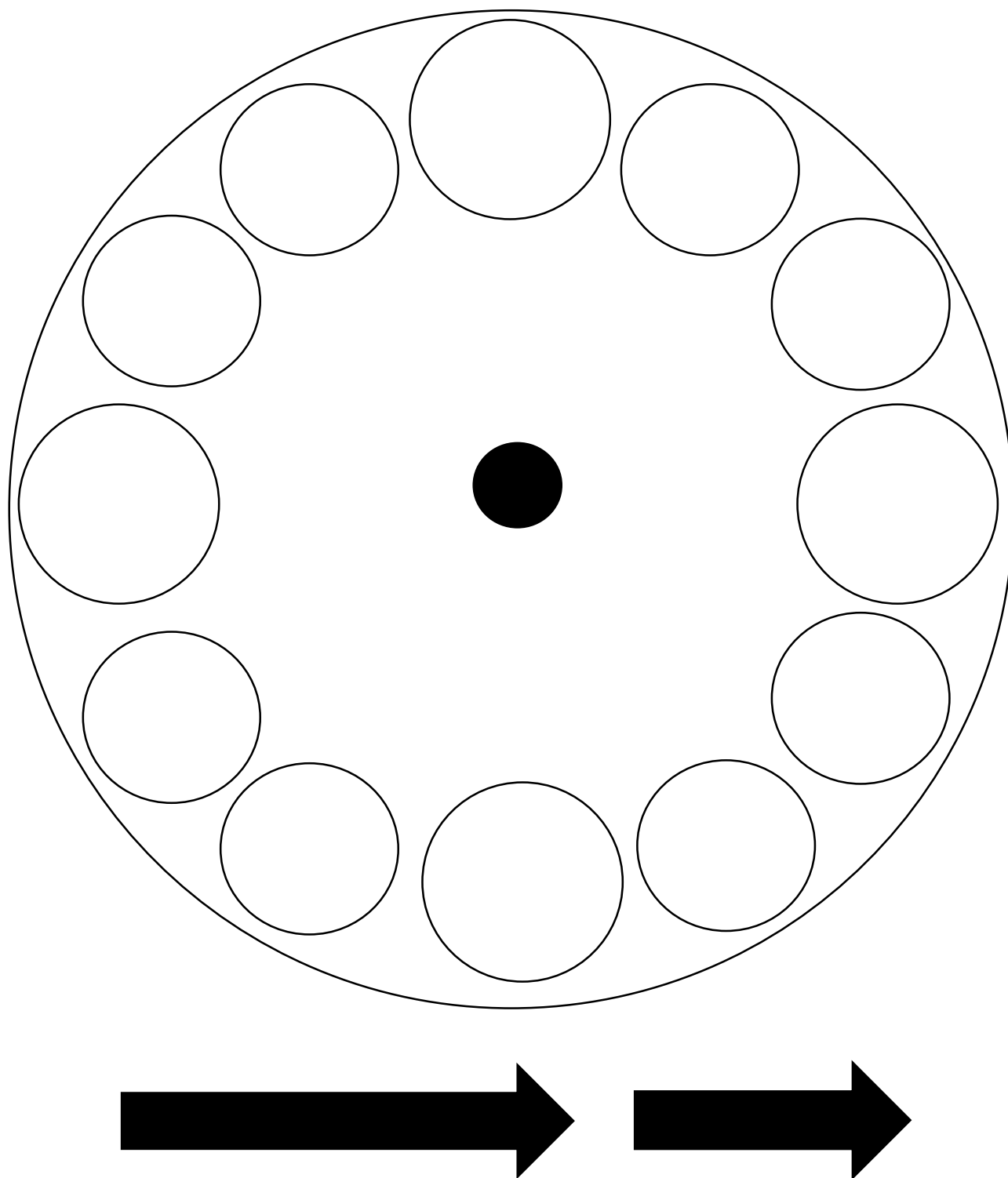
**Committed Actions:**



## D53T3: Behavior Gradient



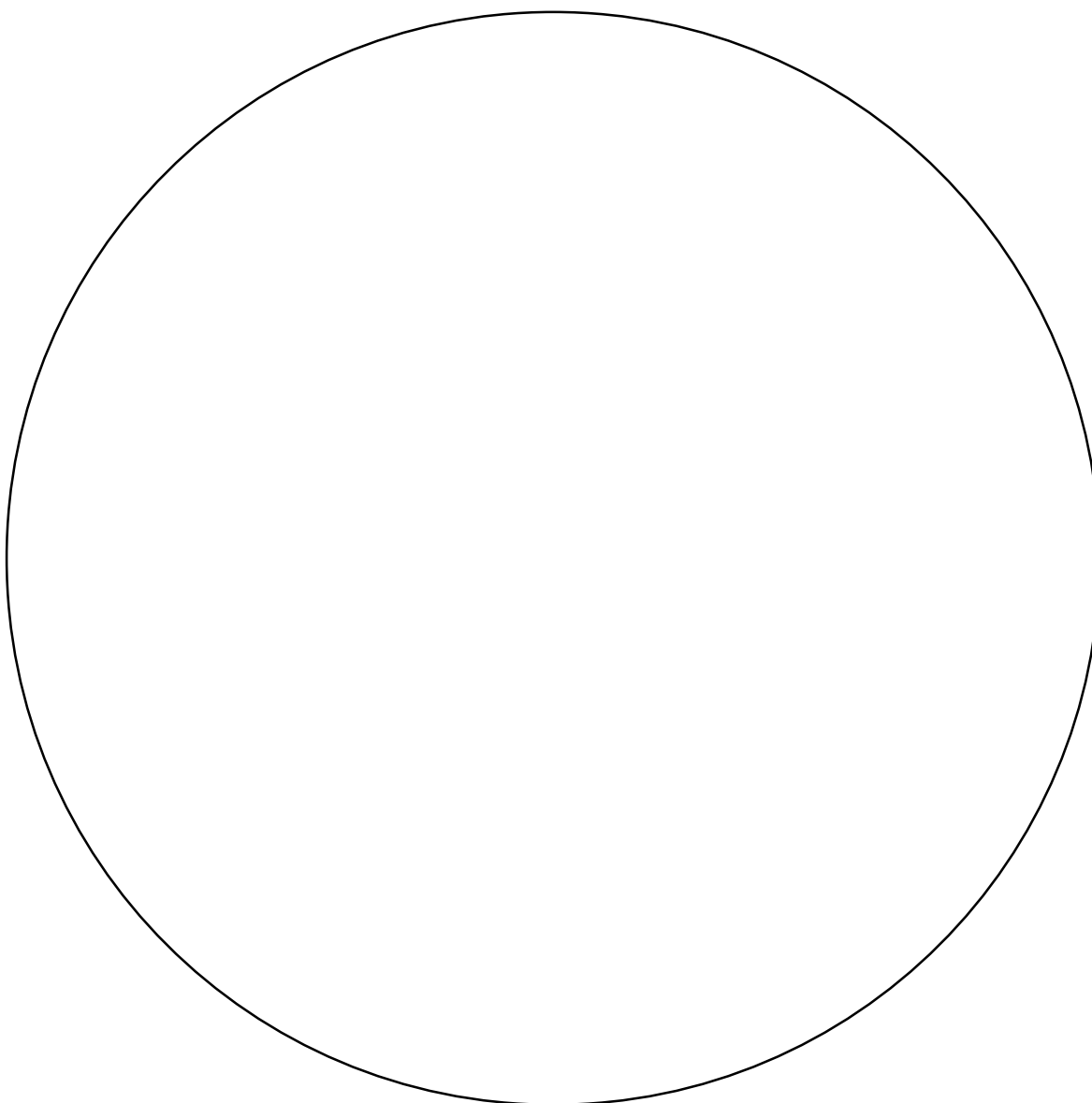
D55T2: Life Time



## D56T3: One Sided World (Fold in Half)



## D57T2: Word Pizza



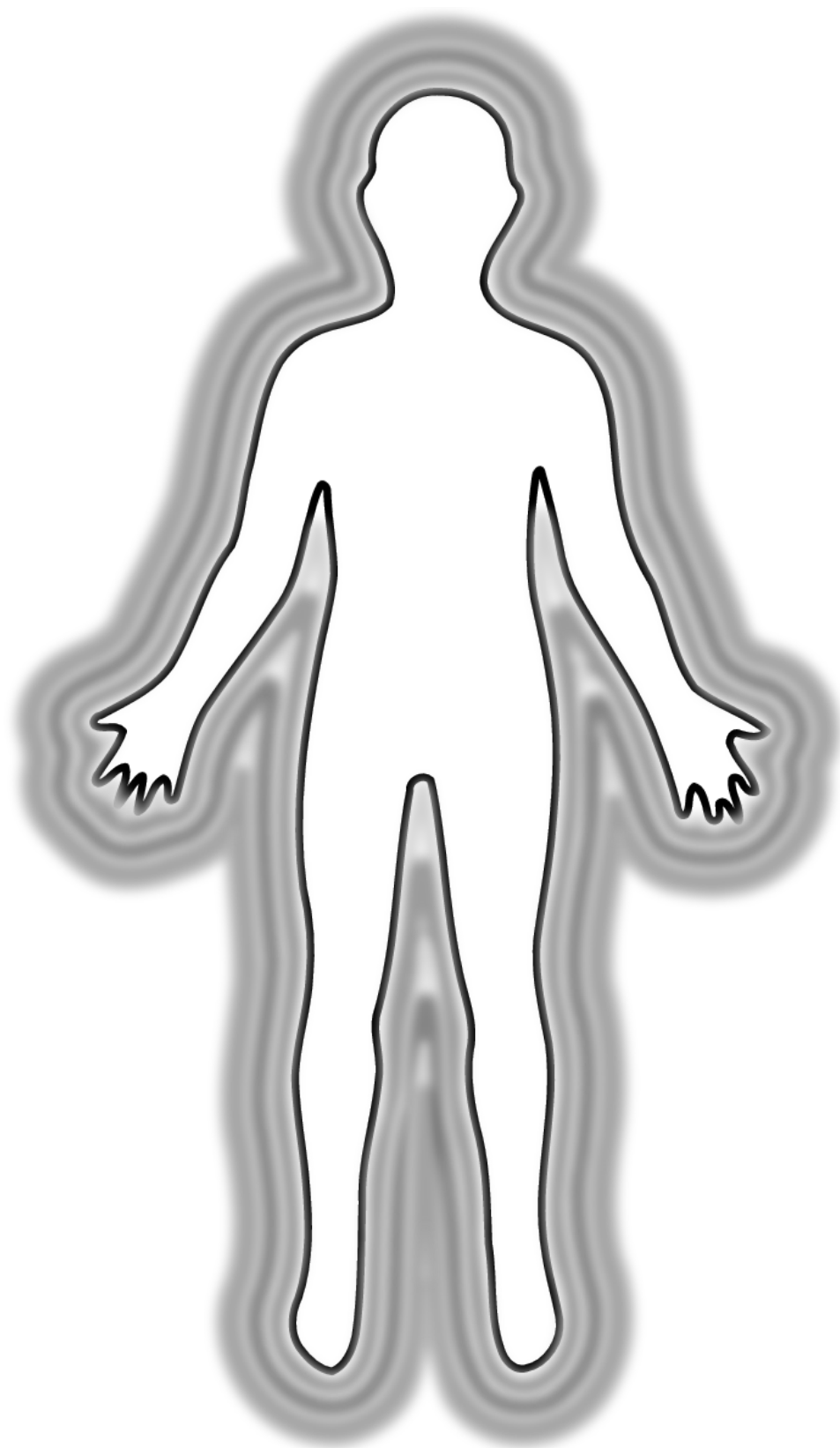
D59T3: Kernels

**Get it Out!**

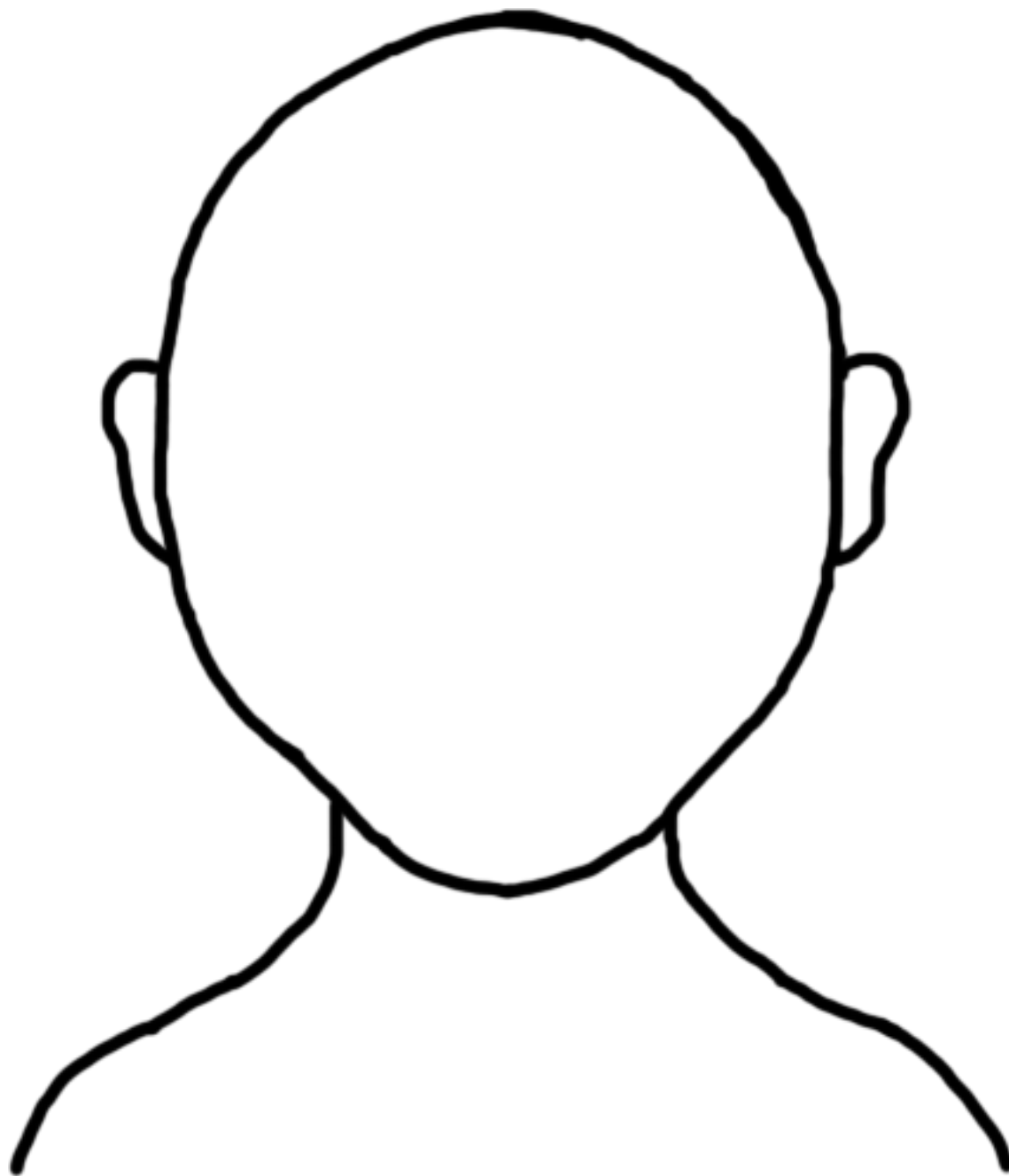
**Let it Be!**

**I can practice acceptance by...**

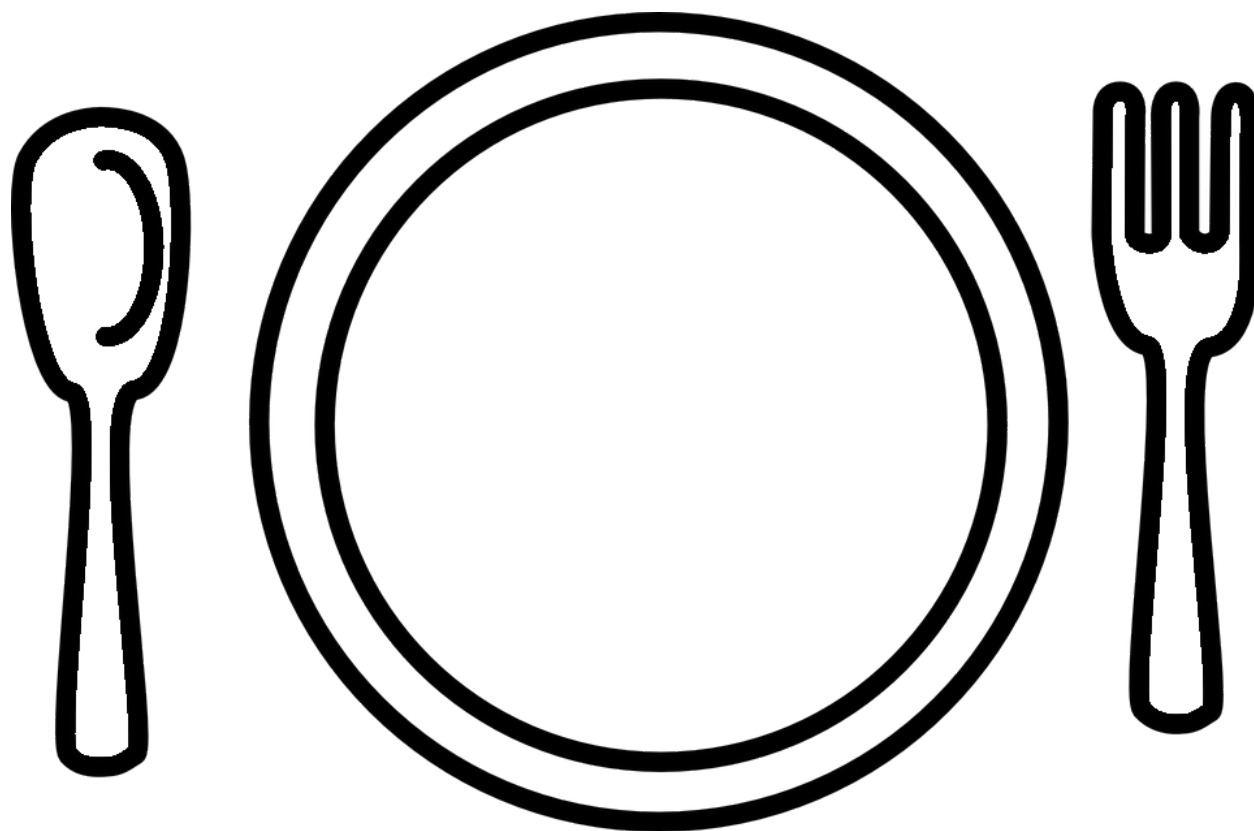
## D63T2: A Good Friend



D64T2/3: Reflection

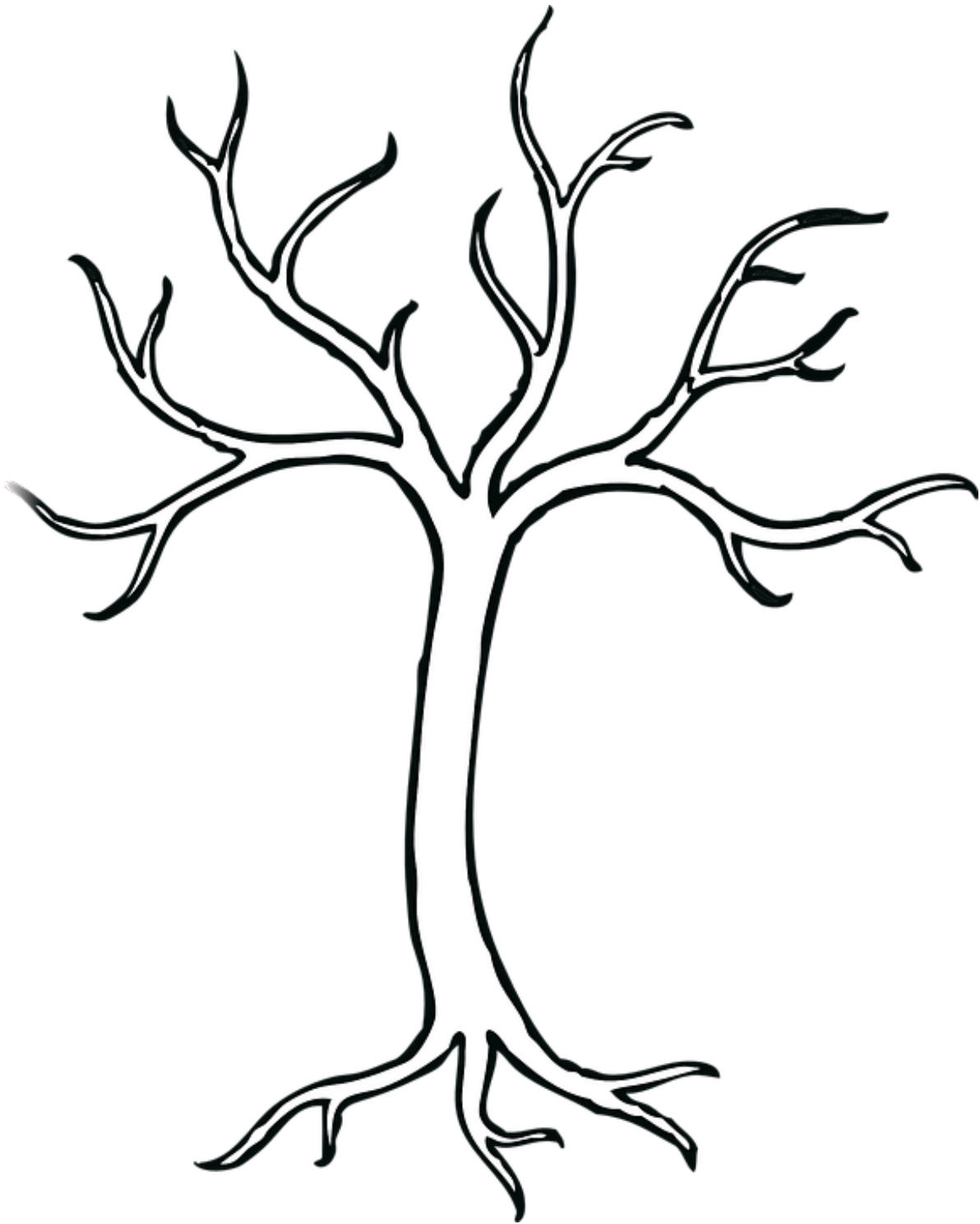


## D66T2: Disgusting Dinner

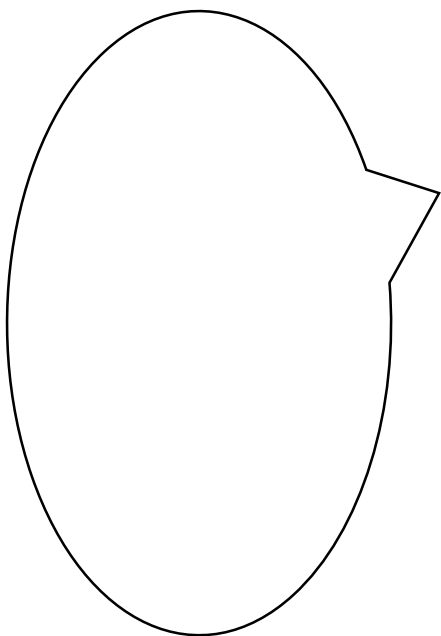
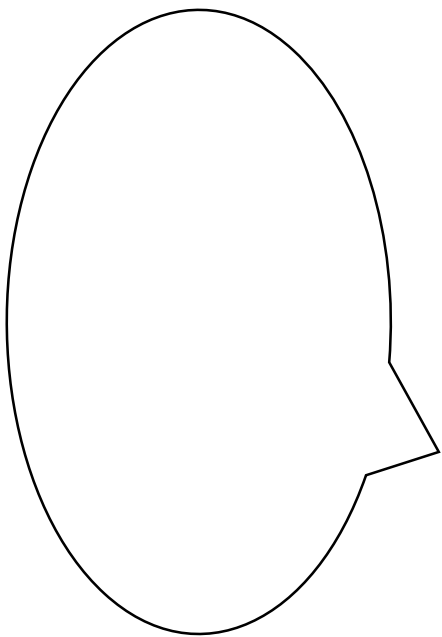




## D67T2/3: Gratitude Tree



D69T2: What Were You Thinking?



## D71T3: Breathing Room

Inappropriate Reactions to  
Space Invaders

Mindful Reactions to  
