



3. _

What would help you right now? What would help you feel calmer or safer?

What can we do to fix this?

Is there anyone who might be able to help you with this?

How do you think we can fix this?

What could we do instead?

How can we make this easier? What is a friendly way you could..? What are we going to do to make this work?

4.

Would you like a hug?

How about we do some deep breathing and count to 10?

Would it help if you went for a walk, or to run around outside?

One time when I had a problem like this, I did ____, do you think that might work here?

