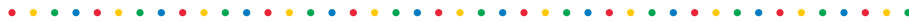




A GROWN-UP'S GUIDE TO KIDS' WIRING

STUDY WORKBOOK



Activities and reflections for all six sessions

For use with the paperback and the free
companion teaching videos.

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STUDY WORKBOOK

Welcome

This workbook is designed to help you apply what you learn from A Grown-Up's Guide to Kids' Wiring - whether you're a parent, teacher, coach, grandparent, or anyone who stands before a child.

Each session includes key points, interactive activities, and reflection spaces that align with the videos and the book content.

You'll learn how to:

- Recognize each child's unique temperament.
- Respond instead of react.
- Communicate in a way that builds connection and confidence.

Use the space throughout to write your observations, aha moments, and next steps. Be curious, consistent, and kind - both to yourself and to the children you influence.

YOUR SIX SESSIONS

01	Expectations	03
02	Strengths and Weaknesses	05
03	Innate Needs	07
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Watch the free videos at isaidyoudheard.com/groups. Each session follows the corresponding chapter in Part 1 of the Guide.

Name



SESSION 01

Expectations

**KEY POINTS**

- Every grown-up brings expectations into every relationship with a child.
- The clash often isn't about right or wrong - it's about different wiring.
- Understanding temperament helps reset expectations through compassion instead of control.

YELLOW

Yellow expects connection and joy.

RED

Red expects results and respect.

BLUE

Blue expects order and clarity.

GREEN

Green expects peace and predictability.

ACTIVITY

Write three expectations you have for your child, student, or player:

Circle the expectations that are spoken. Put a box around the ones that are assumed.



SESSION 01 / EXPECTATIONS

Practice & reflection

Practice rephrasing one expectation to match each temperament's style:

YELLOW**RED****BLUE****GREEN****REFLECTION****1**

What expectations have led to frustration?

2

How can you make one of your expectations more clear or kind?

3

How does your own temperament shape what you expect from kids?



SESSION 02

Strengths and Weaknesses

2

KEY POINTS

- Every child's strength is also their potential weakness.
- Temperament determines how a child shows up, rather than their value or worth.
- When adults focus only on correcting weaknesses, children may feel unseen in their strengths.
- The goal is to find balance rather than pursue perfection.

ACTIVITY

Write one strength for each temperament and its shadow side:

	STRENGTH	WEAKNESS
YELLOW		
RED		
BLUE		
GREEN		



SESSION 02 / STRENGTHS AND WEAKNESSES

Reflection

**1**

Think of one child in your care. How can you affirm their strength while gently coaching their weakness?

2

Do you tend to overcorrect or undercoach?

3

What happens when a child feels celebrated for who they are?



SESSION 03

Innate Needs

**KEY POINTS**

- Every temperament has specific innate needs that fuel healthy behavior.
- When innate needs are met, kids thrive; when unmet, they act out.
- You can't meet every need perfectly, but awareness helps you respond instead of react.

THE FOUR TEMPERAMENTS AND THEIR INNATE NEEDS**YELLOW**

approval, acceptance, attention, and affection

RED

loyalty, sense of control, appreciation, and credit for work

BLUE

safety, sensitivity, support, and space and silence

GREEN

harmony, feeling of worth, lack of stress, and respect

ACTIVITY

List one child you influence and note how you can meet their top two innate needs this week:

Child

Temperament



SESSION 03 / INNATE NEEDS

Practice & reflection

NEED 01

How I'll meet it

NEED 02

How I'll meet it

REFLECTION

1

Which innate needs are hardest for you to meet? Why?

2

How does your wiring affect the way you meet (or miss) others' needs?



SESSION 04

Signals

4

KEY POINTS

- Signals are the emotional cues that show how a child is really doing.
- Yellows show signals loudly, Greens quietly. Reds push forward, Blues pull back.
- Adults must listen beneath behavior to decode what the signal means.
- When you respond to the innate need behind the signal, connection strengthens.

ACTIVITY

Think of a recent moment when a child signaled stress, anger, frustration, or heightened emotion.

1**What did they do?**

2**What might their behavior be saying?**

3**How could you respond differently next time?**



SESSION 04 / SIGNALS

Reflection



1

How often do you respond to behavior instead of emotion?

What signal are you most likely to miss from each temperament?

YELLOW

RED

BLUE

GREEN



SESSION 05

Your Temperament

5

KEY POINTS

- You can't guide a child well until you understand your own wiring.
- Your temperament determines how you give instructions, handle frustration, and show love.
- Knowing your wiring helps you shift from reaction to response.

ACTIVITY**1**

Write your temperament blend (e.g., 60% Red / 40% Blue).

2

Describe how your wiring helps you connect with kids:

3

Describe how your wiring can get in the way:



SESSION 05 / YOUR TEMPERAMENT

Practice & reflection

**1**

Practice one self-awareness shift this week:

REFLECTION**2**

How does your temperament impact your tone and timing with kids?

3

What do you want to model more intentionally?



SESSION 06

When Temperaments Collide

6

KEY POINTS

- Clashes happen when opposite needs, strengths, or communication styles meet.
- Awareness turns conflict into growth for both the child and the adult.
- Rather than trying to argue who's right, our goal is to understand the root cause behind the clashes.
- The goal: connection over correction.

ACTIVITY

Think of a recurring conflict with a child:

1

What triggers it?

2

Which temperaments are involved?

3

What innate need is being missed?

4

What can you do differently next time?



SESSION 06 / WHEN TEMPERAMENTS COLLIDE

Reflection



1

How can awareness replace frustration in your interactions?

2

What relationship do you want to repair with this new understanding?

Final reflection

Notes