Space Invaders

D72T3: Creating Space

Creating Space:	
Trouble:	
Upsetting Thoughts:	

D76T2: Did you smell that?

The diagram consists of five interconnected hexagonal boxes arranged in two columns. The left column contains three boxes labeled 'SCENT:', 'FEELINGS:', and 'SENSATIONS:' from top to bottom. The right column contains two boxes labeled 'THOUGHTS:' and 'MEMORIES:' from top to bottom. The boxes are connected by lines that form a continuous path, with the top-left box connected to the top-right box, the middle-left box connected to the middle-right box, and the bottom-left box connected to the bottom-right box. The boxes are empty, providing space for the user to write their responses.

**SCENT:**

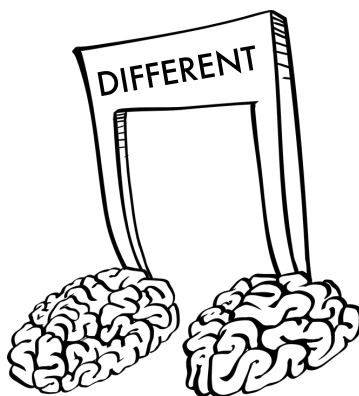
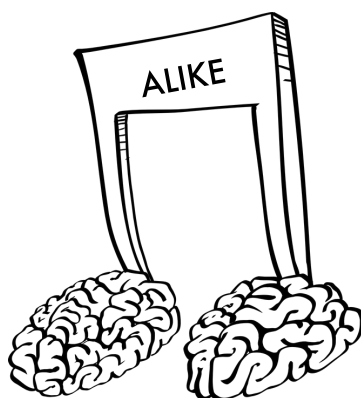
**THOUGHTS:**

