

script library

SCRIPT 5 | WHEN YOUR CHILD FEELS DEPRESSED.

Try: “I’m really glad you told me. Feeling this way doesn’t mean something is wrong with you. Sometimes life can feel heavy. You’re not the only person who has felt this way. And it’s not something you have to stay stuck in.”

Then ask: ““Can you tell me what feels the heaviest right now?”

Follow up with an anchoring narrative: “That feeling doesn’t get to decide who you are. We’re going to walk through this together. You are still you. And you’re someone who can get through hard things...even this.”

Action: This might sound a little counterintuitive, but when a child is feeling low... what they often need isn’t more cheering up. They need something meaningful to step into.

So ask: “If you could help someone or be part of solving a problem, what would you want to do?”

It doesn’t have to be big - helping younger kids, caring for animals, serving a neighbor, cleaning up a place they love.

When kids step outside of themselves and take on real responsibility, something begins to shift. They start to feel needed, capable, and like they matter. And that’s where meaning (eventually joy) begins to grow again.

This works even better when it’s paired with trust. Giving them some independence can change their story drastically. Even if it makes you a little uncomfortable. They begin to see themselves as someone who can handle things.

Someone who can help.
Someone who has a role to play.
And that shift in identity is powerful.

