Children: Feelings and Support | Practice

# One Small Help Try

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

**Plan one optional chance to use a help request between visits.**

You can try your help words or signal once before we meet again. A small try is enough. This is not a test, a race, or a job you have to do every day.

## How to use this page

Choose the plan with a safe adult. Pick a time when that adult can be nearby and available. You can decide not to try and tell us why later.

## Make it easy to find

Choose one ordinary moment, like starting homework, finding a game piece, or getting ready to go. Put a small picture reminder somewhere you can see it. Ask first before putting a reminder where other people might read it.

## Let the adult have a job

Your adult's job is to notice your signal, listen, and help choose a next step. You do not have to speak perfectly. If the adult misses your signal, that does not mean you did anything wrong. Try again or ask another safe adult.

## Bring back any news

Afterward you can draw a dot, tell a short story, or leave the page blank. We can talk about what helped, what was hard, or why the moment did not happen. Feelings do not need to disappear for a try to count.


Original educational material. Not a validated assessment or treatment protocol.

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### 1. The small moment I might try

### 2. My help signal and the adult who will notice it

### 3. How I want to remember what happened: draw, tell, or another way

#### Facilitator notes and adaptation

Agree on a responsive adult before suggesting practice. Never make access to comfort, breaks, or basic needs depend on completing this page. Adjust the plan if the setting cannot support it.

#### 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.



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## PK01-05 | continued

### 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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