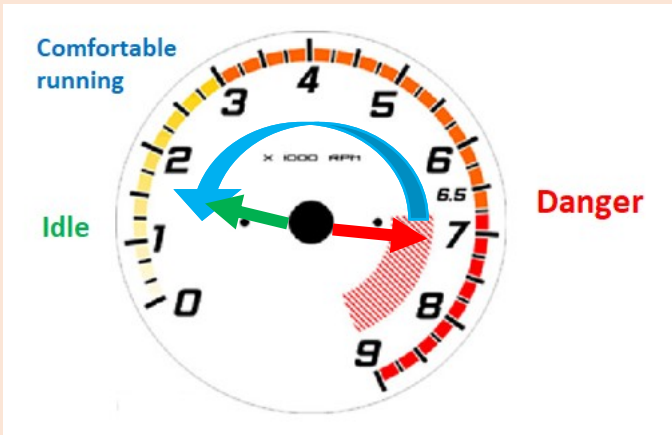


Children need to feel heard. Feeling heard offers experiences:

- That they matter
- That adults ‘get it’ and can be relied upon
- That adults are awesome!

Feeling heard is reassuring – it slows their motor and reduces the incidence of behaviours associated with anxiety.



Communicating understanding supports verbal expression of their experience (rather than acting it out).

In tough times, children need a little extra understanding (Responsiveness Part One)

What are some of the things you typically say that communicate understanding?

- _____
- _____
- _____
- _____
- _____
- _____

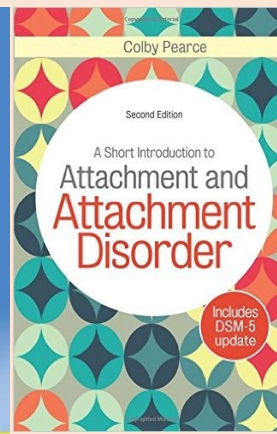
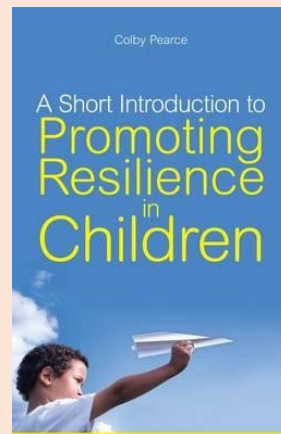
Examples:

- *You look sleepy*
- *You really like that*
- *You look like you have had a rough day*

Think of two activities a child in your care engages in each day. In ten words or less, write a simple statement that reflects their experience of the activity?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Say them when they are doing the activity!



If you think you know the answer to the question, don't ask it. Say the answer!

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How will I know it is helping?

Preschoolers:

- Using their words
- Playing and exploring

Primary Schoolers:

- Using their words
- Giving new things a go

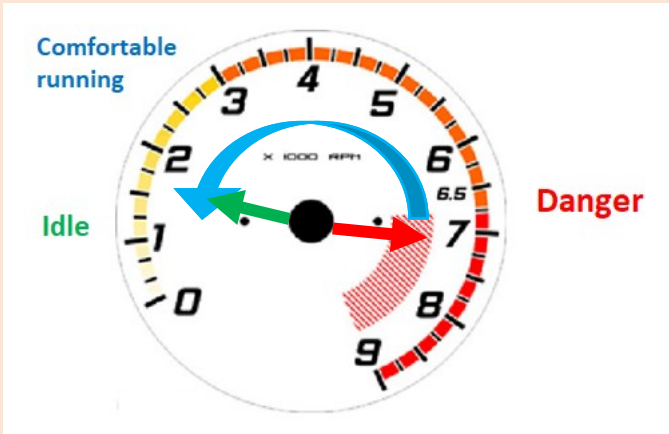
Teens:

- Using their words
- Joining in with family

Children need to feel heard. Feeling heard offers experiences:

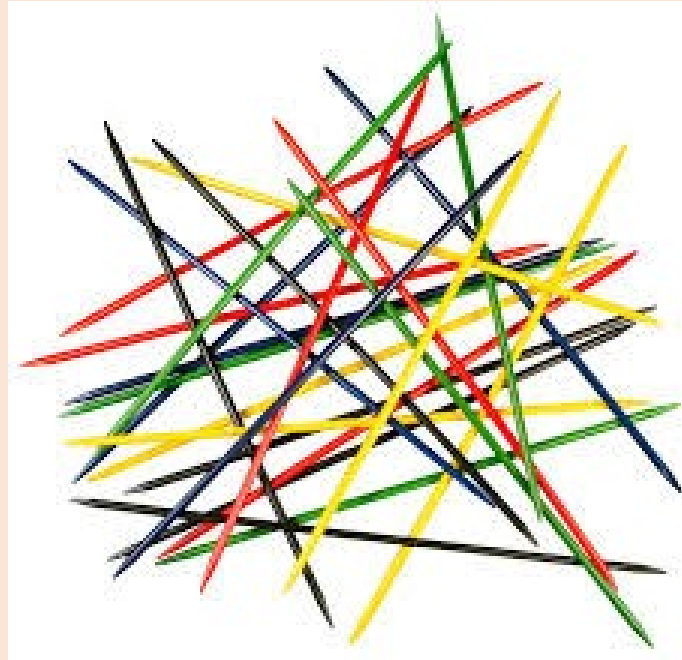
- That they matter
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Communicating understanding supports verbal expression of their experience (rather than acting it out).

A little extra understanding: The Pick-up-Sticks Game



*If you think you know
the answer to the
question, don't ask it.
Say the answer!*

Step One: Familiarise self and children with the pick-up-sticks game.

Step Two: Play a game

Step Three: Play a game, but this time each person has to say something that makes them happy, sad, angry, worried when they pick up the following coloured sticks:

Happy

Sad

Angry

Worried

Green is a free pass

(**Note:** if they can't/won't, they have to put the stick back in the pile)

Step Four: Play again, but this time each player has to say what makes the next player happy, sad, angry, or worried.

Note: Adults, try not to use the free pass (Green) yourself.