**FEELINGS:**

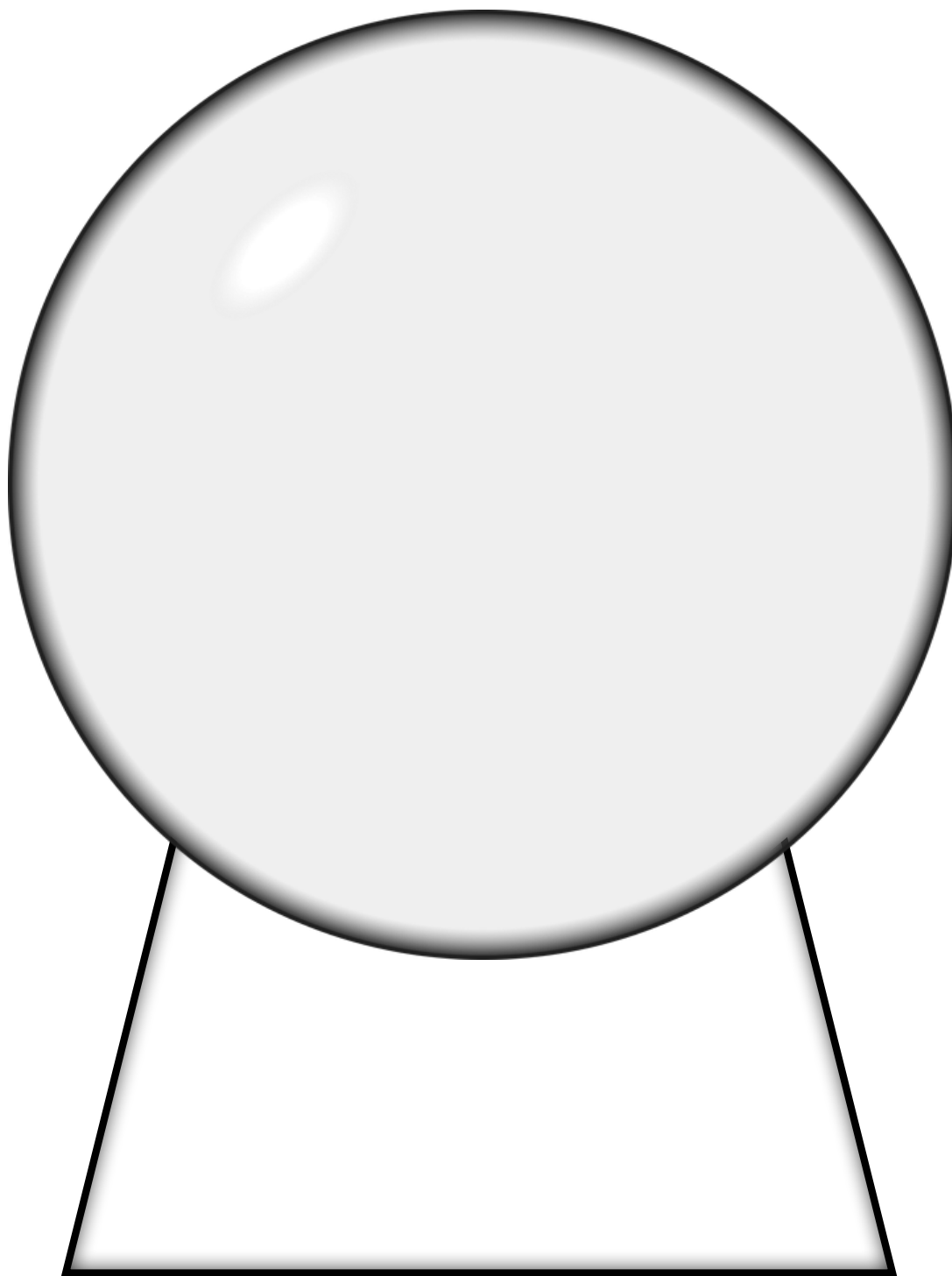
**MEMORIES:**

**SENSATIONS:**

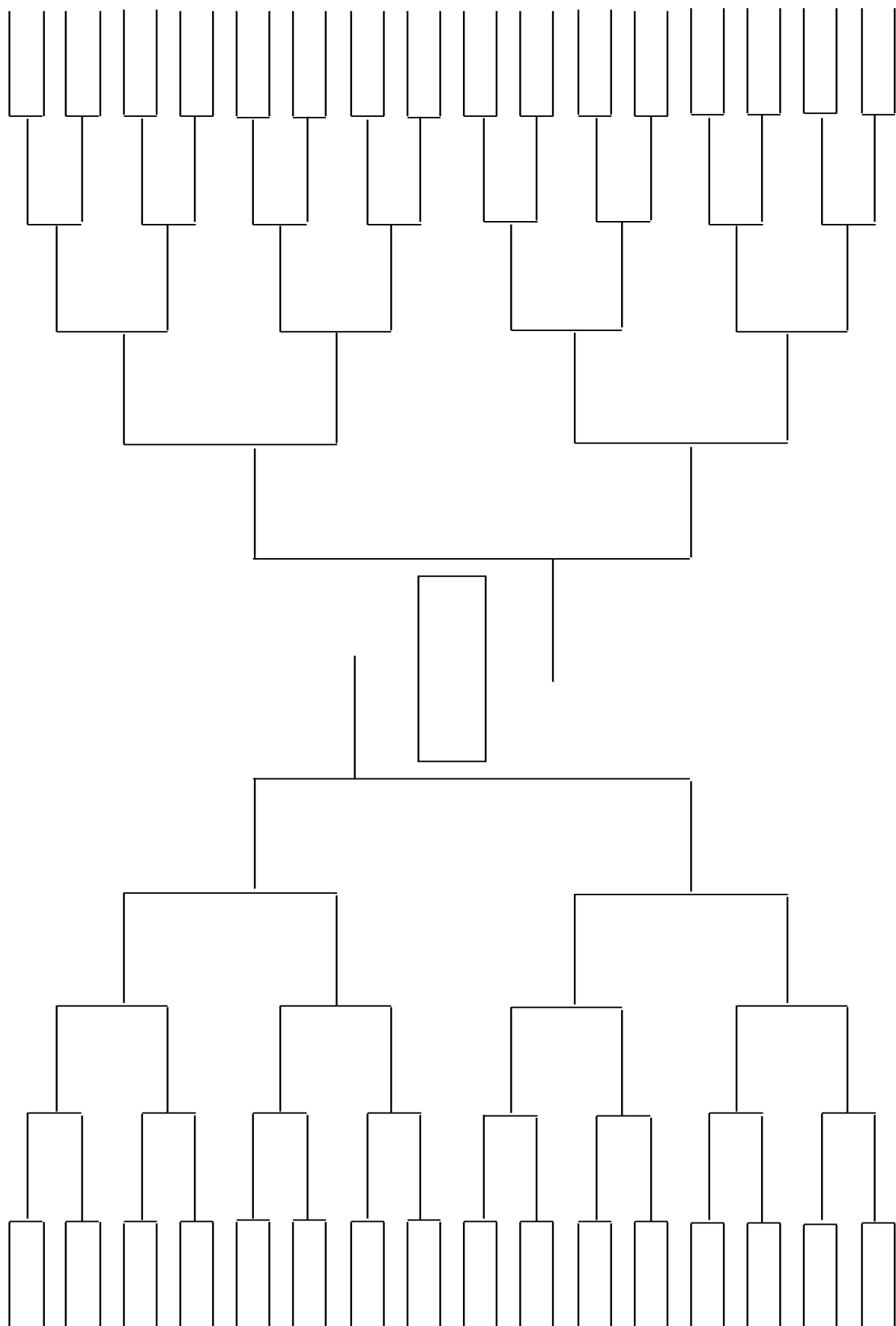
## D78T2: Lyrically Speaking



D80T3: Crystal Ball



D81T2: Values Bracket





## D81T3: Prioritizing Values

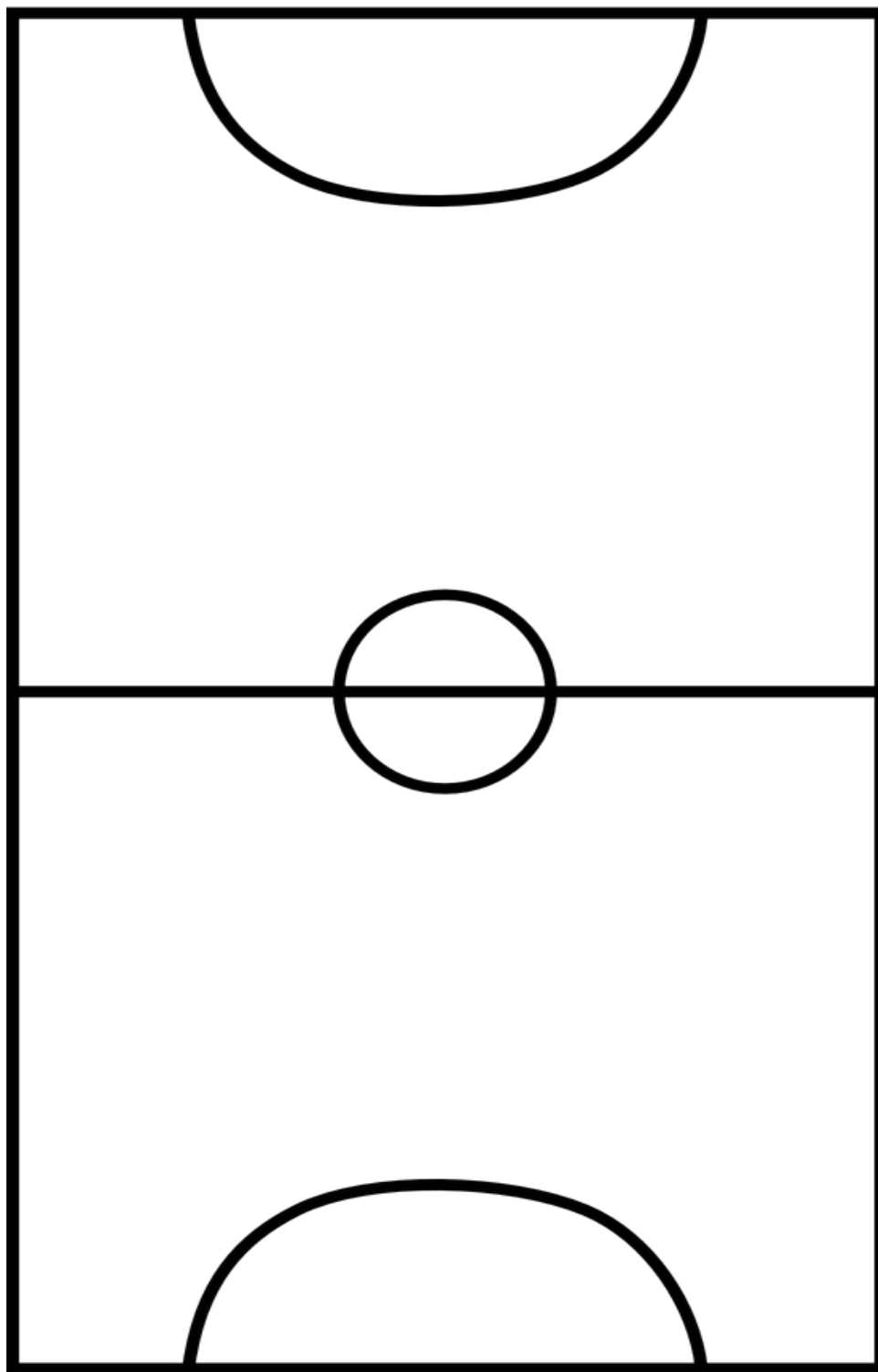
**Value:**

**Value:**

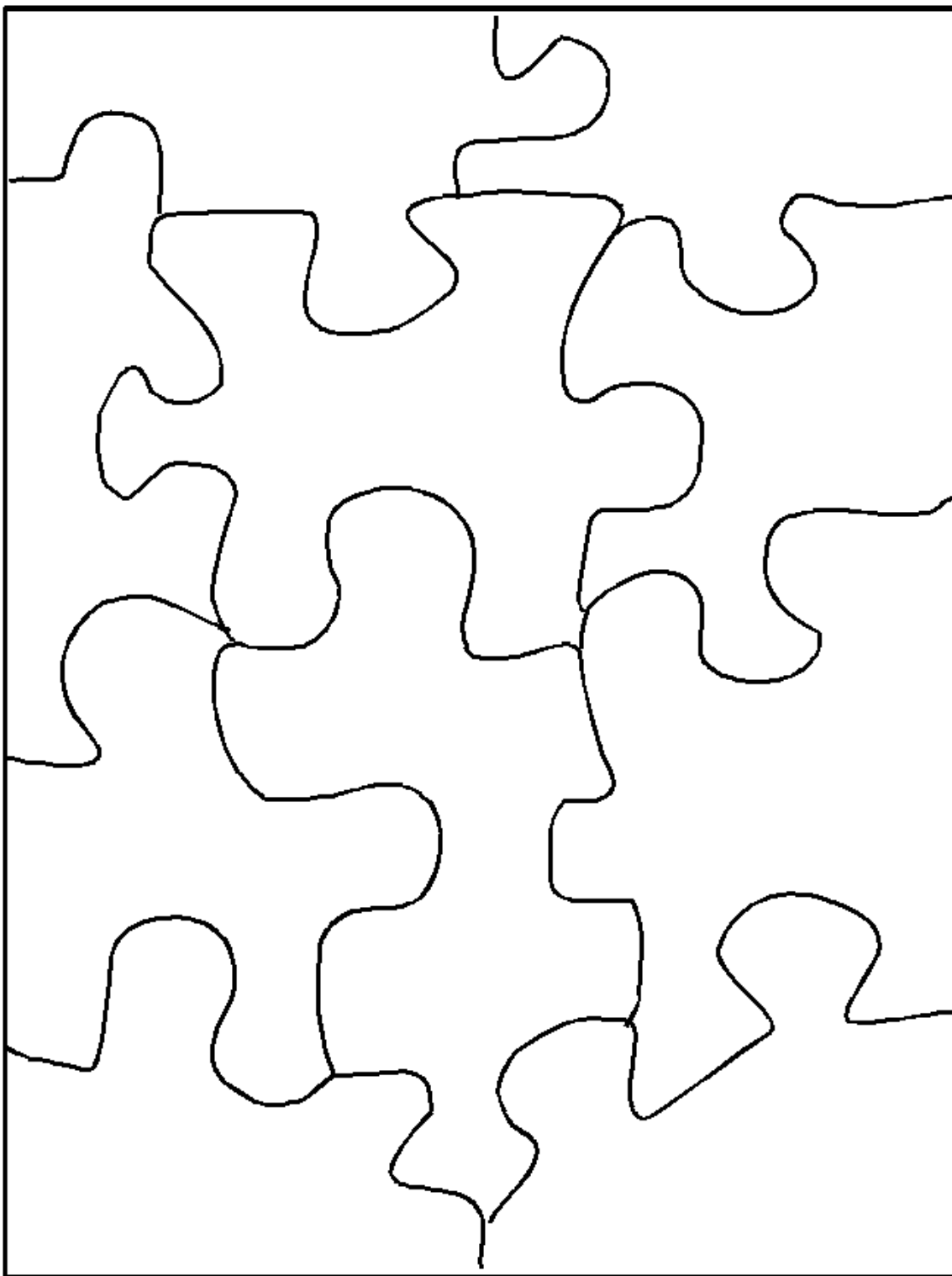
**Value:**

**Value:**

## D84T2: Leave It on the Field



## D86T2: Thought Puzzle



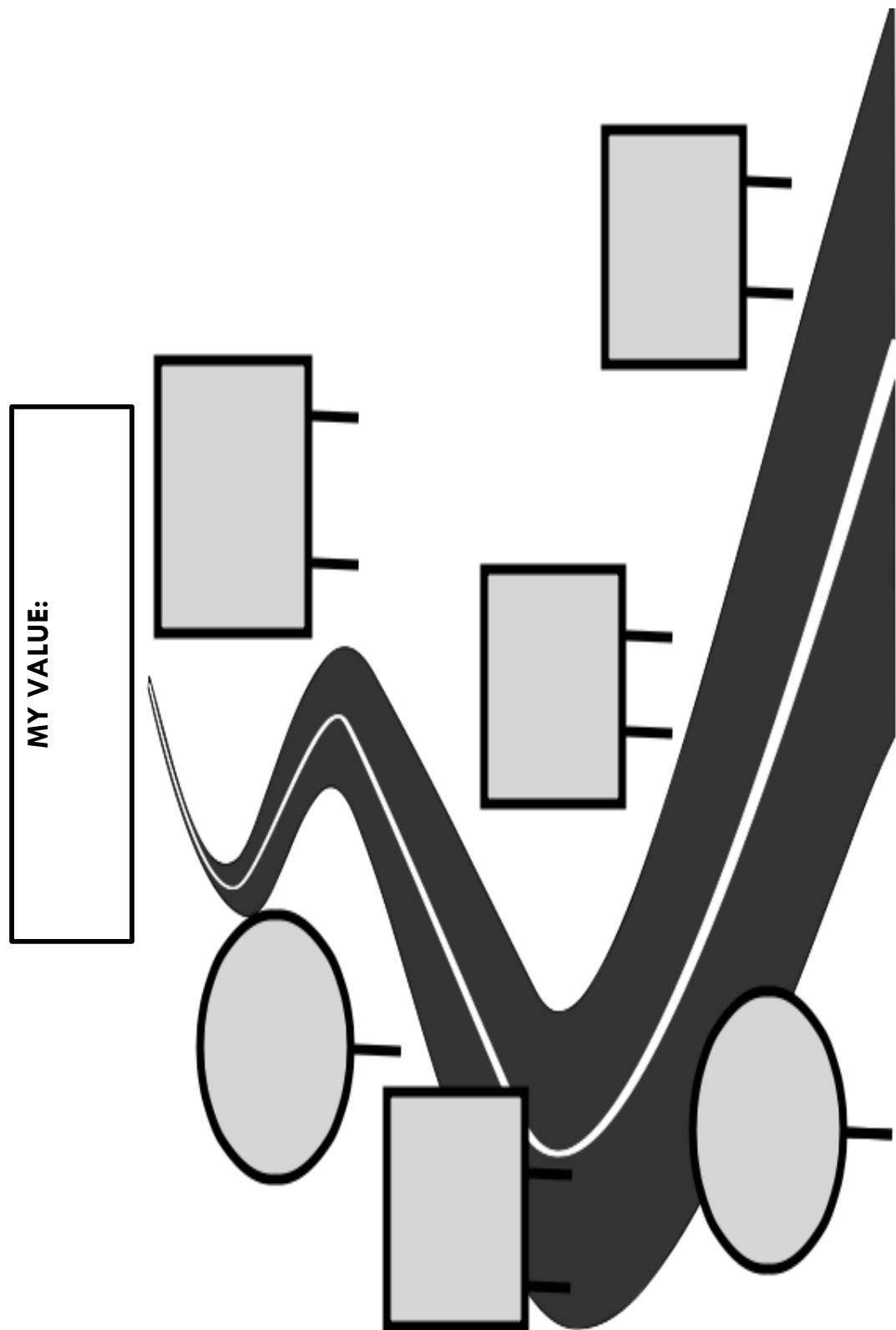
## D89T2: Riddles

Self as Content Riddle (Labels)

