

SELF-AWARENESS

Playful

“I feel light!”

In the book: Chapter 9 · The Courage to Play

WHAT IS UNDERNEATH — AN IFS VIEW

This is Self, not a part — the settled, curious, connected state everything else is trying to protect. Worth naming so children can find their way back to it.

TRY THIS, RIGHT NOW

Do the silliest movement you can for 10 seconds.

FOR THE CHILD

Do the silliest movement you can for ten seconds. Notice what your face does.

FOR A PARENT

Join it for sixty seconds rather than watching it. Shared play builds more safety than any conversation about feelings.

FOR AN EDUCATOR

Protect unstructured time. Play is where the regulation practised in a lesson actually gets used.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.