Children: Feelings and Support | Rehearse

Practice Asking for Help

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

Rehearse a small help request with an adult who responds.

Sometimes the words for help are hard to find. This is a practice game. You and a trusted adult will try a pretend problem. Nobody has to act upset for the game.

How to use this page

Choose a small problem: a lid will not open, the room is too loud, or you cannot find a page. Choose talking, pointing, a picture, or a hand signal.

Try your signal

Show the adult how you want to ask. You might say, "Please help with this," or point to the thing you need. The adult answers, "I see you need help. Show me which part." You can say "not that" if they guess wrong.

Try a second answer

Sometimes an adult needs a moment. Practice the adult saying, "I can help after I put this down." Ask what you can do while you wait. If something is unsafe, get another safe adult right away. You do not need to keep waiting.

Choose what to keep

Trade roles if you want. Let the adult practice asking you for help with a pretend task. At the end, choose the words or signal that felt easiest. You can use it again, change it, or stop the game.

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PK01-04 | continued

1. My help words or signal

Facilitator notes and adaptation

Adults must actually notice and respond to the agreed signal. Do not rehearse rejection, frightening scenarios, or delayed help for urgent safety needs. Accept communication devices and nonverbal requests.

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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