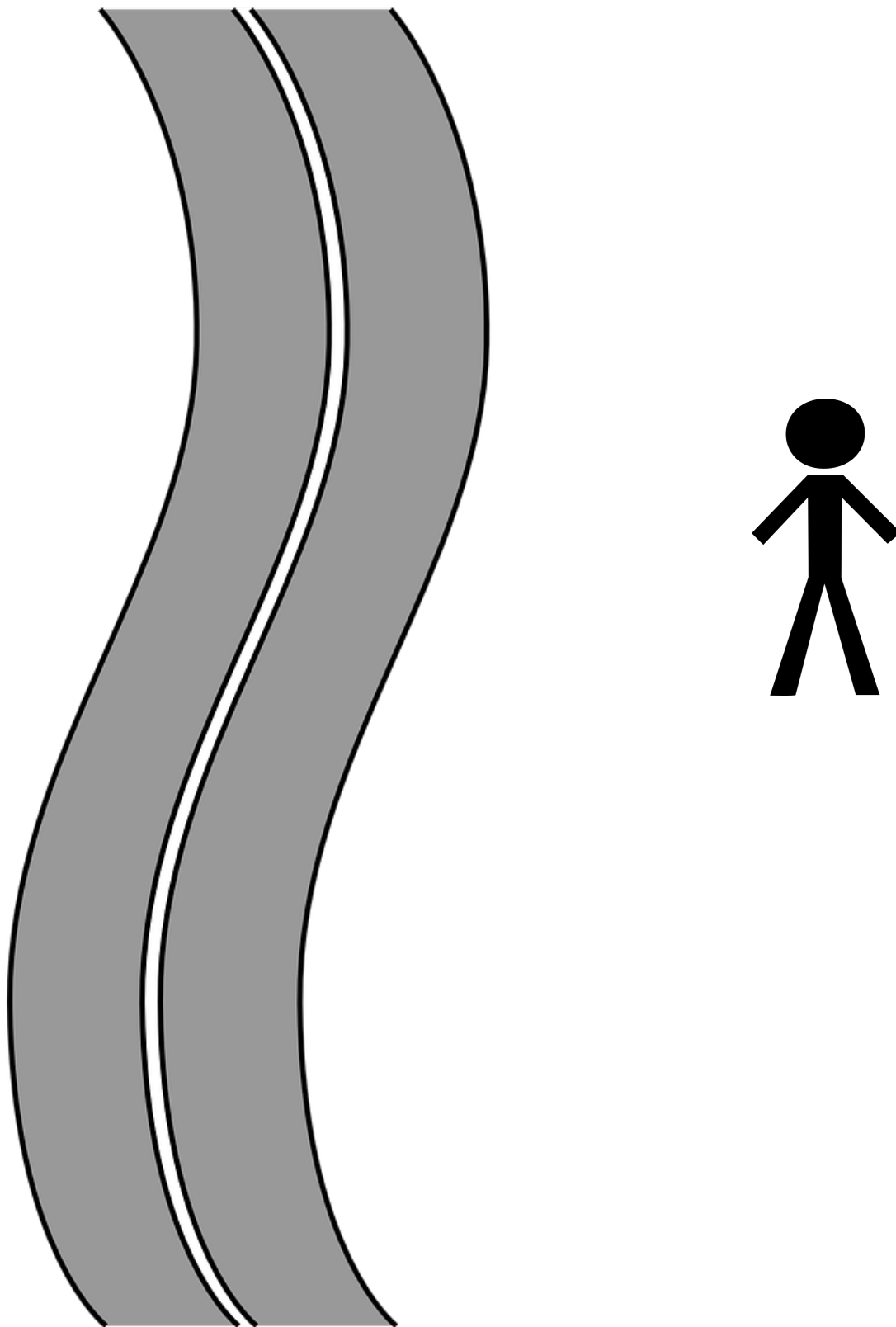
Self as Process (Experiences Right Now)

Self as Context (Constant Facts)

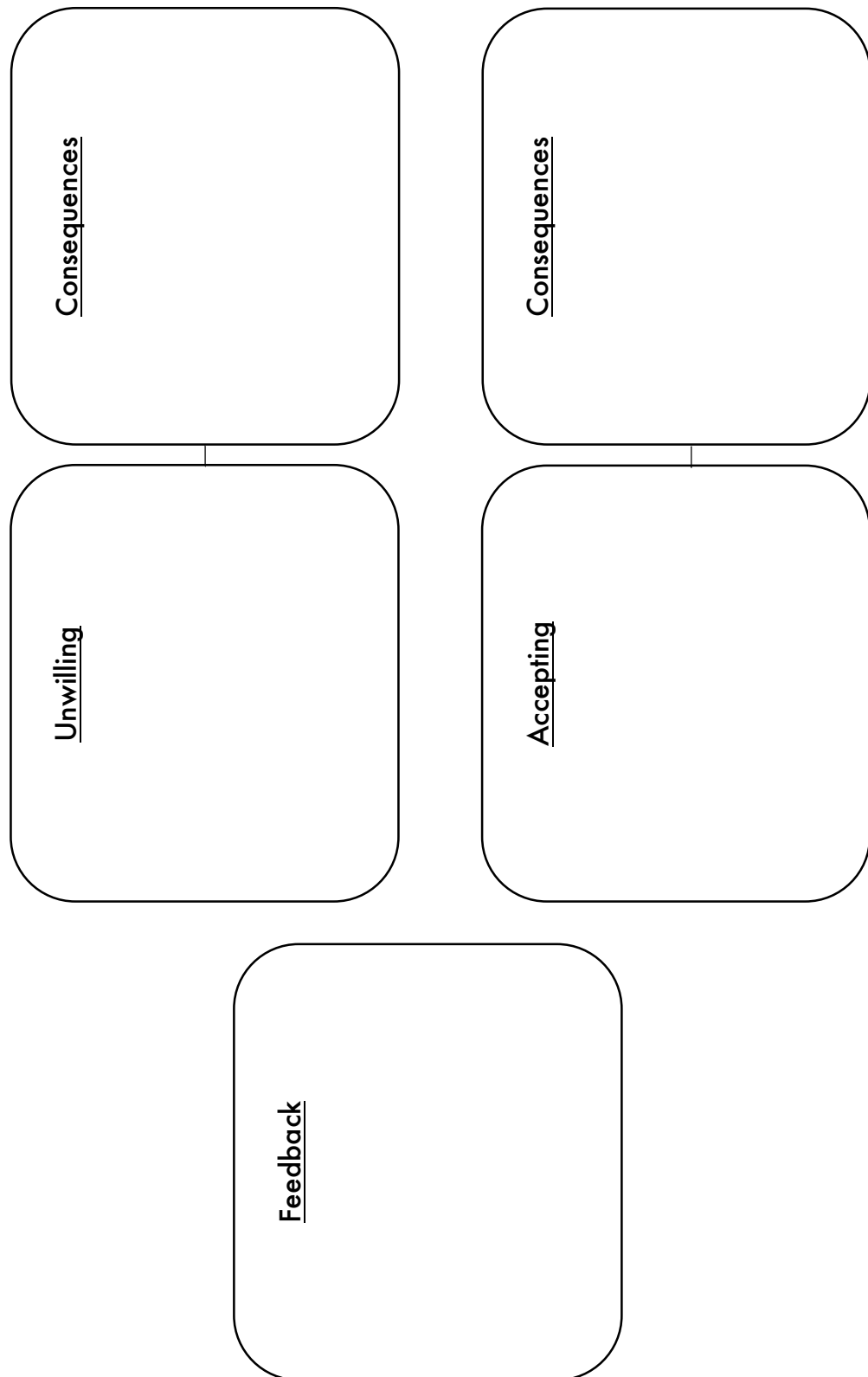
## D91T2/3: My Map



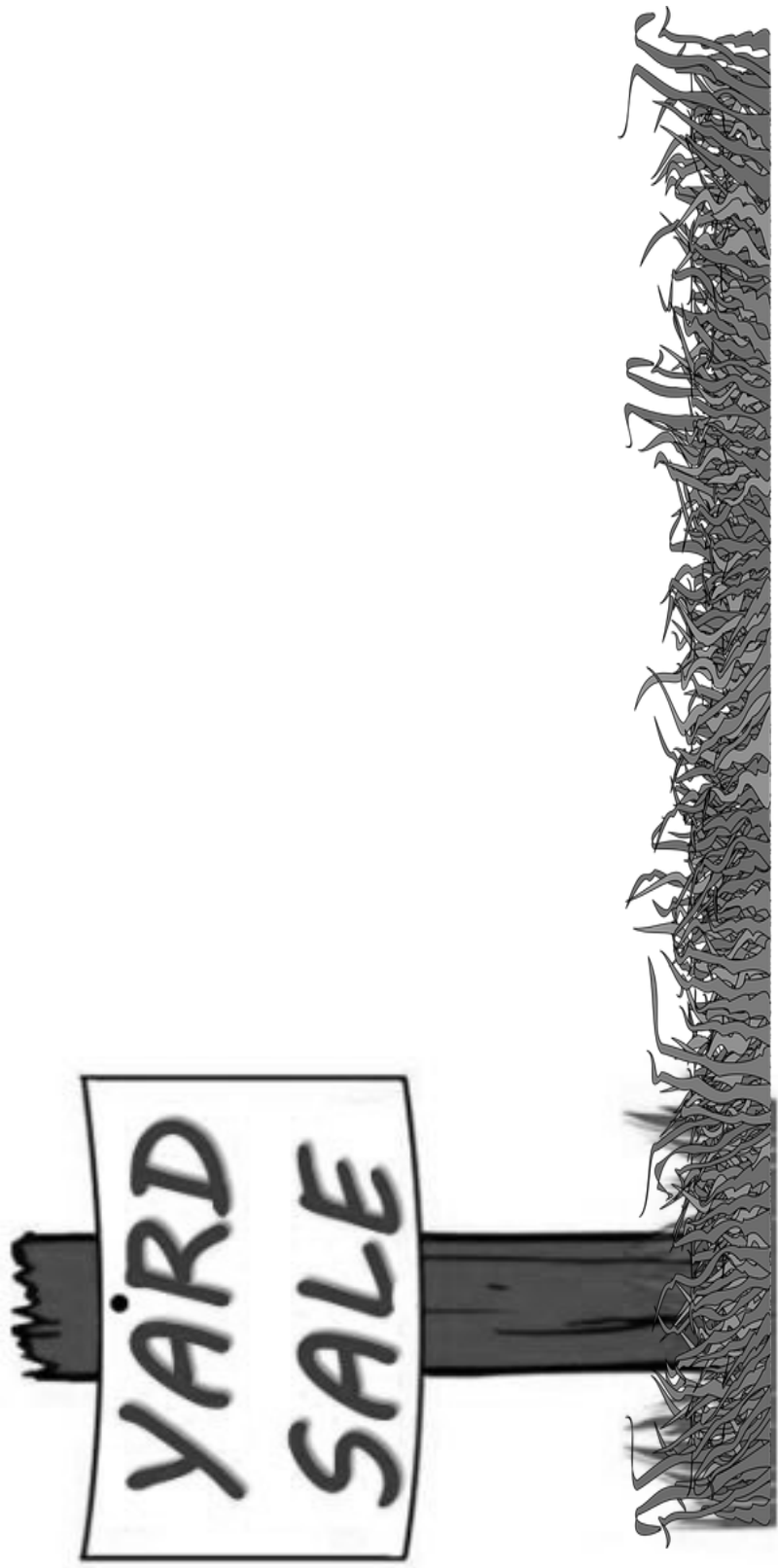
## D94T3: Along the Road



## D98T3: Feedback Responses



## D100T3: Yard Sale

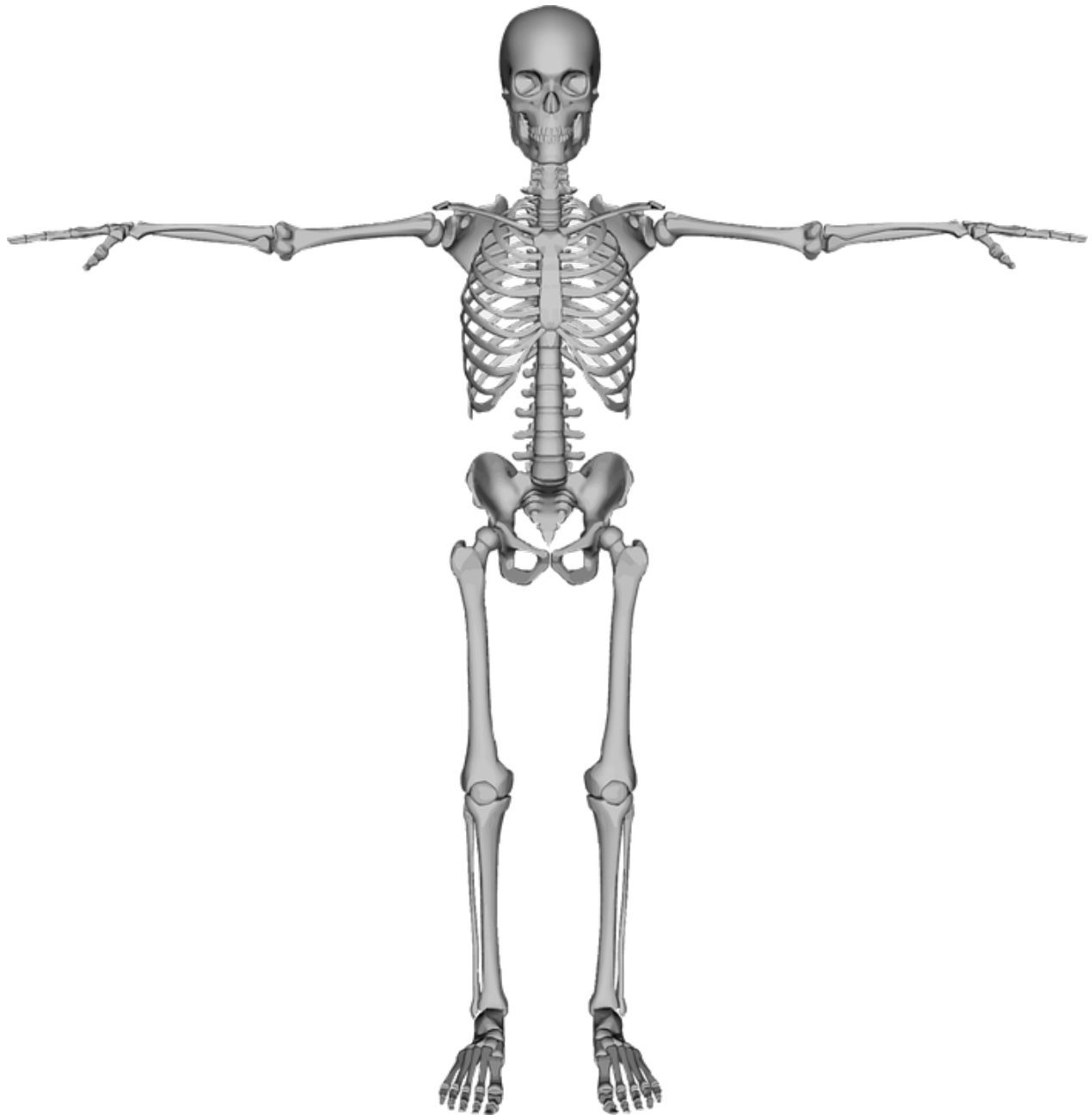




## D103T3: Movie Reviews



D104T3: Where Does It Hurt?



