

INCLUSION STRATEGIES & TOOLS

VALIDATING BIG FEELINGS

Try saying...

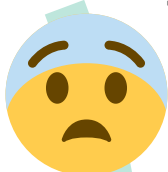


“WOW look how happy you are!”

“You are so happy to see _____ !”

“I can see how happy that made you.”

Try saying...



“Oh wow, that was a bit scary. Do you need a hug?”

“You’re scared.” *wait for response*

“It’s OK to be scared, you’re safe here.”

Try saying...



“I can see you’re very upset.”

“That sounds like it must have been hard for you.”

“You’re sad because _____.”

Try saying...



“Oh! That surprised you!”

“WOW! How did that happen?” *wait for response*

“Oh wow, you weren’t expecting that!”

Try saying...



“You’re MAD!”

“You’re mad because _____.”

“That must be so hard.”

“That sounds like it was really unfair!”