

Tweens: Friendship and Emotions | Rehearse

Try the Conversation Before You Need It

Tweens ages 10-12 | 8 to 10 minutes | Session guide

Practice a clear request and a safe exit from a low-stakes peer conversation.

Rehearsal lets you hear words before using them. You can practice with an adult, a willing peer, or an empty chair. Choose an ordinary disagreement, not a threatening situation.

How to use this page

Pick a pretend problem, such as a changed game rule or interrupted turn. Agree that either person can stop. Reading from the page is welcome; acting is optional.

Make one request

Try: "When the plan changed, I felt left out. Can you tell me the new plan?" Change the words so they sound like you. You can use a shorter sentence or a written note. You do not need a perfect speech.

Practice two possible replies

First, the partner gives a reasonable reply, and you decide what to do. Next, the partner says, "Not now." Practice pausing or asking when to return. Do not practice insults or humiliation. You are learning choices, not training yourself to endure them.

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Rehearse leaving and getting support

Try: "I am going to take a break," or "I want an adult to help us." You can leave without winning an argument. Finish by naming one part that sounded natural and one word you would change.

1. My request, my pause line, or my help request

Facilitator notes and adaptation

Only use mutually respectful role-play. Never ask a child to reenact bullying or pressure another child to reconcile. Make nonverbal and written participation equally valid.

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

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

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<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>