

what we see  
 fear thoughts what lies  
 sadness confusion beneath  
 A.C.E.s. trauma

"You are SO angry, I'll help you with these big feelings"  
 "No wonder you are upset that must have been so hard"

animated ✓  
 not agitated x

Listen until they STOP

# empathy

how they feel  
 the feeling you pick up

match  
 tone  
 = pace  
 intensity

OPEN

"I wonder..."  
 "Tell me about that..."  
 "I will be curious for you..."

prepare to be influenced

Their World

Your World



nibbles and bubbles.co.uk  
 @emmalgsutton

# P.A.C.E.

yourself help children feel secure



"Can I join in?"  
 "Let's skip / dance / go crazy"



you are safe



Hug the cactus



sit with the uncomfortable

# acceptance



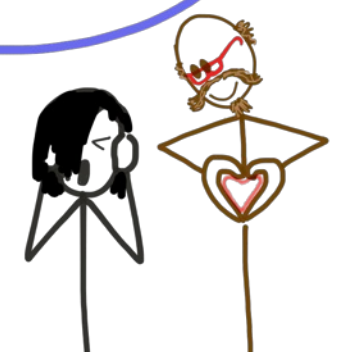
all behaviour IS COMMUNICATION



connection with 7 correction

"You are loved no matter what"  
 "Your feelings aren't right or wrong, they just are."

unconditional positive regard



# curiosity

OPEN MIND

suspend judgement  
 understand



GO DOWN  
 THEIR TRUTH

The Well of Understanding

Their World

Your World