**Examples of emotionally containing statements** Box 4

* *It looks like you are really ‘into’ that.*
* *It can be so hard when we want something and we can’t have it.*
* *When someone hurts us it can make us feel like hurting them back. Its hard.*
* *It can be hard to settle when we have lots on our minds.*
* *Perhaps we can think about that together*
* *Sometimes it can feel a bit scary to ask for help. We might worry that people think we should manage on our own.*
* *The group seems a bit unsettled/very concentrated today. What do you think Mrs… ?*
* *It can be hard to wait when we want something now!*
* *Maybe you worry that I have forgotten you when I am busy with W…. ?.*
* *I’m sensing those feelings are beginning to ‘bubble’. Would it help to ……. ?*
* *That looks quite frustrating*
* *Leaving a place where we have got to know everyone and maybe even felt at home, can make us feel quite wobbly*