

I love you! You are safe

I get scared/nervous/anxious sometimes too. It's no fun

***Let's pretend we're blowing up a giant balloon.
We'll take a deep breath and blow it up to the count of 5***

Tell me the worst possible thing that could happen

Which calming strategy do you want to use right now?

What do you need from me?

Remember when...

You are so brave!

What will happen after this is over?

Let's say it together 'I can do this'