

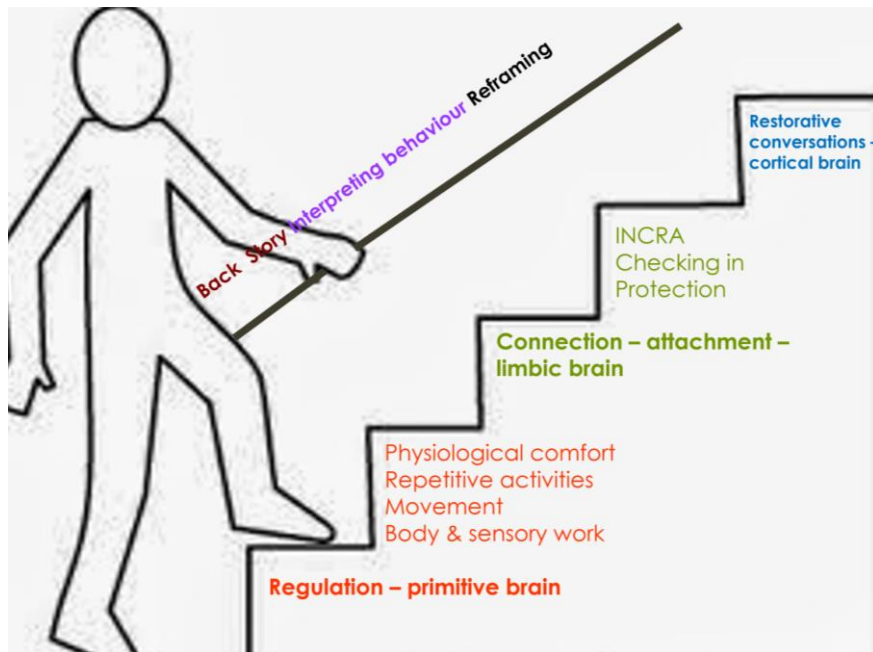
FRIDAY 3RD APRIL 2020 STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC

Knowledge and understanding of attachment and trauma

Regulate, Relate, Reason Part 3

Addressing the Emotions

Today, we are going to continue to focus on addressing the emotions through the Connection level on the Stairway model, shown below.



Reflective activity

Experience your box alone.

Try to engage your emotions with the contents of your box.

Notice how your emotions shift and change in response to the contents of your box

Take at least ten minutes and up to 20 minutes.

Feelings Cookie

You will need some plain cookies and some tubes of icing in different colours. Alternatively, draw and colour cookies, but obviously, this won't be as much fun!

Use your imagination to pick four colours and attach an emotion word from exploring your calm box to each colour. Use the How Did It Feel Feelings Cookie worksheet if that helps.

Reflect on the feelings identified and how you experienced those feelings.

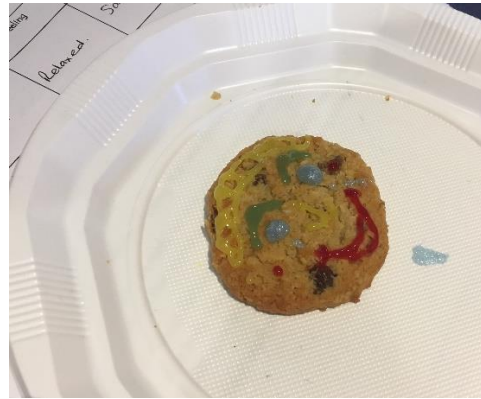
Note where the feelings that were identified are located in the body.

If difficult feelings arose, think about how you can manage those feelings in your body and your brain if they become overwhelming, such as exercise, drawing, or talking to someone about them.

When you are ready, ice your cookie in a way that will represent the four emotions that you have identified.

Eat and enjoy your cookies!

Below are some examples from my Three Day Masterclass **Healing through the brain and body: Using non-clinical creative & expressive tools & techniques** in Preston a couple of years ago.



Share your experience and if possible, your Calm Box, with someone you trust. Keep your Box in a place where it's easily accessible to you.

This may be enough for today, but if you like, think about how you could use this activity with a child with whom you work.

On Monday, we will take a break from our Calm Boxes for an EYFS special edition, but our final Calm Box activity will be next Tuesday when we will focus on our thoughts and cognitive responses.



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I would absolutely love to see photographs and videos of your Calm Boxes and Feelings Cookies, so please do send them to me. I'll share them only if you give permission.

Your self-care today is partially managed through preparing and exploring your Calm Box, but still try to walk outside, in a green space with water if possible.

Continue to add to, explore and enjoy your Calm Box over the weekend, keep safe and healthy and ring or email me to chat if that would help.

Jenny x