**Suggestions of ways to foster inner growth and thoughtfulness in children** Box 19

It can be particularly helpful to notice subtle signs of growth and authenticity such as:

* *It looked as if you nearly …… … and then you stopped yourself. Is that right? It can be so hard to feel a strong urge to do something, and then realise that it wouldn’t be helpful, can’t it.*
* *Oh dear ………….. You probably wish that hadn’t happened.*
* *Sometimes we find ourselves doing something without thinking, and then we realise what we’ve done and we feel bad. Have you ever had that?*
* *I can see you’re cross about that. But somehow you managed to hold those feelings and not act them out. How did you manage I wonder?*
* *That hurt didn’t it. I’m so glad you told me. It can be so hard to manage hurting feelings. Does/would it help for us to talk about it?*
* *That hurt you didn’t it. …………… How do you feel now?*
* *I think you’re really wishing you hadn’t done/said that.*
* *I think you wish you could make it better. Its so hard when we can’t make something better. But we/you could talk to him about it. I wonder what you/we might say.*
* *I’m so pleased you told me that P. I was wondering what you thought about ……….. I wonder what makes you think …. .*
* *I wonder why you think people ‘pick on you’?*
* *I think you know that I know about that. And I think you don’t want to talk about it. Talking things through can be very helpful, - but we can worry what the other person might think and do.*
* *Sometimes we think about things don’t we?*
* *How do you feel now?*
* *I wonder what made you say that.*
* *I wonder what you are thinking about now.*
* *Maybe you wonder what* ***I*** *think about that.*
* *Sometimes we wonder what other people are thinking. Sometimes we might even ask them if its OK with them to …… .*
* *You think ….. , and A thinks …. . I guess we’re all different. How does it feel to think something different from A?*
* *Yes B…..’s upset. I wonder what upset him.*
* *You think it should be done differently don’t you.*
* *I wonder what made you tell me about that.*
* *Everyone seems very calm in here today. I wonder what’s helping people feel calm today.*
* *You started to do … then you changed and did ………………………. . What made you decide to change I wonder.*
* *That’s very thoughtful of you K. Anna was finding that difficult, I could see that too, and you let her take her time. She got there in the end didn’t she! Was it hard not to tell her the answer?”*
* *So, I’m wondering, how any times this week do you think you have stopped yourself doing something when you realised it would not be a good thing to do?*
* *What does it feel like when you don’t come and check with me first, and you just do something because you know it’s OK?*
* *Is it hard to trust yourself? I wonder what that means – trusting yourself.*
* *How does it feel when you* ***don’t*** *have to check in at the beginning of the day any more?*
* *Ah, you’ve changed that I see. Sometimes we do something, then we think, ‘no I don’t think that’s quite right’, don’t we - and then we change it!.*
* ***I think you’re beginning to trust yourself.*** *What do you think?*