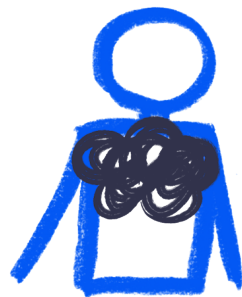


Connect – Acknowledge – Repeat – Support



1. Connect



- “Sparky, can you help us please?”
- Take a slow breath to calm
- Feel connected to Sparky and child
- Allow the child to feel their feelings safely
- Use few words
- If helpful, encourage movement “Let’s walk.”

2. Acknowledge



- Acknowledge the feelings
“You are feeling big feelings.”
- Acknowledge the challenge and let them know they are not alone
“It is hard to feel big feelings. I am here.”

3. Repeat



- Allow the child to feel their feelings safely
- Use few words, if helpful, ask “What are you feeling?”
- Repeat feeling or name the feeling you see
“You are feeling _____” or
“It looks like you are feeling _____.”
- Normalise, “It is normal to feel _____.”

4. Support (when calm)



- “Sparky, can you help us please?”
- “What was your Shady saying?” (Repeat back)
- Acknowledge thoughts as normal
- “Did Shady help you?”
- “Is your body okay?”
- “Sparky, can you help me please?”
 1. Solve problem &
 2. Plan for next time