

## Phrases and scripting which offer cues of safety and containment

### Help them understand why they feel like they do (physiology) – work around this when calm, remind when anxious

Your body is responding in an anxious way but this will pass

Your body can't feel like this forever, lets give it a minute (opportunity here for next minute activity) and see how you feel

You've got through this before, you can get through this again

Phrases that acknowledge and validate that the person feels anxious – emotion coaching (acknowledging how they feel rather than dismissing because it concerns us) Acknowledge the feeling and name it if you can because it gives context and the child the words they need next time, makes it less scary – nameless things in a child's (or anyone's) head are much harder to deal with than things that are tangible and have a name

It looks like you're really worried right now

You feel scared right now

I can see you are very worried (anxious)

That must be really hard

I know the classroom can be really hard for you and I really appreciate you been here

I'm sorry x is making you (worried/scared/anxious/jittery etc)

Safety phrases

I'm going to stay here

You're safe

I can see x is really worrying you do you want to draw/talk about that?

I'm going to sit with you until you feel calmer and then later, if you want to we can talk/unpick it together

That sounds really hard, do you want to talk about it?

It's not silly. If it is worrying you it's important