



The conversation begins

Number the cards 1-5.

Chaya tests four feeling words and finds none exact.

Mama listens to plain things Chaya knows.

Chaya enjoys a book detail but later feels unsettled.

Chaya later finds tired closer, without claiming a final answer.

Chaya asks for company before finding the perfect word.



Known, uncertain, requested

Sort the cards. Leave uncertainty as uncertainty rather than filling it in.

KNOWN**UNCERTAIN****REQUEST****INVENTED CERTAINTY**

Chaya finished homework. _____

She enjoyed the hat detail. _____

One exact feeling word fits everything. _____

The cause of the unsettled afternoon _____

Could you sit with me? _____

There must have been an insult she forgot. _____



A beginning without a label

Choose useful path nodes. This is not a diagnosis exercise.

☐ **1.** Say I do not know yet.

☐ **2.** Keep refusing help until a perfect label appears.

☐ **3.** Describe ordinary observations you choose to share.

☐ **4.** Ask for a small present need.

☐ **5.** Invent a hidden bad event to explain everything.

☐ **6.** Tell a trusted adult if difficulty persists or safety/wellbeing changes.

A useful beginning for Chaya



Enough information to ask

Fill the rows for the fictional character only if you prefer. No need to manufacture sensations or private memories.

Observation	What can be said plainly	What cannot be concluded from this alone
Chaya does not feel like opening her book.		
Company sounds better than more questions.		
She laughs during the conversation.		



A shorter start

Write a fictional request using uncertain words honestly. An adult may help.
Leave personal examples optional.

Something the character does know

Something still uncertain

A small present request

A trusted adult to ask if more support is needed



No entry ticket

Pick a reminder. Explain one limit on it. Final stickers are 2 1/4-inch squares.

**I can begin
uncertain**

**Plain words are
enough**

**Ask for
company**

**Do not invent
the cause**

A label can wait

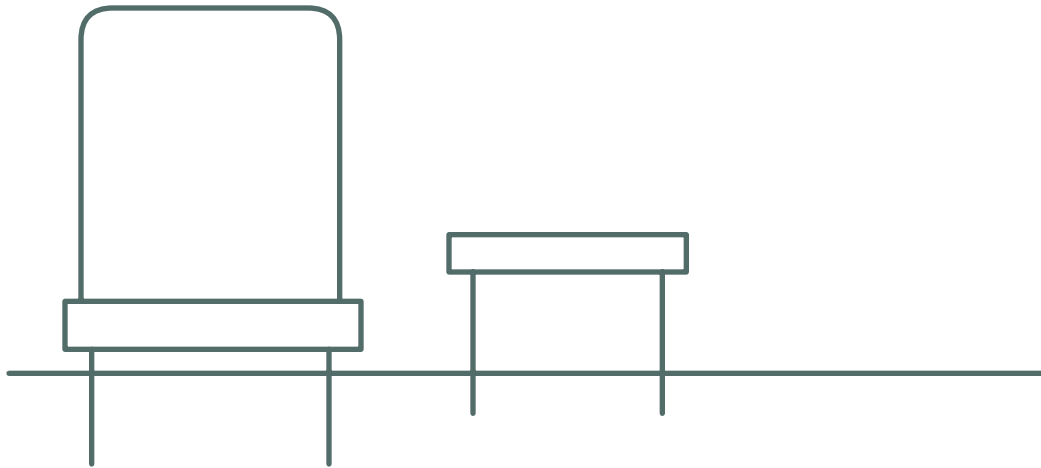
**Tell a trusted
adult**

One limit on my reminder:



Room beside the chair

Draw an object-only scene: two chairs with a small table, a book and a folded paper. Caption a fictional beginning of a conversation without a perfect feeling name.



A conversation can begin with...



Conversation words

Find WORD, ASK, COMPANY, LISTEN, HELP, KNOW, LATER, NEED. All read left to right.

W	O	R	D	A	B	C	D	E	F
X	A	S	K	G	H	I	J	K	L
C	O	M	P	A	N	Y	M	N	O
X	L	I	S	T	E	N	P	Q	R
H	E	L	P	S	T	U	V	W	X
X	K	N	O	W	Y	Z	A	B	C
L	A	T	E	R	D	E	F	G	H
X	N	E	E	D	I	J	K	L	M
C	H	A	I	R	B	O	O	K	X
P	A	P	E	R	T	A	B	L	E

WORD**ASK****COMPANY****LISTEN****HELP****KNOW****LATER****NEED**



Parent notes and answers

Discussion questions:

What does Chaya know before finding a feeling name?

What can she ask for already?

Why not invent a hidden bad event?

What would call for further adult support?

Parent tool: Accept plain uncertainty without demanding a label or cause. Listen to observations and present needs. Do not diagnose from a story or turn uncertain words into a test. Persistent difficulty, feeling unwell or safety concerns need caregiver attention and suitable support; no exercise should delay urgent help.

1. Listed order: 2, 4, 1, 5, 3.

2. Known: homework finished, book partly enjoyed. Uncertain: exact feeling, cause. Request: company. Invented certainty: hidden insult must exist.

3. Useful: 1, 3, 4, 6. Do not invent causes, demand a name or prescribe private emotional exposure.

4. Does not want to begin something: observation, not proof of illness. Company preferred: request. Laugh later: real moment, not proof earlier distress false. Persistent difficulties belong with caregiver/support, not self-diagnosis.

5. Open. Possible: I cannot name this yet. I have felt unsettled this afternoon. Could you sit with me? Adult may need to ask safety/health questions and arrange appropriate help.

6. Open. Labels may be useful, but no label is a diagnosis or required ticket to help. Do not use uncertainty to delay urgent safety or medical care.

7. Open. No required confession.

8. WORD: row 1, column 1, right; ASK: row 2, column 2, right; COMPANY: row 3, column 1, right; LISTEN: row 4, column 2, right; HELP: row 5, column 1, right; KNOW: row 6, column 2, right; LATER: row 7, column 1, right; NEED: row 8, column 2, right