

# Practical points

For children who struggle to visualise, provide them with a picture of the image you are trying to create. Talk to them about the colours and shapes, ask them how it might smell and what sounds they might hear.

Use present tense statements when noticing: "You are taking a good, deep breath."

And for self-talk statements: "I am happy."

Don't focus on statements which use the future tense.

## Calming scale – to register internal states: How calm do you feel?

10	Red Hot
9	Red Hot
8	Getting tense
7	Getting tense
6	Getting tense
5	Calm
4	Calm
3	Calm
2	Shut down
1	Shut down