

**Tweens: Friendship and Emotions | Practice**

# One Low-Pressure Connection

Tweens ages 10-12 | 5 to 8 minutes | Worksheet

**Plan a small, optional friendship action that leaves room for a no.**

Connection can start with a small action: asking about a game, sharing a joke, or inviting someone to sit nearby. Choose an action because you want to try it, not to prove your popularity.

**How to use this page**

Make one optional plan for the next few days. Pick someone who has treated you respectfully. You can choose a trusted adult or a structured group activity if a peer plan does not fit.

**Keep the invitation small**

Ask one clear question, such as "Want to draw for five minutes?" The other person can say yes, no, or another time. A no can feel disappointing without being a verdict on your value. Choose an activity you can still enjoy another way.

**Protect your energy and privacy**

You do not need to share a secret, lend something valuable, or agree to a risky dare to connect. Plan a stopping point. If the situation feels uncomfortable, you can leave and talk with a trusted adult.

PK02-05 | continued

## Notice the experience

Afterward, remember whether you felt respected and whether the activity suited you. You do not have to count friends or rate yourself. If the plan never happened, bring that information back; we can make it smaller or choose a different setting.

### 1. My small invitation and where it could happen

### 2. My alternative if the answer is no or the plan changes

### 3. What I want to notice about respect and comfort

**PK02-05 | continued****Facilitator notes and adaptation**

Do not assign interaction with peers who bully or exploit the tween. Consider disability access, transport, cost, language, and available safe spaces before suggesting an activity.

**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](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>