

How To Talk About Hard Topics

Worksheet For Children (10 Yrs And Older)

Complete this worksheet with a parent, caregiver, teacher, or safe adult.

Practice talking about a mistake, question, or problem to solve.



"I broke a picture frame that I know my mom really likes."

How this makes me feel: Afraid she'll be mad. Embarrassed because I wasn't careful. Scared she won't forgive me.

Who could help: Another parent or a friend could help me practice how to talk to my mom.

How to start the conversation: Mom, I need to talk to you, I made a mistake.



"I like playing soccer, but I don't feel like I have any friends on the team."

How this makes me feel: Super sad and lonely. Nervous that I'm letting down my teammates and friends.

Who could help: Your parent, perhaps the soccer coach, or another trusted adult.

How could I start the conversation: Hey, do you have some time to talk about soccer? I don't feel great about it and I need your help cause it feels like a problem.



"When do you think I'll be old enough to get my own cell phone?"

How this makes me feel: Afraid they will tell me I'm not old enough. Afraid they won't have time to talk to me or explain things.

Who could help: A trusted adult or a friend could help you practice before talking to the person who you need to talk to.

How to start the conversation: Can I ask you a question? I hope you'll take the time to talk with me.

Create your own examples and practice talking!

A mistake, question, or problem I have to solve is:

How this makes me feel:

Who could help:

How to start the conversation:

A mistake, question, or problem I have to solve is:

How this makes me feel:

Who could help:

How to start the conversation:
