## Children: Feelings and Support | Understand

# All My Feelings Can Visit

Children ages 6-9 with a supportive adult | 5 to 8 minutes | Handout

**Introduce feelings as experiences a child can notice and share.**

A feeling can be happy, sad, mad, worried, proud, or hard to name. More than one feeling can visit at once. You can feel excited about a party and worried about walking into a busy room.

### How to use this page

Read with an adult you trust. Point to a word, draw a shape, or listen. You may skip a part. There is no best feeling to choose.

### Feelings and actions

A feeling does not make you bad. You can feel very mad and still need help to keep yourself and other people safe. An adult can help you find space, words, or a different thing to do. You do not have to figure it out alone.

### My clues can be different

Some people notice a hot face, quick feet, tears, or a quiet voice. Other people do not notice a body clue. You can say, "I do not know yet." A grown-up may guess your feeling, but you can tell them their guess does not fit.

### Help can have many shapes

You might want someone to sit nearby, help with a hard job, or give you a quieter place. Ask for one thing. If the first safe adult cannot help, try another trusted adult.

**1. A feeling word, color, or shape I want to try**



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## PK01-01 | continued

### Facilitator notes and adaptation

Let the child define their own feelings and sensory experience. Do not praise calmness as the only acceptable outcome. Persistent distress or changes that interfere with daily life need appropriate professional attention.

### About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

### Conceptual references

PA01 | Centers for Disease Control and Prevention | Positive Parenting Tips: Middle Childhood (6-8 years of age)

https://stacks.cdc.gov/view/cdc/155268/cdc_155268_DS1.pdf

PA10 | National Institute of Mental Health | Children and Mental Health: Is This Just a Stage?

https://www.nimh.nih.gov/health/publications/children-and-mental-health



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