



S.O.A.R. at Home!



Fun activities for kids & families
Situation • Ownership • Action • Result



Name: _____

Date: _____



What's inside:



SOAR Family Challenge



Feelings Check-In



Goal-Setting Game



Story Time + S.O.A.R.



My SOAR Week Tracker

S Situation

O Ownership

A Action

R Result



Activity 1: The S.O.A.R. Family Challenge!



Play together — 2 or more players

Take turns! One person reads a Situation Card aloud. Everyone writes their own answers, then share and compare. See how differently people can handle the same situation!



Situation Cards — Cut these out or just read them aloud!

Card 1 🍦

You and your sibling both want the last popsicle in the freezer. You got there first, but your sibling says they saw it first.

Card 3 🐕

You forgot to feed the dog and your parent is upset. You were busy and it slipped your mind, but you know it was your job.

Card 5 🧹

Chores need to be done but everyone in the family keeps saying "not my job." The house is getting messy and everyone is annoyed.

Card 2 🎮

Your friend promised to play outside with you but cancelled at the last minute to play video games. You feel really disappointed.

Card 4 🌿

You accidentally broke something at home while playing. Nobody saw it happen. You could just leave it or tell someone.

Card 6 🎂

It's your sibling's birthday and everyone is paying attention to them. You feel left out even though you know it's their special day.



My S.O.A.R. Answer Sheet

Card I picked: _____ Player name: _____

S 🟪 Situation	
O 🟩 Ownership	
A 🟡 Action	
R 🟡 Result	



Activity 2: Feelings Check-In + S.O.A.R.



Great for after a tough moment at home

Before you can take the right action, you need to know how you're feeling! Use this any time you're upset, frustrated, excited, or confused about something at home.

Step 1: Check in with your feelings right now

Happy ☐	☐ Frustrated	Sad ☐	Scared ☐	Angry ☐	Meh ☐
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My feeling is at level: (circle one)

1 A little	2 Kinda	3 Medium	4 A lot	5 SO much
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Step 2: Now use S.O.A.R.!

S — What happened?

(Describe the situation at home)

O — What is YOUR part?

(Even a tiny part counts!)

A — What's one calm action you could take?

R — What do you hope happens as a result?



Calm-Down Toolkit — Try one before your action!



Take 5 deep breaths



Write it out first



Take a quick walk



Talk to a grown-up

🎯 Activity 3: My S.O.A.R. Goal Game! 🎯

Set a real goal and make it happen

Pick something you REALLY want to get better at or accomplish at home. Use S.O.A.R. to make a plan — then check back in a week!

Choose your goal type:

☐ 🏠 Getting along better with family	☐ 📖 Learning something new	☐ 🧑 Being more responsible	☐ 💪 My own goal:
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Build your S.O.A.R. Goal Plan:

S 🎯 SITUATION What's going on right now?	My goal is: _____ Right now I'm at: Beginner Getting there Almost got it
O 🧑 OWNERSHIP How will YOU make this happen?	I promise to: _____ I will practice: Every day 3x/week Weekends
A ⚡ ACTION What are your 3 action steps?	Step 1: _____ Step 2: _____ Step 3: _____
R 🌟 RESULT How will you celebrate?	I'll know I reached my goal when: _____ I want to celebrate by: _____ Check-in date: _____

★ **One-Week Progress Stars — Color one star each day you worked on your goal!**

Mon ☆	Tue ☆	Wed ☆	Thu ☆	Fri ☆	Sat ☆	Sun ☆
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Spot S.O.A.R. moments happening in real life!

Every time something happens at home and you use (or COULD use) S.O.A.R., write it down here. By the end of the week you'll be amazed at how much you're growing!

Day	S — What happened?	O — My part?	A — I chose to...	R — Result?
Monday 🟪				
Tuesday 🟩				
Wednesday 🟨				
Thursday 🟨				
Friday 🟩				
Saturday 🟦				
Sunday 🟥				

🏆 My S.O.A.R. win of the week:

💡 Something I want to do better:



Keep soaring — you've got this!



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