Tweens: Friendship and Emotions | Explore

Facts, Feelings, and My Next Choice

Tweens ages 10-12 | 8 to 10 minutes | Worksheet

Sort a manageable friendship moment and choose a response within your control.

Choose a small peer moment or invent one. This page is not asking you to prove that everything is fine. It helps you sort the parts before choosing what you want to do.

How to use this page

Use brief notes, symbols, or a conversation. Leave out names and screenshots. Skip the exercise and ask for adult help if the situation includes threats or feels unsafe.

Describe without mind-reading

Write what happened and what you do not know. "They changed the game" describes an event. "They wanted to embarrass me" is a possible interpretation. It could be right or wrong; you do not have to settle it immediately.

Make room for your response

Name a feeling or a need: space, fairness, clarity, company, or help. You can feel hurt even when someone did not intend harm. You can also decide that a behavior is unacceptable without knowing its intention.

Choose a next step

Pick something you can control: ask one question, take a break, make another plan, or involve a trusted adult. Consider where and when it would feel easiest. The other person's reaction is not something you can guarantee. Have a support option if the response is unkind.

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

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1. What happened, what I am guessing, and what I do not know

2. My feelings and what matters to me here

3. My next choice and who can support me

Facilitator notes and adaptation

Keep the focus on agency and support, not persuading the tween to tolerate poor treatment. If a pattern of harm emerges, move from reflection to appropriate adult-led protection.

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

PA02 | Centers for Disease Control and Prevention | Positive Parenting Tips: Middle Childhood

https://www2c.cdc.gov/podcasts/media/pdf/PosParenting_MidChildhood.pdf

PA03 | StopBullying.gov / U.S. Department of Health and Human Services | What Kids Can Do

https://www.stopbullying.gov/kids/what-you-can-do

PA04 | Centers for Disease Control and Prevention | Tips for Coaching Teens to Recognize and Manage Emotions

https://www.cdc.gov/parenting-teens/tips-coaching-emotions/index.html

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