Children: Feelings and Support | Review

What Did We Learn Together?

Children ages 6-9 with a supportive adult | 5 to 10 minutes | Worksheet

Review a help attempt or a missed opportunity without grading the child.

Maybe you tried your help signal. Maybe you forgot, did not need it, or did not want to. We can learn from any of those things. You are not in trouble for an empty page.

How to use this page

Choose one thing to remember. Tell, draw, or point. Ask the adult to listen before giving ideas. You may use a pretend example if you want privacy.

Tell what happened

Did the adult see or hear your signal? Was the help the kind you wanted? You can say "some of it helped" or "that did not help." The adult can change what they do next time.

If the try did not happen

Was the picture hard to see? Was the adult busy? Were the words too long? Did you need a different kind of help? These are clues for making the plan fit you. You do not have to promise to try harder.

Pick our next move

Keep one part, change one part, or put the plan away. You might make the signal smaller, choose a different helper, or practice together again. End by choosing an ordinary activity you would like to do now, such as a game or getting a drink.

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1. What happened, or what got in the way?

2. Something that helped, or help I still need

3. One thing we will keep, change, or stop

Facilitator notes and adaptation

Ask the adult to take responsibility for availability and response. Avoid compliance charts or interpreting a declined task as resistance. Notice environmental barriers alongside child skills.

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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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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