

|  |
| --- |
| **Curious George** |
| Validate what is happening for the child for example “Gosh this looks really tough for you right now.” |
| I can see that you are…. (name a physical or somatic response for example crying) |
| I am wondering if you are … (name an emotion to tame the emotion, never shame it) |
| How come? (this can be to expand on both positive and negative emotions for example “Wow you tidied your room how come?”) |
| What/who helped you manage this today? (Focus on coping and managing strategies) |
| Next time what would make this better? |

**P.A.C.E. Dan Hughes**

|  |  |  |  |
| --- | --- | --- | --- |
| **Playfulness** | **Acceptance** | **Curiosity** | **Empathy** |
| ELMER, THE COLORFUL ELEPHANT - Play Jigsaw Puzzle for free at Puzzle FactoryPlayful approaches using gentle humour. | Elmer by David McKeeAcceptance of the child’s inner world. | Elmer's Walk Written and illustrated by David McKeeBe curious about the meaning of the child’s behaviour. | Elmer the Elephant card from Pink & Greene.Empathy for the child’s emotional state. |

**Further information:**

Solution Focused Toolkit

<https://learning.nspcc.org.uk/media/1073/solution-focused-practice-toolkit.pdf>

Dan Hughes Trauma Informed Approach

<https://girfec.fife.scot/wp-content/uploads/sites/61/2020/06/PACE-School.pdf>