

School counseling

One School Moment I Want Help With

Children ages 9 to 12 with a supportive adult | 10 to 15 minutes

A school day has many parts. Pick one moment that feels hard, such as joining a group, hearing directions, or finding a quiet place. You do not have to solve the whole day. A school adult can help you think of one change.

Draw or write about one moment. Choose an adult who listens and practice asking for one kind of help.

Find the hard part

Name the place, task, and what gets in the way. You might understand the work but need clearer directions. You might want company but feel unsafe with a classmate. These need different kinds of help.

Make a help plan

Try a request such as: Can you show me the first step? Decide where and how to ask. If someone is hurting or threatening you, tell a safe adult; it is not your job to fix that alone.

1. Which part of my school day feels hard?**2. What gets in the way, and what is already helping?****3. Which safe school adult could help me?****4. What could I ask for, and when will we check back?****Clinical use and adaptation**

Offer read-aloud, drawing, and communication access. Explain school privacy limits accurately and avoid guarantees about accommodations or reporting outcomes. Assess bullying, discrimination, disability, health, and family barriers. Do not make the student responsible for resolving danger or inaccessible school conditions.