

Sitting on the Sidewalk: Teen Reflection Worksheet

A guide to help you feel seen, heard, and understood

1. What It Means

Sometimes, parents talk a lot.

But sitting on the sidewalk means they're learning to listen — not fix, not lecture, not judge.

This worksheet is for you — to help you notice your feelings, learn how to calm your body, and find your voice when it's time to share what's really going on.

2. How I Feel When I Talk to My Parent

Check all that fit right now:

- ☐ They usually listen and try to understand me.
- ☐ They tell me what to do before I'm done talking.
- ☐ I shut down because I don't feel heard.
- ☐ I get nervous or mad when I try to explain myself.
- ☐ Sometimes they understand, and sometimes they don't.
- ☐ I wish they'd just listen without fixing it.
- ☐ I don't know how to say what I'm feeling.

There's no wrong answer. This is just a snapshot of what it's like for you right now.

3. When I'm Upset, I Usually...

- ☐ Yell or argue
- ☐ Go quiet
- ☐ Cry
- ☐ Go to my room
- ☐ Text a friend
- ☐ Pretend I'm fine
- ☐ Try to distract myself
- ☐ _____ (something else I do)

4. What Helps Me Calm Down

- ☐ Listening to music
- ☐ Going outside
- ☐ Taking a shower
- ☐ Breathing slowly
- ☐ Drawing or journaling
- ☐ Hugging my pet
- ☐ Being alone for a few minutes
- ☐ Talking to someone who “gets it”
- ☐ _____ (something else that helps)

Think of these as your reset buttons. What helps your body calm before you talk?

5. What I Wish My Parent Knew

Write or finish these sentences honestly:

- When I’m upset, I wish my parent would...

- When they listen without interrupting, I feel...

- It’s hard for me to open up when...

- The best way to help me calm down is...

- Something I want to say but haven’t yet is...

6. Practice a Sidewalk Moment

Pick a calm time and say to your parent:

“Can we talk for a few minutes? I just need you to listen, not fix.”

Then, share one thing from this page — even one sentence.

You don't need to have it all figured out.
Just being honest is a big step.

"You don't have to be fearless. You just have to be honest."

7. Reflection

After your talk, ask yourself:

- Did I feel heard?
- Did my body feel calmer or tighter?
- What worked well?
- What could I try next time?

Each time you practice, you're teaching your parent how to meet you where you are — and helping them learn how to sit on your sidewalk.