Even though I

\_\_\_\_\_ sometimes,  
that is NOT who I am. I am someone who will

\_\_\_\_\_

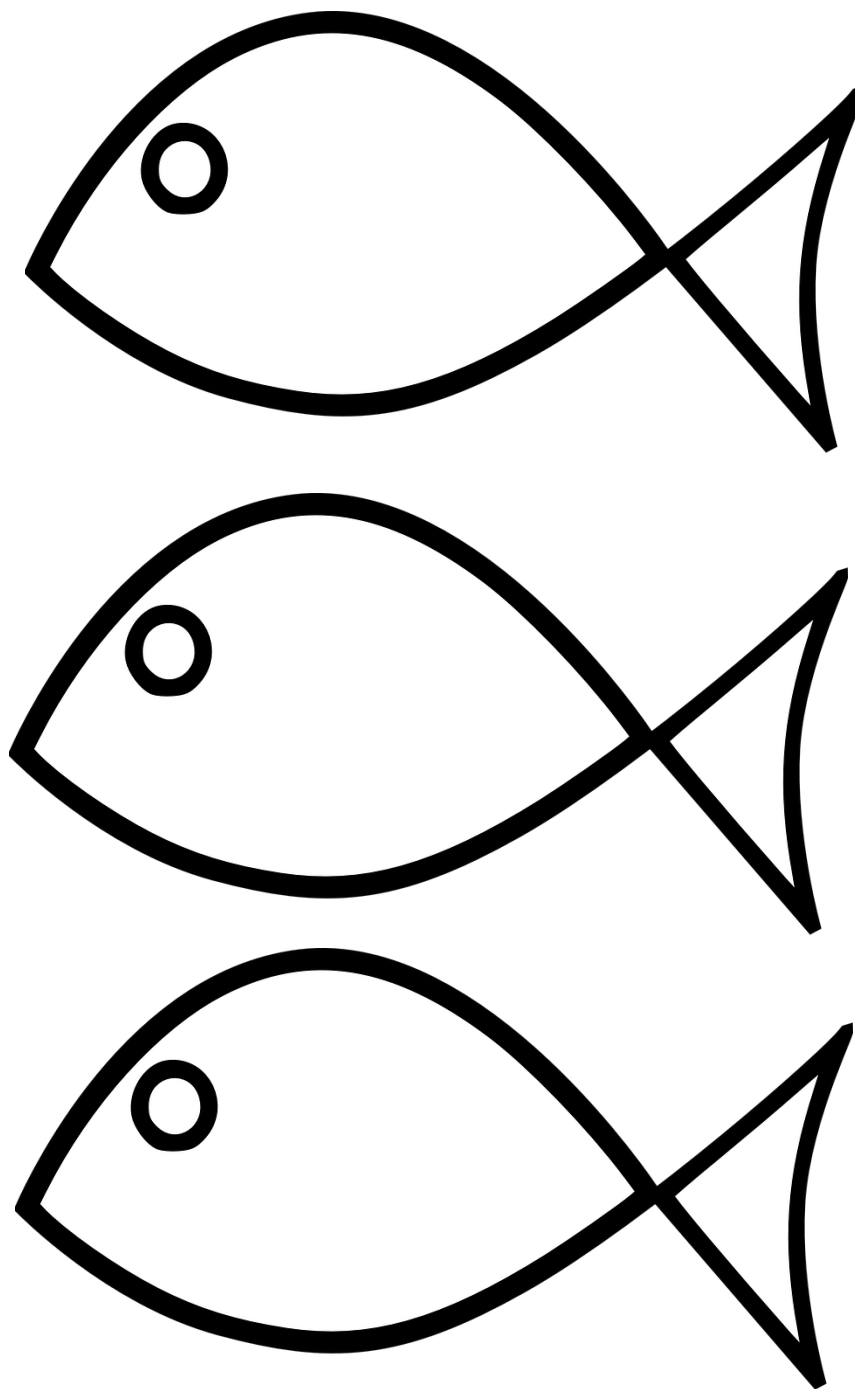
when this challenge comes my way!

\_\_\_\_\_

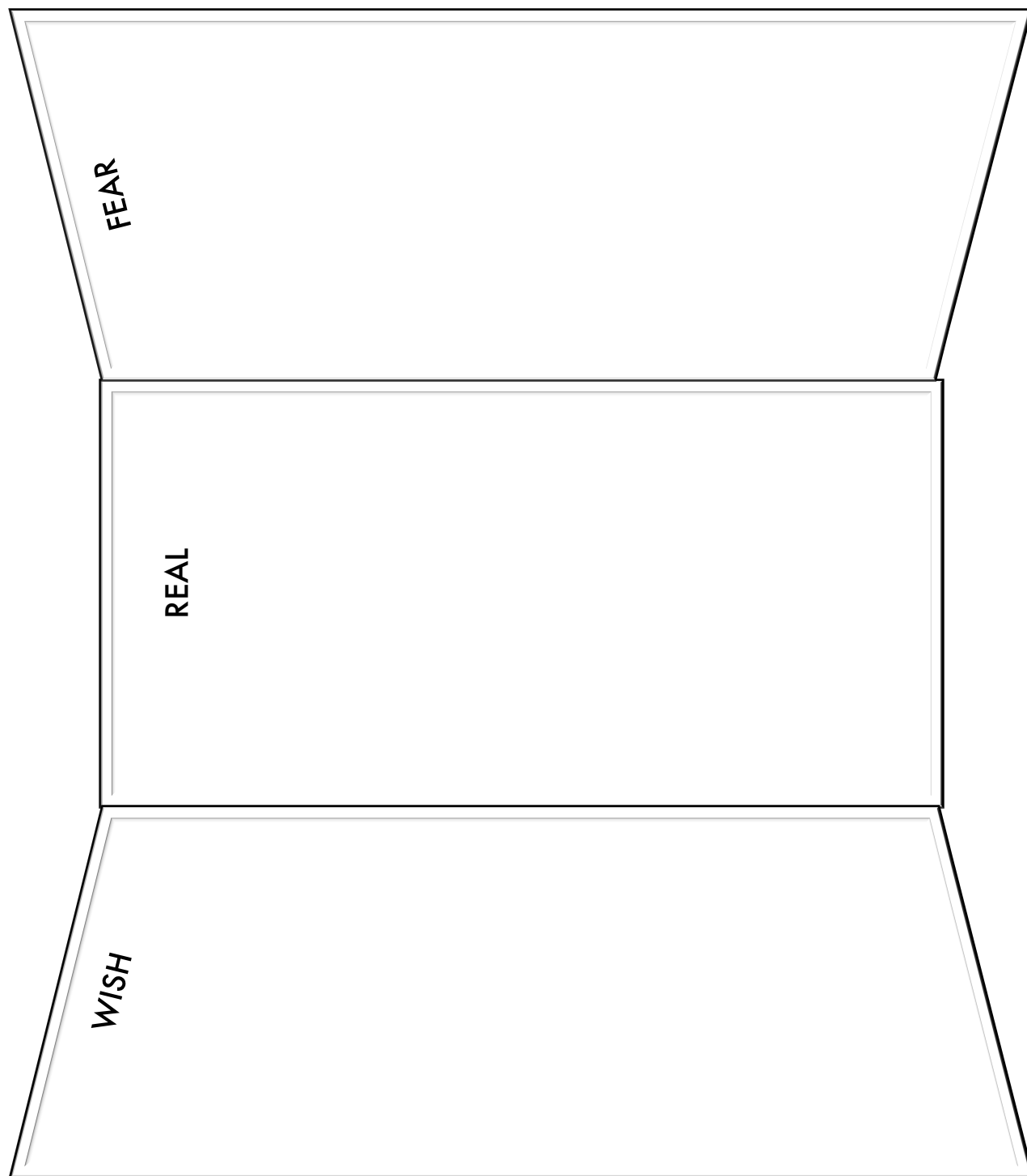
## D106T2/3: Tiny Home in My Mind



## D109T3: Fishing



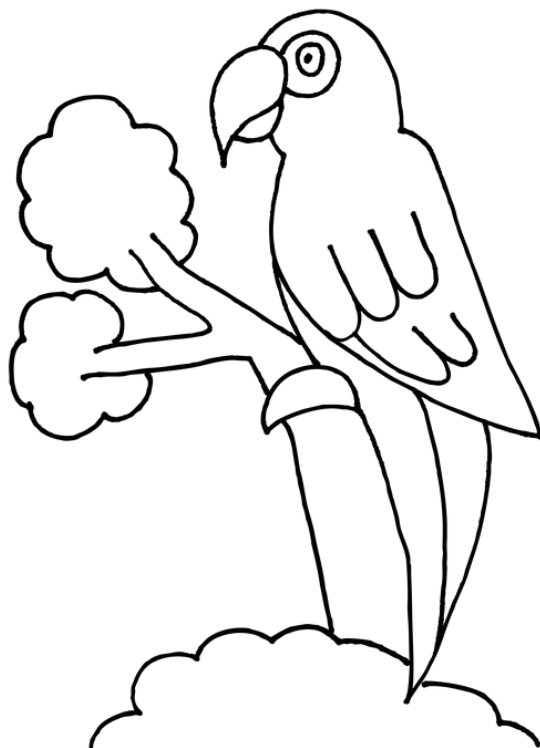
## D112T3: Wish, Fear, Real



D117T3: If, Then

IF...	THEN...

## D118T2: Parrot

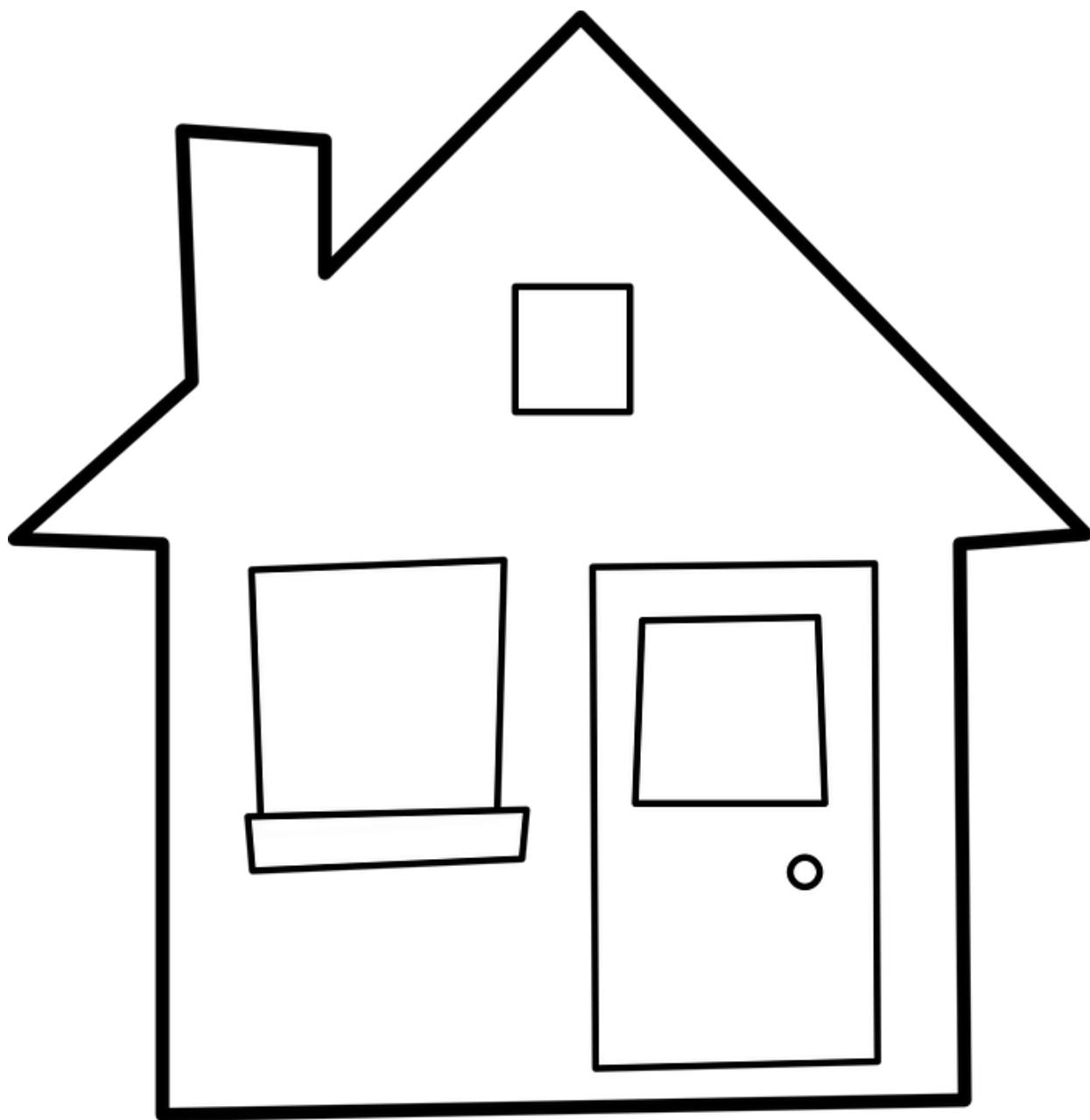


### REPEATING THOUGHTS:

- 
- 
-



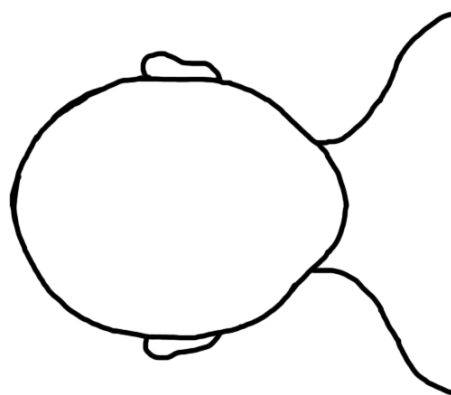
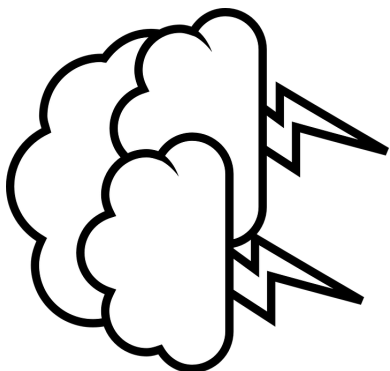
## D122T3: Rebuilding Home





**Weather Conditions:**

Rainy  
Stormy  
Sunny  
Cloudy  
Hot  
Cold  
Dry  
Wet  
Windy  
Hurricane  
Typhoon  
Tornado  
Humid  
Foggy  
Snowy  
Hailing  
Dry  
Thundering  
Breezy  
Damp  
Cool  
Frigid  
Still  
Overcast

