what we see

fear thoughts sadness confusion A.C.E.s. trauma what lies beneath

"You are SO angry, I'll help you with these big feelings"

"No wonder you are upset that must have been so hard"

animated✓ not agitated x

Listen until they STOP

empathy

how they feel

the feeling you pick up

snap

match

tone

OPEN

£=pace

intensity

UP LIFTED

tension

Fun

story voice

NOW o'clock

trust

joy

anti-shame

happy

optimism

PLAYFUL

spontaneous

"Can I join in?"

"Let's skip/ dance/ go crazy"

you are safe

DON'T SWEAT THE small STUFF

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

P.A.C.E.

yourself

help children feel secure

nibbles and bubbles.co.uk @emmalgsutton

curiosity

OPEN MIND

suspend judgement

1st understand

"I wonder..."

"Tell me about that.."

"I will be curious for you..."

prepare to be influenced

Your World

Their World

CHALK

GO DEEP

THEIR TRUTH

The Well of Understanding