

Here are some sample 'lead-in' phrases to help you start to use FLIP IT! with those around you. Try these out and adjust them so they best suit your style, the child, and the situation.

1. FEELINGS



Your face is scrunched up and your hands are in fists. It looks like you might be feeling really angry.

I see you are doing _____. I wonder if you are feeling _____.

Wow, it really looks like you are feeling _____.

I notice you are doing _____. What is going on inside?

Your body is getting antsy. Are you feeling nervous?

I'm so sorry you are feeling so _____.

What are you feeling?

Point to the face that tells how you are feeling.

2. LIMITS

The rule is that we...

You are very important to me and your problems are also important to me.

*I hear you saying unfriendly words. I wonder if you are feeling _____. **We use friendly words here***

*Wow, it really looks like you are feeling _____. **We keep each other safe.***

*Your body is getting antsy. Are you feeling nervous? **It's okay to feel nervous.***

*I'm so sorry you are feeling so _____. **We use gentle touches here.***

*I see you are excited about our visitor and you are running in the room. **Our rule is to sit at circle.***



3. INQUIRIES

What would help you right now?

What would help you feel calmer or safer?

What can we do to fix this?

Is there anyone who might be able to help you with this?

How do you think we can fix this?

What could we do instead?

Is there another way?"

How can we make this easier?

What is a friendly way you could..?

What are we going to do to make this work?



4. PPROMPTS

Would you like a hug?

How about we do some deep breathing and count to 10?

Would it help if you went for a walk, or to run around outside?

What would happen if we tried...

One time when I had a problem like this, I did ____, do you think that might work here?

How do we think we can fix this? What could I get from my desk to help us put it back together?

Is there another way? I bet we can think of a way to make that stronger with more, hmm...more what?

What is a friendly way you can ask each other? Maybe a lower voice?