## D125T3: Calm in the Storm



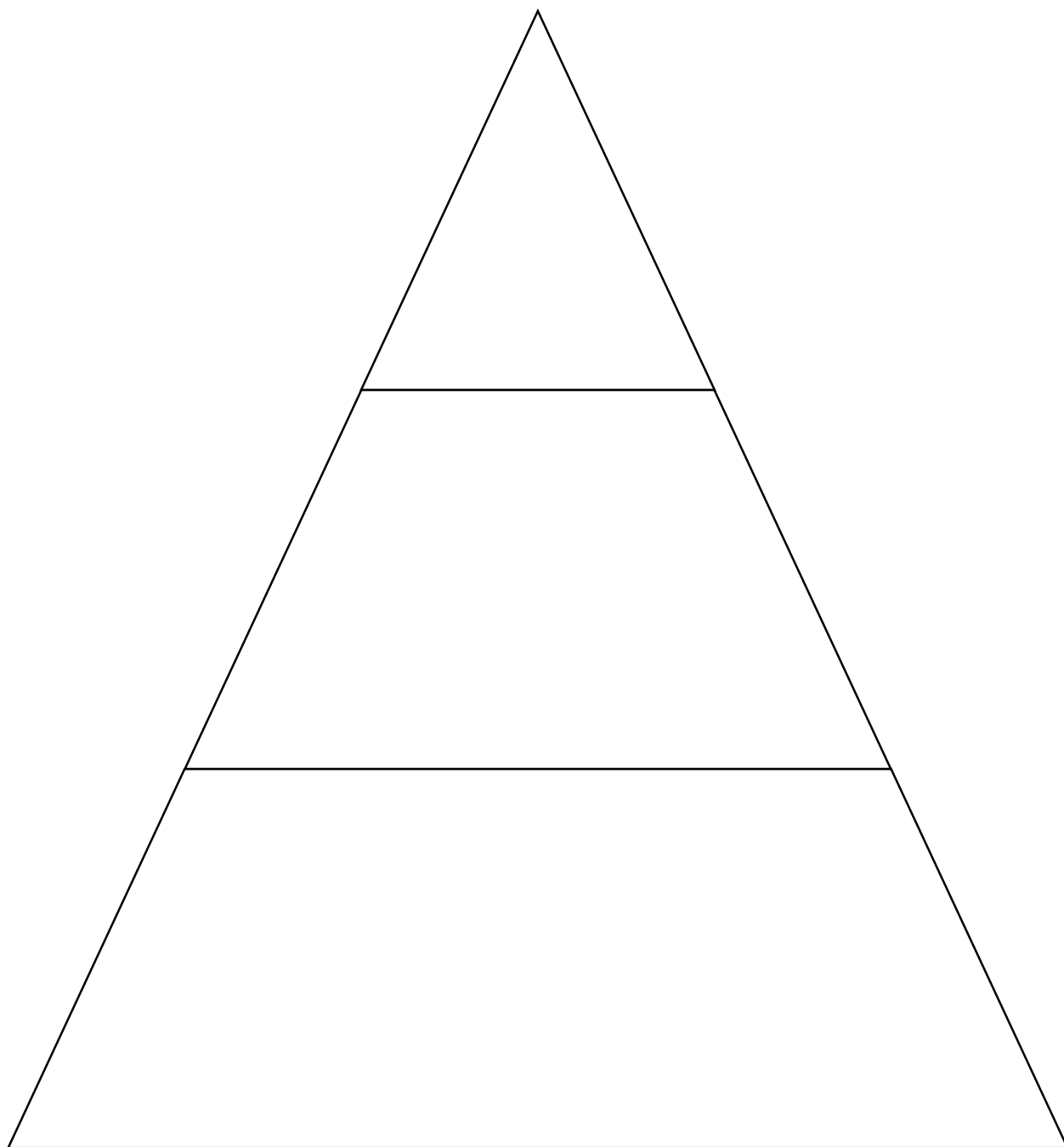
## D127T3: Volume Control

Thought:	
	

### Plan for Mindfulness

<b>When?</b>	
<b>How long?</b>	
<b>In what way?</b>	
<b>How will this benefit me?</b>	

