



# THE COOL GRANDPA PODCAST

Reflective Worksheet: An Understanding Heart

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## ♥ HEART – Empathy & Connection

**Think about a recent moment with your grandchild.**

- What emotions did my grandchild seem to be feeling?
  - How did I respond in that moment?
  - What might they have needed most from me?
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## HEAD – Perspective & Understanding

**Seeing the world through their eyes.**

- What might my grandchild be thinking about themselves right now?
  - How could my words shape their self-image?
  - What belief do I want them to carry forward about who they are?
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## HANDS – Action Steps

**Small actions that build understanding.**

- One thing I will say differently:
- One thing I will do differently:
- One tradition or ritual I will start or continue: