Children: Feelings and Support | Example

When Ari's Tower Fell

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

Follow a fictional child from a hard moment to a request for support.

This is a made-up story. Ari is seven. Ari spends a long time building a tower. A block slips, and the tower falls. Ari shouts, "It is ruined!" and wants to sweep the blocks away.

How to use this page

Read together. Stop whenever you want. You can point to a part that makes sense or ask the adult to read it again.

What Ari noticed

Ari's hands felt tight. Ari called the feeling "mad and disappointed." The adult said, "You worked hard on that. I can stay with you." Ari did not want a hug, so the adult stayed nearby without touching.

What Ari asked for

The adult offered a choice: sit together or put the blocks in a tray. Ari chose the tray and said, "Help me find the long blocks." The adult helped find two blocks. They left the rest for later.

What happened next

Ari built a small bridge instead. Ari still felt disappointed about the tower. Getting help did not make that feeling disappear. It made the next part easier. Later, Ari drew the tower to remember the idea. Another child might choose a break or a different game, and that can work too.

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PK01-02 | continued

1. What is one kind thing the adult did? You may draw or tell.

Facilitator notes and adaptation

This is a fictional learning example, not a model of how every child should respond. Invite alternatives; avoid testing recall or using the story to demand compliance.

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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