## D131T3: Deep Values



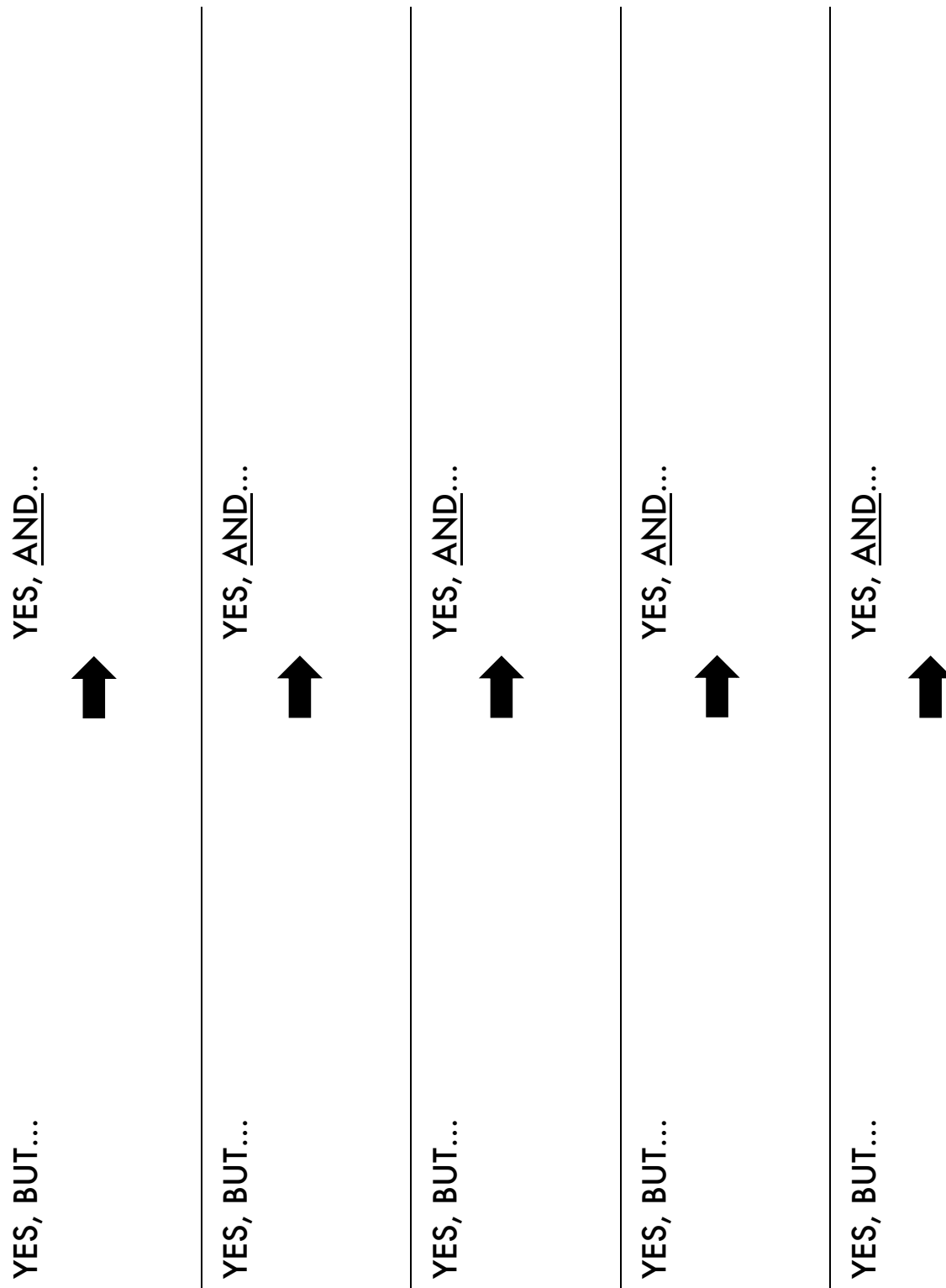
## D132T3: Committed Action Plan

### Plan for Committed Action

**VALUE:**

<b>COMMITTED ACTION 1</b>	
<b>COMMITTED ACTION 2</b>	
<b>COMMITTED ACTION 3</b>	
<b>MY CELEBRATION!</b>	

## D133T3: Turning BUT into AND





## D134T2: Changing Thoughts

OLD THOUGHTS

NEW THOUGHTS

SAME THOUGHTS

## D135T2: Where Are Your Thoughts?

Past

Rating: \_\_\_\_\_

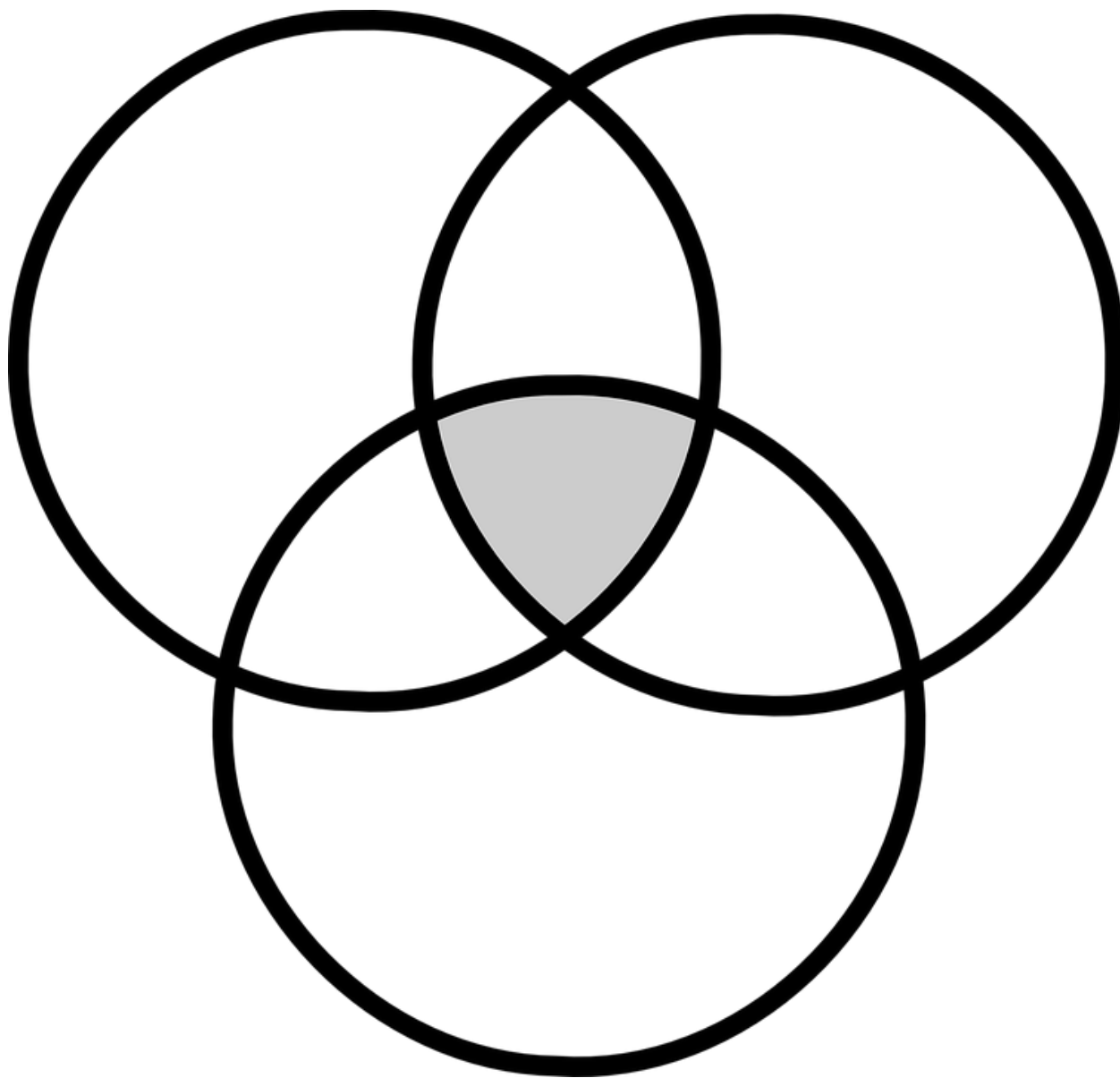
Future

Rating: \_\_\_\_\_

NOW

Rating: \_\_\_\_\_

## D139T2: Character Comparison



D140T3: Chapters of Your Life

**Chapter 1**

**Action**

**Chapter 2**

**Action**

**Chapter 3**

**Action**

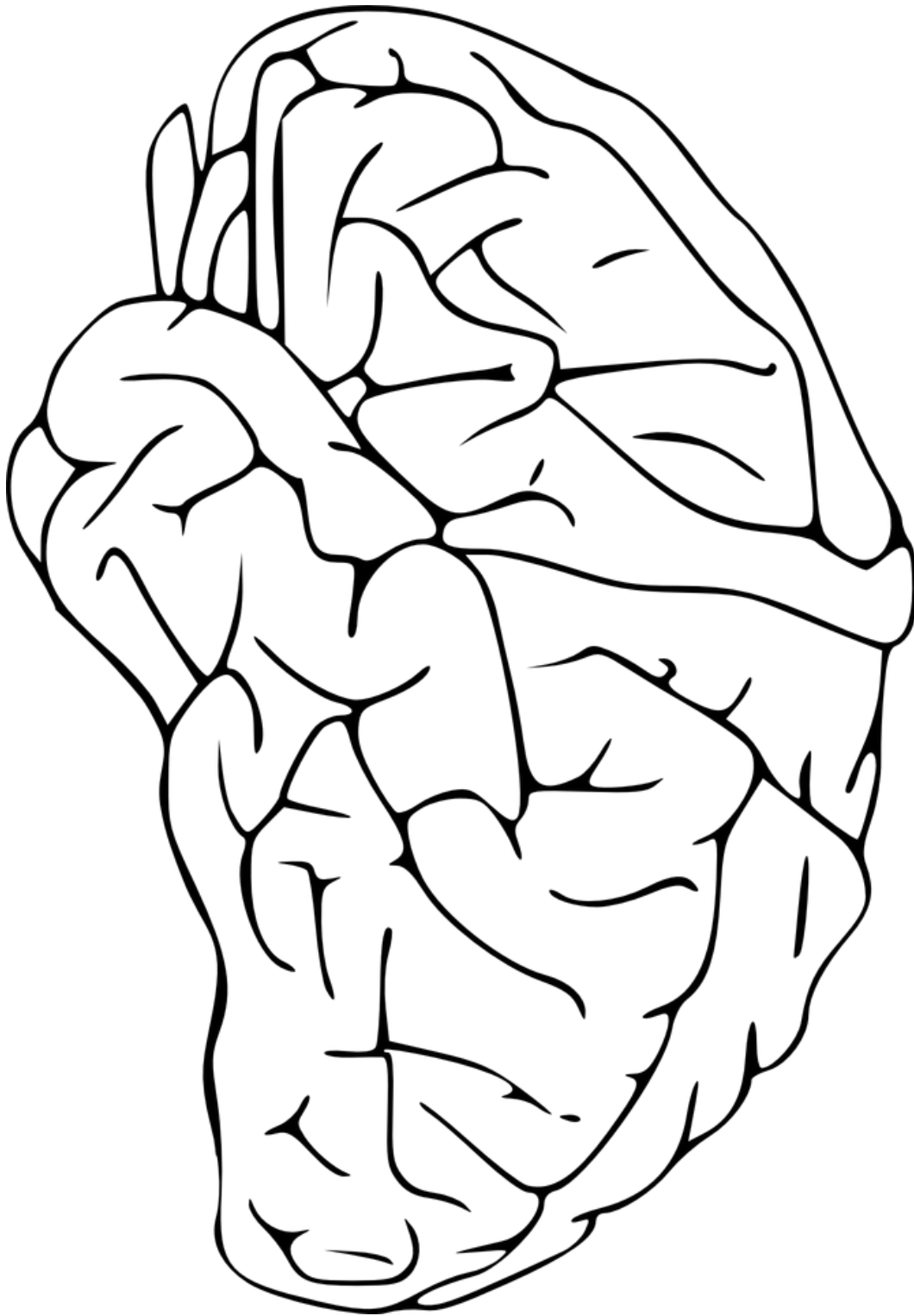
**Chapter 4**

**Action**

**Chapter 5**

**Action**

D141T2: Brain's Full



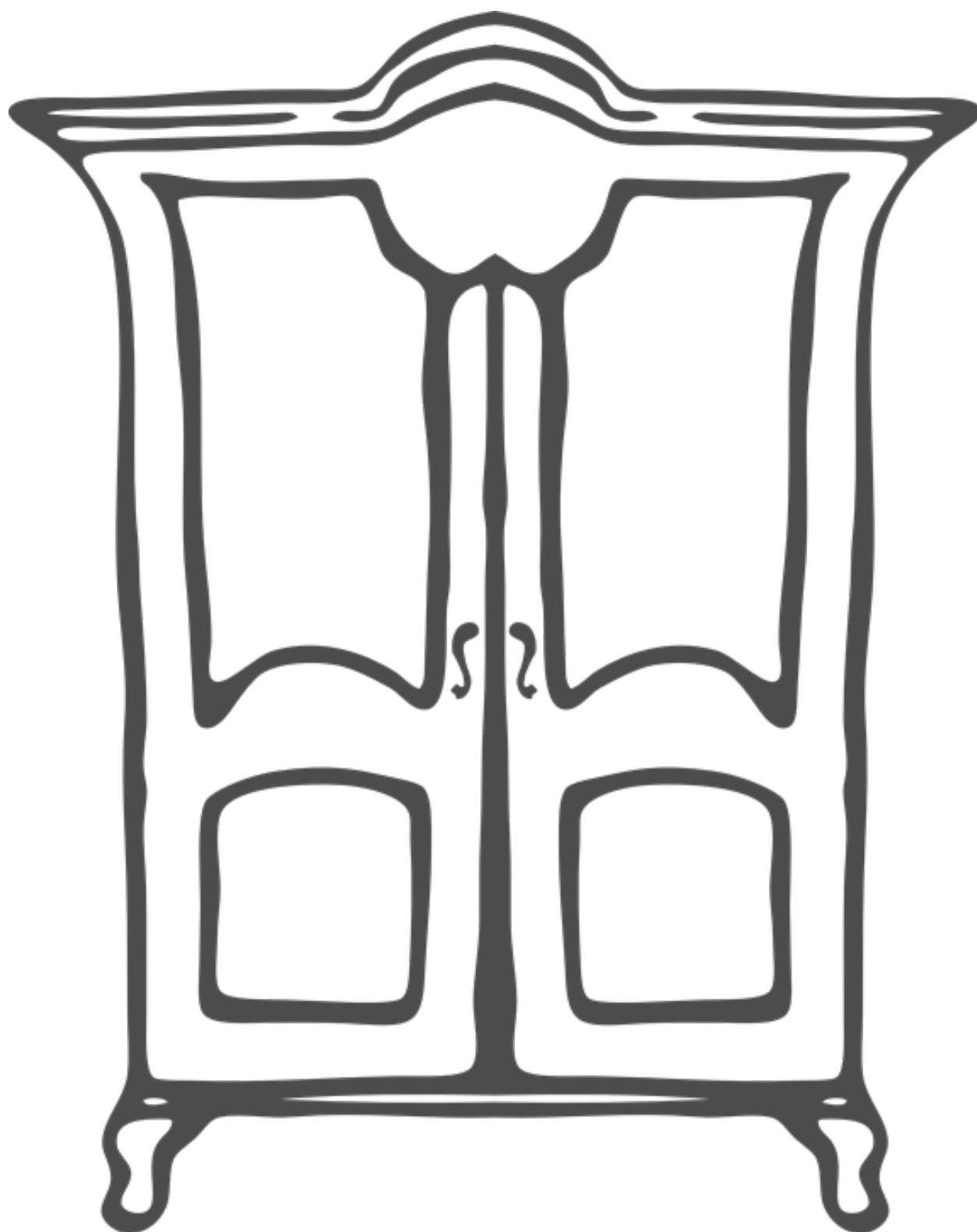


**I need compassion when...**

D146T2: Lion/Lamb

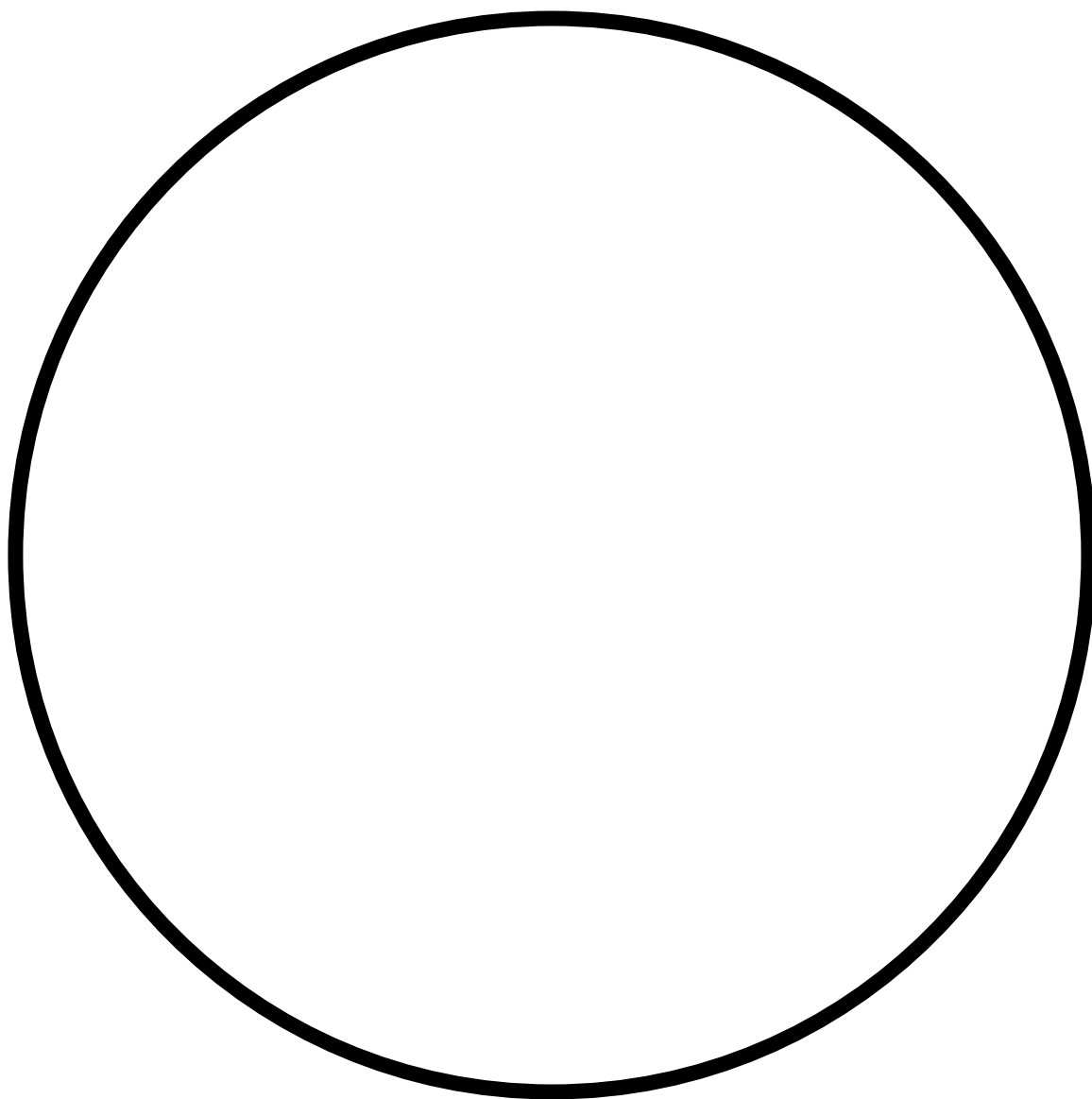


## D148T2: Action's Closet





## D152T2: Blank Mandala



D155T3: Self-Acceptance

My Affirmation:



I need more self-acceptance...

My Affirmation:



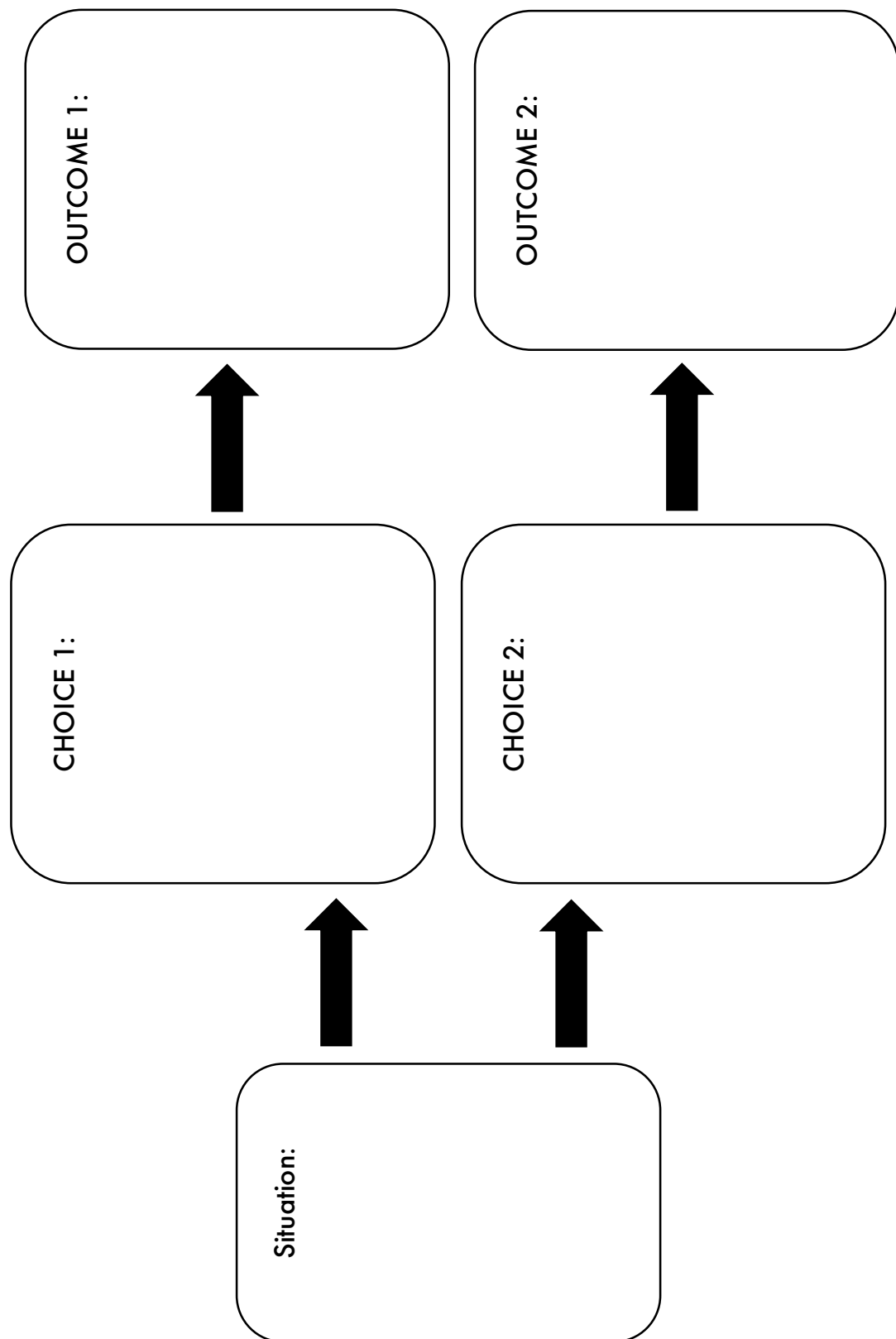
I need more self-acceptance...

My Affirmation:

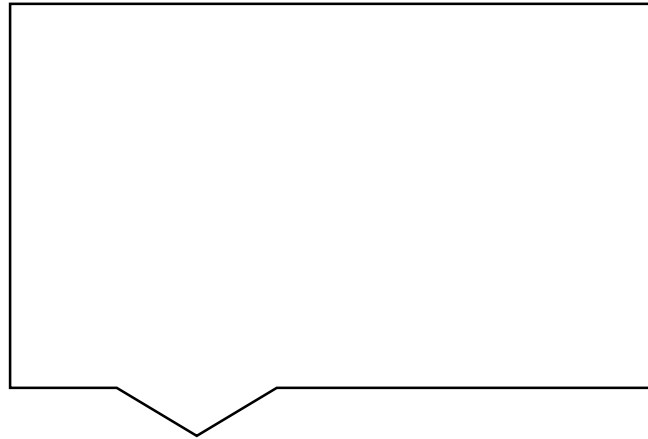


I need more self-acceptance...

