

# Heard

From the practice of Elliott McCray, Ed.S., The McCray Learning Lab

**What this builds (transformative SEL):** Agency (“I can do it”) with a thread of Collaborative problem-solving (“We solve it together”).

This comic practices **agency**: noticing something unfair and speaking up about it. The tool (**a brave breath, then three steps: say what you see, say how it feels, ask could we try, delivered with respect at a moment the listener can really listen**) turns a lump-in-the-throat feeling into words an adult can act on. A **collaborative problem-solving** thread runs underneath: the ask is an invitation, “could we rotate teams?”, not a demand, and the fix is something the child and the adult try together.

A word to the coaches and teachers reading this: it costs a child something real to walk up to you. They are risking looking silly, being brushed off, or making things worse, and they usually rehearsed it more times than you will ever know. How you receive the words matters as much as what you decide: **thank first, decide second**. And Coach Mac’s line is worth saying to the children in your care, out loud and often: “**I cannot fix what nobody tells me.**” It hands them a standing invitation to speak.

It’s also a deliberate **literacy builder**: the oral sentence frames “I see..., I feel..., could we try...?” are built step by step as taps, and the three Word Power words (RESPECT, MOMENT, HEARD) are the topic vocabulary.

This is a practice tool for rehearsing skills, not therapy, counseling, or a clinical service.

[A tender note for families](#) · [Privacy Note](#)

---

## The McCray Learning Lab

mccraylearninglab.com · Ad-free · private (no accounts, no tracking) · This is a practice tool for rehearsing skills, not therapy, counseling, or a clinical service.