



Worksheet: Religious/Spiritual Values and Practices

Religion or spirituality is typically viewed as an area of personal strength and identity. However, it also carries great significance to families and entire communities, providing emotional, social, and even financial support in times of uncertainty and civil unrest. Historically, the role of religion and spirituality in Black families has been deeply significant, with the passing of these values and practices through the generations. Research shows parental sharing of religious and spiritual values can play a particularly important role in supporting Black children with ADHD by providing a foundation of strength, structure, and resilience. ADHD often presents unique challenges in managing emotions, behavior, and focus, and sharing these values can help nurture a sense of stability and identity. For Black children, the intersection of cultural, spiritual, and community influences amplifies the potential benefits. Parents can accomplish these goals by implementing the following strategies.

Objective: Equip parents with tools and strategies to effectively instill religious or spiritual values and practices in their children.

Part 1: Reflect on Your Values

1. Identify Core Values

- List three religious or spiritual values that are significant to you and your family (e.g., kindness, honesty, respect).

- _____
- _____
- _____

2. Personal Reflection

- Reflect on a time when these values played a significant role in your life. How did it shape your beliefs and actions?

- _____



Part 2: Family Conversations

1. Open Dialogue

- Plan a family meeting to discuss values. Write down questions you might ask your children to encourage conversation, for example:
 - What does kindness mean to you?
 - Can you think of a time you showed honesty?
 - Why is respect important in our family?

2. Document Responses

- Write down one memorable response from each child and discuss why it is meaningful.
 - Child 1: _____
 - Child 2: _____
 - Child 3: _____
-

Part 3: Daily Practices

1. Establish Rituals

- Identify three activities or rituals you can do as a family to reinforce these principles (e.g., prayer, reading religious texts, community service).

- _____
- _____
- _____

2. Role Modeling

- Write down specific behaviors you can demonstrate to embody these principles:



- _____
- _____
- _____

Part 4: Community Engagement

1. Explore Community Resources

- Research local places of worship, spiritual groups, or community service organizations that align with your values. List two:

- _____
- _____

2. Plan Family Involvement

- Choose a community activity to regularly participate in as a family (e.g., attending religious services, volunteering).

- _____

3. Discuss Personal Activities

- Plan a family meeting to discuss ways the children would like to implement their faith into their personal lives. Consider being open about your experiences at their age. Make it fun by incorporating their interests (e.g., art, music, dance). What did they come up with, and how can you support them?

- Child 1: _____
- Child 2: _____
- Child 3: _____

Part 5: Understanding Gratitude

1. Define Gratitude

- What does gratitude mean to you? Write a brief definition.



▪ _____

2. Personal Reflection

- Reflect on a time when you felt truly grateful. What caused that feeling?

▪ _____

Part 6: Gratitude Conversations

1. Engaging Discussion

- Prepare questions to discuss gratitude with your children:
 - What are three things you are grateful for today?
 - How do you think gratitude can make us feel?
 - Can you share a time when someone helped you, and how that made you feel?

2. Listen and Record

- Write down one meaningful response from each child and discuss why it is meaningful:
 - **Child 1:** _____
 - **Child 2:** _____
 - **Child 3:** _____

Part 7: Daily Gratitude Practices

1. Gratitude Rituals

- Identify three daily or weekly practices to encourage gratitude (e.g., consistently saying thank you when appropriate, gratitude journals, sharing during mealtime).

▪ _____



- _____
- _____

2. Implementing Practices

- Describe how you will incorporate these practices into your family routine:

- _____
- _____
- _____

Part 8: Gratitude in Action

1. Acts of Kindness

- Plan three acts of kindness your family can do together (e.g., writing thank-you notes, helping a neighbor).

- _____
- _____
- _____

2. Reflecting on Acts

- After completing each act, discuss how it made you all feel. Write down your reflections:

- **Act 1 Reflection:** _____
- **Act 2 Reflection:** _____



Part 9: Growth and Reflection

1. Set Goals

- What specific goals do you want to achieve in instilling these religious or spiritual values in your children over the next month?

- _____

2. Evaluate Progress

- Schedule a follow-up discussion to evaluate your family's progress. Write down the date and what you hope to discuss:

- Date: _____

- Topics to Discuss: _____

3. Celebrate Achievements

- How will you recognize and celebrate the progress your family makes in practicing these values?

- _____

Conclusion

Instilling religious or spiritual values is a journey that requires intention and effort. Use this worksheet to guide your family's conversations and practices, fostering a nurturing environment for spiritual growth.