

THE BUTTERFLY HUG

1.

Cross your arms over your chest, right hand over your heart, your fingers just below your collarbone.

2.

Begin to tap, first on one side, then on the other. Do this and say what you feel or think about how you're feeling right now.

3.

Breathe slowly, deeply until the feeling has calmed down and you feel calm once again.

This is a self-soothing technique that the child can do by themselves or be assisted by their parent/caring adult. Guide the child to do this in a calm, peaceful and relaxed place (real or imagined). There are to be no negative emotions associated with this technique.

Following on from this, you can guide your child to draw their safe place in as much detail as possible. During this artwork activity, the parent/caring adult could ask open-ended questions like "what else do you know about that?" to facilitate conversation.

Furthermore, add positive affirmations by using calming, repetitive words like "I am safe", "I am calm", "I am protected". Feel free to add your own flavour and follow your own intuition with this technique to make it unique to your child and your family.

