

what we see
fear thoughts what
sadness confusion lies
ACEs - trauma beneath

"You are SO angry, I'll help you with these big feelings"
"No wonder you are upset that must have been so hard"

Listen until they STOP

empathy

animated ✓ not agitated x

how they feel the feeling you pick up

snap match tone OPEN

intensity

£=pace

"I wonder..."
"Tell me about that..."
"I will be curious for you..."

prepare to be influenced

UP
L G E

Fun

spontaneous

Can I join in?
Let's skip / dance / go crazy

you are safe

Don't sweat the small stuff

joy

anti-shave

trust

open

hug

P.A.C.E.

yourself help children feel secure

nibbles and bubbles.co.uk @emmalgsutton

OPEN MIND

curiosity

suspension judgement understand

GO DOWN THEIR TRUTH

The Well of Understanding

Your World

Their World

CHALK!

Hug the cactus

sit with the uncomfortable

acceptance

all behaviour IS COMMUNICATION

connection with 7 correction

"You are loved no matter what"
"Your feelings aren't right or wrong, they just are."

unconditional positive regard