

SELF-MANAGEMENT

Nervous

“My tummy feels fluttery.”

In the book: Chapter 4 · Putri

WHAT IS UNDERNEATH — AN IFS VIEW

A firefighter part scanning for danger. The flutter is mobilised energy with nowhere to go — the body preparing, not malfunctioning.

TRY THIS, RIGHT NOW

Breathe in for 4, out for 6, three times.

FOR THE CHILD

Long slow out-breath, longer than the in-breath. Blow like you’re cooling soup, three times.

FOR A PARENT

Regulate first, talk second. Your slow breathing is contagious across the room; reassurance said in a fast voice is not.

FOR AN EDUCATOR

Give a movement job before the demand — carry the box, wipe the board. Discharged energy makes the next instruction audible.

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.