

Children

My Feeling and My Helper

Children ages 6 to 9 with a supportive adult | 10 to 15 minutes

Sometimes a feeling is hard to name. You can draw it, point to a word, or tell an adult. This page is about one small moment. You can skip a question. A safe grown-up can help you without choosing your answers.

Choose a small moment. Draw, point, or write. Ask a safe adult to read the words if you want.

Show the feeling

Think about a time today. Did you feel glad, worried, sad, angry, or something else? You can use a color or shape instead of a feeling word. There is no right picture.

Choose some help

Maybe you want company, a quieter place, help with a task, or a little space. Choose one thing to ask for. Your helper can check what you meant and help find another option if needed.

1. What happened in my small moment?**2. What feeling, color, or shape fits?****3. What might help me right now?****4. Which safe grown-up can help, and how can I tell them?****Clinical use and adaptation**

Use with assent and a safe adult; read aloud without leading answers. Do not interpret drawings as diagnostic evidence or require disclosure. Explain relevant privacy limits simply. If the child shares danger or abuse, respond through appropriate safeguarding and assessment procedures rather than continuing the worksheet.