

# Kid-Friendly Worksheet

## A Mistake, A Question, or A Problem to Solve

Do this worksheet with someone you trust like a parent/caregiver, teacher, or adult friend.

Start with the examples, THEN CREATE YOUR OWN.



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

**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.

*"When do you think I'll be old enough to \_\_\_\_\_  
(fill in the blank)"*

**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 time to talk with me.

*"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.

