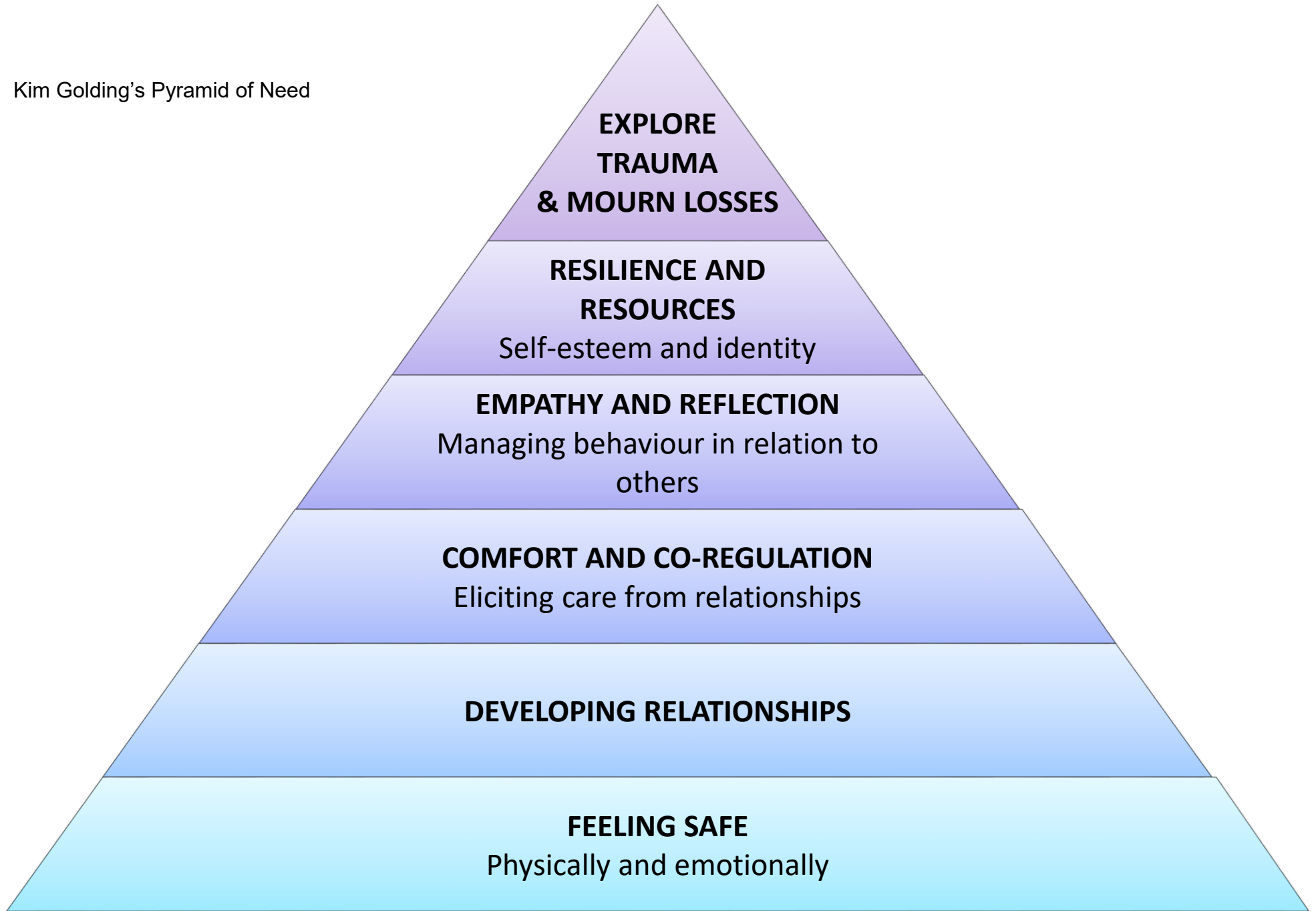


Kim Golding's Pyramid of Need



Internal Working Model

Views About
Others...




Views About
The World...


Views About Me...