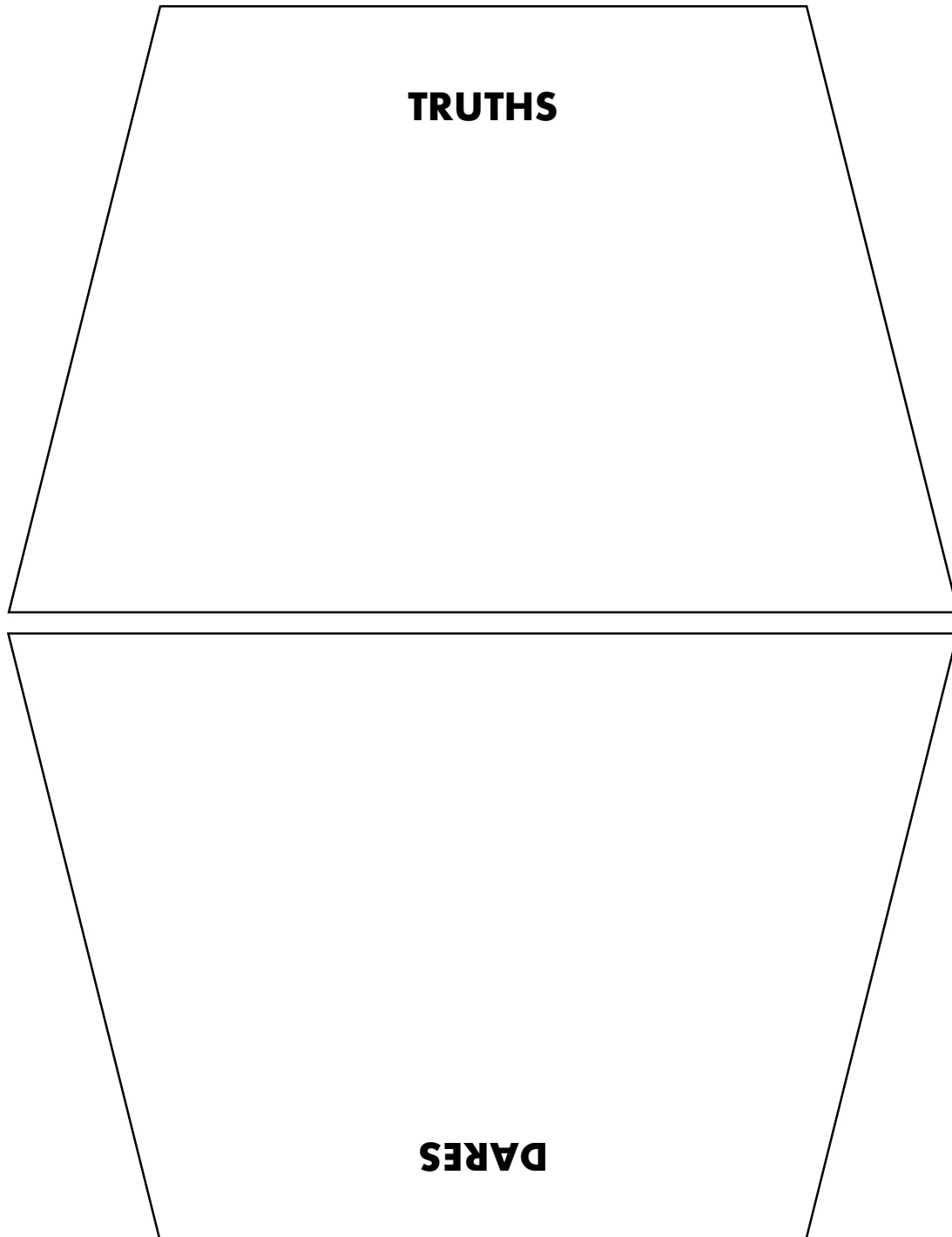
## D156T3: Choice Points



## D160T3: A Clown's Thoughts



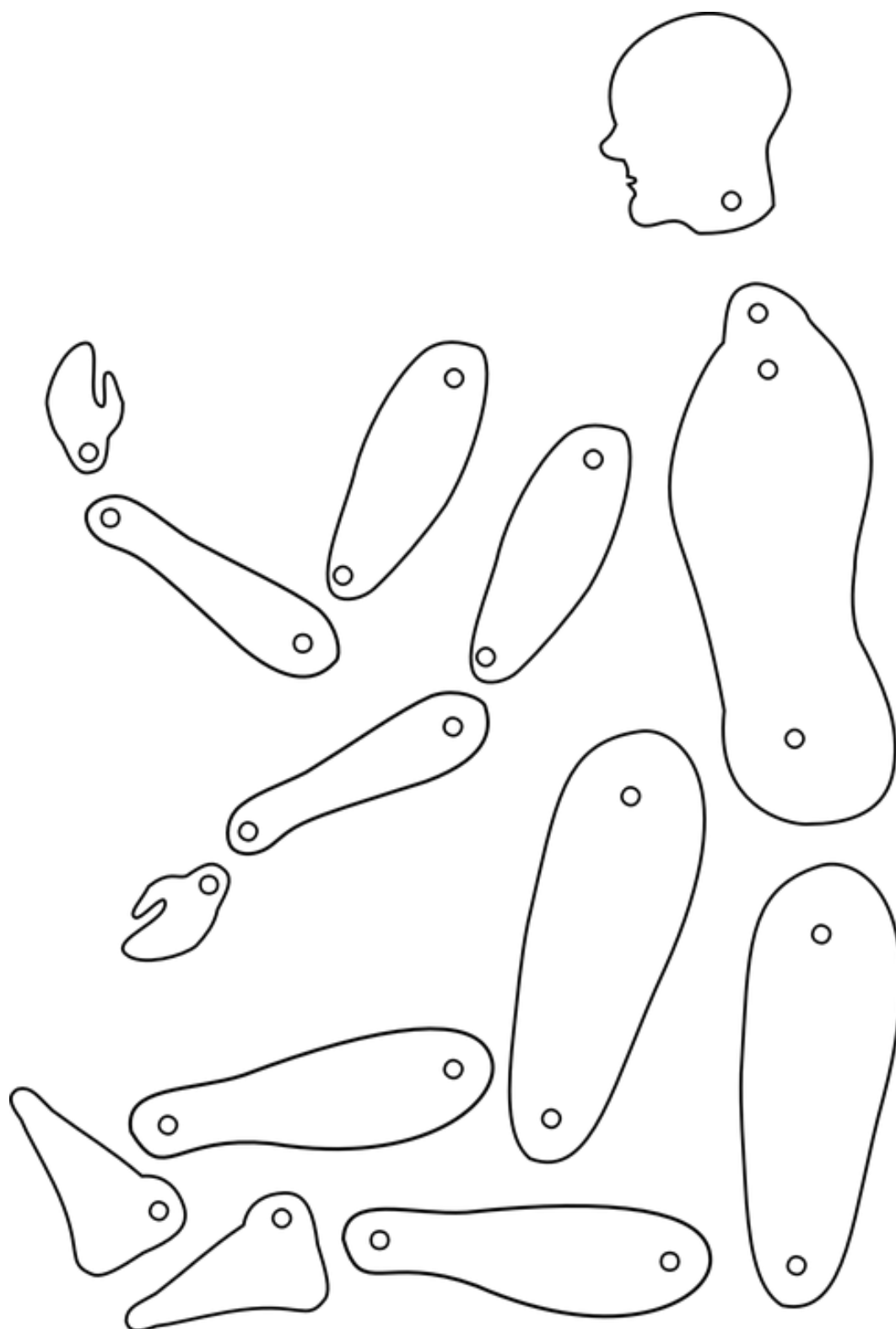
## D162T2: Truth AND Dare



## D163T3: Salt Shaker



## D164T3: Puppets



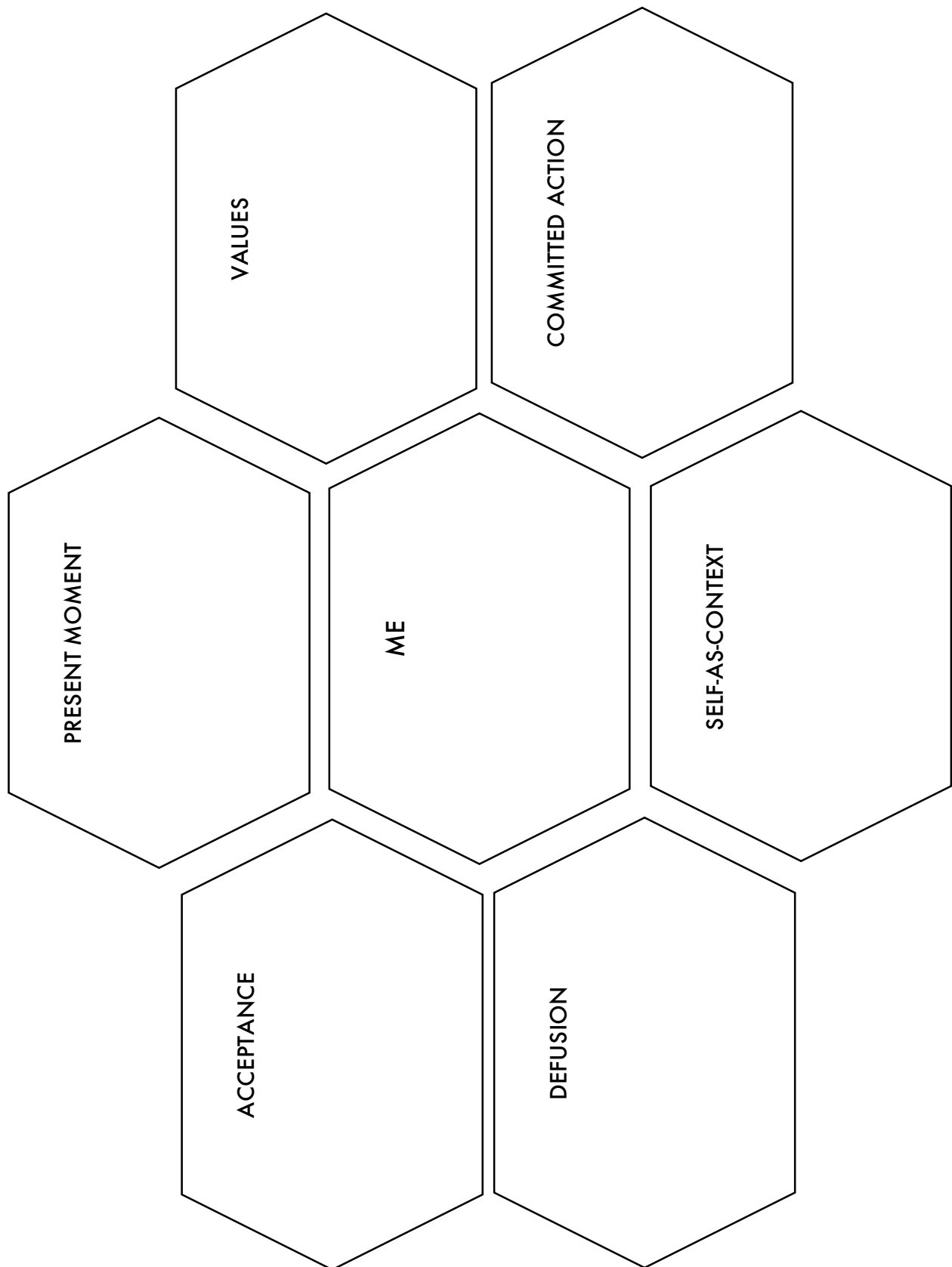
**Intention**

<b>What do you value?</b>	
<b>What in life matters most to you?</b>	
<b>How do you want to feel?</b>	
<b>What are you grateful for?</b>	
<b>What words or quotes do you connect with?</b>	

**My Intention:**

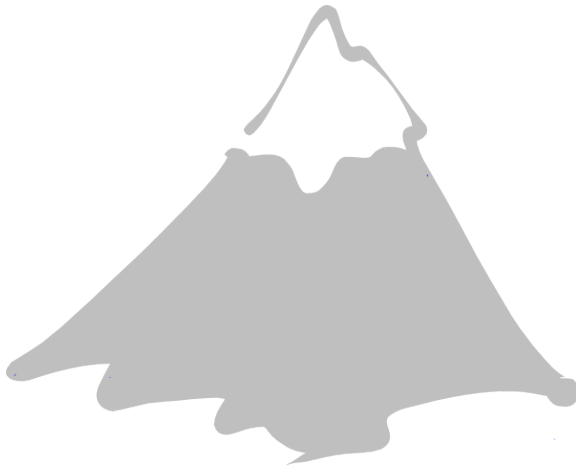


## D166-70T2: My Hexaflex, My Way



## D166-70T3: My Mountains to Climb

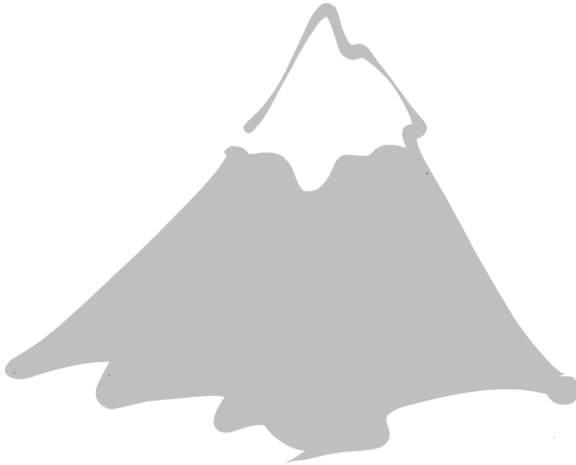
**Present Moment**



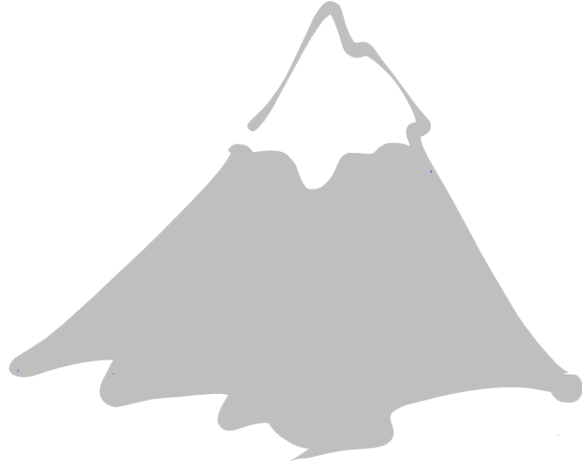
**Acceptance**



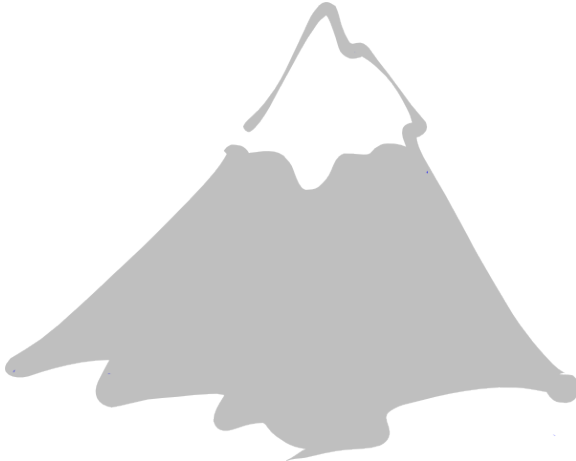
**Defusion**



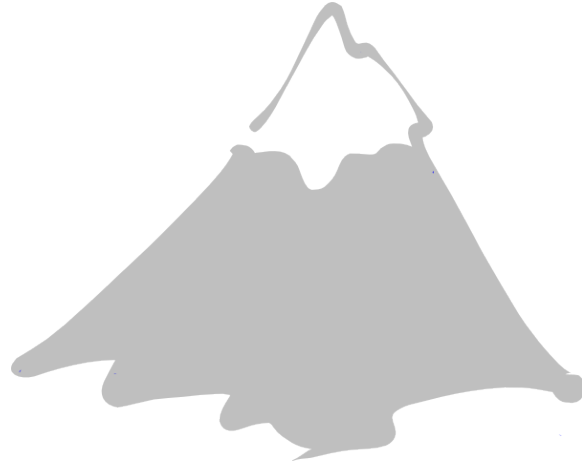
**Self-as-Context**



**Values**



**Committed Action**



D175T2: Yearbook

