Children: Feelings and Support | Facilitate

Facilitating a Child-Led Feeling Activity

Professionals and caregivers | 10 to 15 minutes | Session guide

Prepare a supportive, age-appropriate use of the children's pack.

Use these pages as invitations for children ages 6-9, with adjustments for language, development, disability, culture, and the relationship with the adult. A completed worksheet is not the measure of a useful interaction.

How to use this page

Choose one child-facing page and preview it yourself. Arrange a quiet enough space, a communication option, and a way to pause. Introduce the adult's role before starting.

Invite rather than interpret

Say, "We can draw, talk, listen, or skip." Offer two manageable choices without demanding a feeling label. Ask permission before writing the child's words. Check your interpretation: "Did I get that right?" Do not infer trauma, attachment, or diagnosis from a color, drawing, or refusal.

Respond to the environment

Check whether hunger, noise, task difficulty, exclusion, or an unavailable adult is the immediate problem. Change what you can. A child should not carry responsibility for tolerating unsafe or inaccessible conditions. In a group, use fictional examples and never require sharing personal experiences.

Close with a shared responsibility

Agree on one optional practice and the adult action that makes it possible. Review the adult response as well as the child's experience. If distress persists or disrupts daily functioning, consult an appropriate child health professional. Follow applicable safeguarding procedures when safety concerns emerge; this pack does not provide an assessment or crisis protocol.

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

PK01-07 | continued

1. My adaptation, the child's choice, and the adult action I will check next time

Facilitator notes and adaptation

These are original educational activities awaiting independent clinical review. Read-aloud support may be needed throughout. Never use participation to determine whether a child deserves support, privileges, or belief.

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