

Working through the 5 steps

+ • ○

Child

Demonstrates upset.

Child participates in breathing and

Calms enough to identify and name his/her feelings

Chooses an action that is helpful to manage the feeling being experienced.

Learns the skills needed to successfully manage the triggering problem next time.

Adult

1. Notices the upset. Begins to download calm to self and wish the child well.
2. Upload calm with breathing.
3. Use noticing/feeling faces etc. to assist child to identify his/her feelings.
4. Introduce ways to help child manage feelings. (feeling buddies, drawing etc.)
5. Assume positive intent. Consider what the child's original trigger was, what skill are they missing? Teach the missing skill.