

Tweens: Friendship and Emotions | Review

What Kind of Connection Fits Me?

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

Review a peer interaction or a missed plan and identify a useful adjustment.

You do not have to report a happy ending. A plan may have felt good, awkward, disappointing, or impossible. This page helps you notice what the experience says about the plan and the setting.

How to use this page

Choose one interaction or one reason a plan did not happen. Keep personal details private if you prefer. You may describe an imaginary version to get ideas.

Look for respect

Could you say no, ask a question, or leave? Did the other person listen? Did you have to hide an important need? These questions can tell you more than whether the activity looked successful from the outside.

Notice the conditions

Maybe the group was too large, the room was noisy, the timing was rushed, or the invitation was unclear. Maybe the person was not kind. You do not have to turn every difficulty into something wrong with you.

PK02-06 | continued

Choose what comes next

You can repeat a useful action, choose a different person or setting, ask an adult for support, or take a break. If no practice happened, rehearse one small sentence here instead. A next step should leave room for your preferences and the other person's choice.

1. What happened, or what prevented the plan?

2. Where I felt respected, and where I needed more support

3. A part to keep, change, or stop

PK02-06 | continued**Facilitator notes and adaptation**

Follow up privately on signs of coercion, harassment, or isolation. Do not make forgiveness or reconciliation the required outcome. A preference for fewer or different social contacts is not a failure.

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

<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>