

Children: Feelings and Support | Explore

My Feeling, My Clue, My Helper

Children ages 6-9 with a supportive adult | 8 to 10 minutes | Worksheet

Connect one manageable feeling with a chosen kind of support.

Pick a small moment, like waiting for a turn or finishing a game. You can use a pretend moment instead. We will look at one feeling and one thing that might help.

How to use this page

Write, draw, point, or tell an adult what to write. You can leave any space empty. If this feels too much, stop and do something else together.

Start with the moment

What was happening? A few words or a simple picture are enough. You do not need to explain every detail or name another person. Try a feeling word, a color, or "not sure." Your answer can change as you think.

Look for one clue

Did your body feel busy, still, tight, warm, or something else? Was it easier to notice what you wanted to do? Either kind of clue is useful. You do not need to close your eyes or focus on your body.

Choose a helper move

Would you like quiet, company, a drink, a different seat, or help with the task? Choose something possible here. Ask the adult which choices are available. You can choose again if the first idea does not fit.

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1. The moment and my feeling: words, shapes, or a picture**2. One clue I noticed, or "not sure yet"****3. One kind of help I could ask for, and a safe adult to ask****Facilitator notes and adaptation**

Offer communication supports and enough processing time. Body noticing is optional. If the child names unsafe treatment or unmet needs, address the situation rather than asking the child to regulate around it.

PK01-03 | continued**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>