

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.

PK01-05 | continued

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.

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

PK01-05 | continued**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.

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>