IN THE MOMENT

When feelings get big

Stick this on the fridge or the calm corner wall.



Notice. What is their body doing? What is mine doing?

Steady. Long breath out. Soften your face. Lower your voice. Get lower if it's safe.

Say. Name it simply: “You’re really angry.” “That felt scary.”

Then wait. Say less. Let the feeling come down before you teach or fix.

Later, come back. Talk it through, and put right anything that went wrong.

You don't have to get it right. You can come back.

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There's always a smart way.