

Calming Pictures in your Head

Young children are usually good at thinking in pictures. Here are 3 picture strategies young children can learn to feel better. Read them out slowly and choose the one that works best.

My Good Place
The Magic Light
The Spiral

It's a good idea to practice whichever one you choose a lot so that your child gets good at it. Once children can get the pictures in their heads easily, it's possible for them to do this when they are upset, worried or angry. Young children need a lot of help and prompting to use these strategies, but if they learn to do this when they are young, they will cope much better with feelings that don't feel good





My Good Place

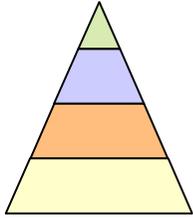


Think about or draw a picture of a place that makes you feel happy all of the time. What can you see in your picture? What can you hear? What can you smell? What can you taste? What can you feel with your hands and feet?

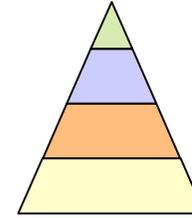
Look at your picture for a little while. Does it make you feel good inside? If it does, keep looking at it to make the good feelings stronger. If it doesn't make you feel good, pick a different picture.

Give your good place a name. Look at your drawing as much as you can. See if you can pretend the picture is in your head too. See how often you can do this. If you do it a lot, you will get lots of good feelings inside.

You can even do this when you feel bad. Say your good place's name out loud to make it come into your head. The good place picture in your head will make you feel better. You can do this in the day or at night. You can do it at home or when you go out. Ask your Mum or Dad to remind you to do it.



The Magic Light

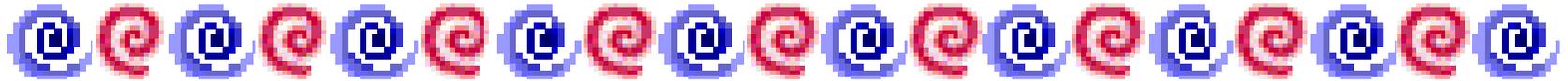


What is your favourite colour? Pretend you have a magic light coming from the sky that is this colour. It can shine down from the sky into the top of your head. The more it shines on you the stronger it gets. Just pretend the light is shining on you.

Now think of a bad picture in your head. You have a feeling in your body that doesn't feel good. What shape is this feeling? What size is it? What colour is it? Does it have a pattern on it? You can give the feeling shape a name if you want.

Now the magic light covers the feeling shape, goes inside it and around it. What happens to the feeling shape? Does its size change? What happens to its colour? Keep thinking about the magic light shining onto the feeling shape inside your body. Keep doing this until the bad feeling is so small you can hardly notice it.

Let the magic light fill your head and run through your body all the way to your toes.



The Spiral

Sit in a soft chair. Close your eyes.

How does your head feel? How does your tummy feel? How do your legs feel?

Do you have any feelings there that don't feel good?

If you have a feeling that doesn't feel good inside you, pretend that it's shaped like a spiral. Which way does the spiral turn? What colour is it? How fast does it turn?

Now, pretend there is another spiral in front of you. It's bigger and stronger than the first one. What colour is it? This is a good spiral. The good spiral turns the other way. Watch it turning.

The good spiral can come into your body and cover the first one. Watch the good spiral turning as it twists itself around the first one. It starts to turn the same way as it. Watch what happens and notice that the feeling that doesn't feel good is getting smaller and smaller.