Core Ingredients


Barriers


50 Ways to Take a Break


Take a Bath 


Listen to Music 


Take a Nap 


Go to a body of water 


Watch the clouds 


Light a candle 


REST your legs up on a wall 


Let out a sigh 


Fly a Kite 


Watch the stars 


Learn something NEW 


Listen to a guided relaxation 


Read a Book 


Write a Letter 


2x Move twice as slowly 


Take Deep Belly Breaths 


MEDITATE 


Call a Friend 


Meander around Town 


Notice Your Body 


Buy Some Flowers 


Find a relaxing scent 


Walk Outside 


Go for a run 


Take a bike ride 


View some ART 


Turn off all electronics 


Go to a park 


Pet a furry creature 


Create your own coffee break 


read or watch something FUNNY 


Examine an everyday object with Fresh Eyes 


Drive somewhere NEW 


Go to a Farmer's Market 


Forgive someone 


Engage in small acts of KINDNESS 


COLOR with Crayons 


Make some MUSIC 


Climb a Tree 

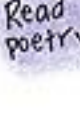
Let go of something 


Put on some music and DANCE 

Do some gentle stretches 

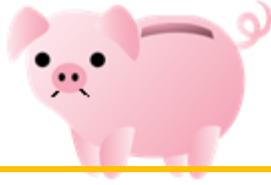
Paint on a surface other than paper 

Write a quick poem 

Read poetry 

Give Thanks 

Empathy Piggy Bank



Things I can do to recharge myself:

• £1 -

- £10 •

• £2 -

- £20 •

Things I can do to recharge the team:

• £1 -

- £10 •

• £2 -

- £20 •

*"You can't pour
from an empty
cup"*



*"Remember to
look after
yourself too"*

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Video Clips

www.channel4.com/programmes/help-me-love-my-baby - Zoe and Izzy Episode

<https://www.youtube.com/watch?v=1Evwgu369Jw> – Brene Brown Empathy clip

<https://www.youtube.com/watch?v=apzXGEbZht0> – Still face experiment

<https://www.youtube.com/watch?v=PnFKaaOSPmk> – Strange situation experiment



PACE

Increasing a child's sense of safety, reducing a child's sense of shame and making connections

Information taken from: <http://ddpnetwork.org/about-ddp/meant-pace/>

Playfulness



Light-hearted and relaxed: Being playful is about having a light-hearted and relaxed approach in day to day life or during a tense situation, if a child is a bit defensive or cross.

Tone of voice: You can be playful by using a light tone of voice that you might use when story-telling, rather than an irritated or lecturing tone of voice.

It's not being funny! Having a playful stance isn't about being funny or playing all the time, or making jokes when a child is sad. Also, be careful not to use sarcasm! A playful approach is about enjoying each other's company, rather than feeling judged or criticized.

Helps a child get used to positive emotions: Sometimes, children who have experienced trauma have given up on the idea of having good times and don't trust fun or affection and hugs. Sometimes children also struggle to regulate feelings of excitement, joy and love. A playful approach can help a child get used to positive emotions and a sense of closeness and love, without the scary parts, a small step at a time.

Acceptance



Accepting the reasons: Acceptance is about unconditionally accepting a child's feelings, motives and desires that underlie their behaviour.

It's not about accepting the child's behaviour: Be firm about the hurtful or harmful behaviour not being okay, while at the same time letting the child know you accept the reasons why they behaved a certain way, without judgment.

The behaviour is not okay, but you and we are okay: It's hoped that this way the child learns that although their behaviour is criticized, this is different to their inner self being criticized; their inner world is not *right* or *wrong*. This way the child learns that discipline is about behaviour, not the relationship with you or their sense of self-worth.

Curiosity



Seek to understand in order to accept: Curiosity is wondering about the meaning behind the behaviour. Once we understand, we are more likely to accept. Often, children know that their behaviour was not appropriate, but they don't know why they did it or are reluctant to tell. Use a light, accepting tone that conveys a simple desire to understand:

- "What do you think was going on?"
- "What do you think that was about?"
- "How come...?"
- "I wonder what...?"
- "Could you help me understand what that's like for you?"
- "I guess you might be thinking...? Or maybe you felt....?"

No judgment, annoyance or fact finding: Ask these questions with sadness, rather than anger, without anticipating a response. Don't ask "Why did you do that?" with the expectation of a reply. Your intentions are to truly understand and help the child, not to lecture or convey that their inner world is *wrong* in some way. It can be about having a conversation, almost with yourself, with the child in the room.

Reduces frustration and increases engagement: If you can stay curious about why the child is behaving a certain way, the child and adult are less likely to feel cross or frustrated and more likely to stay open and engaged in conversation.

Increases self-awareness and reduces harmful behaviour: Curiosity helps the child to start to reflect on their own inner world and to understand themselves. The child learns that their behaviour does not reflect something *bad* inside, but a thought, feeling, perception, or motive that was stressful, frightening, or confusing and could only be expressed through behaviour. Increased self-awareness helps the child to express these thoughts and feelings, reducing the need to engage in the behaviour.

Empathy



Empathy lets the child feel your compassion for them

Being empathic means actively showing the child that their inner world is important to you and you want to be there with child in their hard times. Tell the child that they won't have to deal with the distress alone.

When the child is sad or in distress the adult is feeling the sadness and distress with her and lets the child know that. Stay with the child emotionally, provide comfort and support, and don't leave the child alone when they need you the most.

Communicate strength, love and commitment, with confidence that sharing the child's distress will not be too much. Together you will get through it.