

Say This

Try: I can see this is hard. I am right
here with you.

Brain note: big feelings flood the thinking
brain, so calm comes first.

Say This

Try: You are safe. I will stay until
the big feeling passes.

Brain note: strong feelings rise and fall like
waves, and they do pass.

Say This

Try: You do not have to talk yet. I
will sit right here.

Brain note: less noise and input helps an
upset brain settle.

Say This

Try: You do not want to. I hear
you. Let us find a first step.

Brain note: hearing a child's no lowers the
urge to push back.

Say This

Try: Do you want to start it, or shall
we start it together?

Brain note: a real choice gives the brain a
sense of control.

Say This

Try: I will wait. Tell me when your
body is ready to begin.

Brain note: wait time lets the brain shift from
resisting to doing.

Say This

Try: Two people, two sides. I will
hear you both, one at a time.

Brain note: feeling heard cools anger faster
than being corrected.

Say This

Try: Bodies stay safe. Now tell your brother what you needed.

Brain note: putting a need into words builds self-control.

Say This

Try: You both want the same thing.
What could work for you both?

Brain note: solving a problem together grows
planning skills.

Say This

Try: Two more minutes, then lights out. I will count with you.

Brain note: a clear countdown helps the brain get ready to stop.

Say This

Try: Your body is tired even when
your mind still wants to play.

Brain note: sleep is when the brain files what
it learned today.

Say This

Try: Let us breathe out slowly, like
blowing on warm soup.

Brain note: a long breath out tells the body it
is safe to rest.

Say This

Try: Five more minutes of play,
then shoes on.

Brain note: a warning before a change softens
the brain's protest.

Say This

Try: Last turn. Would you like to
say goodbye to the blocks?

Brain note: a small ending ritual helps the
brain let go.

Say This

Try: Park, then car, then home.
That is the plan.

Brain note: knowing what comes next lowers
a child's stress.

Say This

Try: You wanted to win. That
feeling is real.

Brain note: naming disappointment helps it
fade sooner.

Say This

Try: You played the whole game,
even when it got tough.

Brain note: noticing effort builds the will to
keep trying.

Say This

Try: Play again, or take a break and
come back later?

Brain note: choosing what happens next
restores a sense of control.

Say This

Try: Scared is allowed. I will stay
close while you look.

Brain note: a trusted adult nearby dials down
the fear alarm.

Say This

Try: Let us look together and see
what is really there.

Brain note: checking what is real helps the
brain update a fear.

Say This

Try: Your heart is beating fast. That
is your body getting ready.

Brain note: knowing what body signals mean
makes fear less scary.

Say This

Try: The answer is no, and I know
that is disappointing.

Brain note: a firm limit with warmth builds
trust over time.

Say This

Try: No for today. Let us put it on
the list for Saturday.

Brain note: a future plan helps the brain wait
through wanting.

Say This

Try: You can be cross with me. The
answer stays the same.

Brain note: limits that hold steady help a
child feel safe.

Say This

Try: Tell me the worry out loud.
Worries shrink when shared.

Brain note: saying a worry aloud calms the
brain's alarm centre.

Say This

Try: What is one thing we can do
about it today?

Brain note: a small step turns worry into
action the brain can use.

Say This

Try: Let us name five things you can
see right now.

Brain note: using the senses pulls the brain
back to the present.

Say This

Try: Mistakes mean you were brave
enough to try.

Brain note: the brain learns most from getting
something wrong.

Say This

Try: Let us fix it together. What is
step one?

Brain note: repairing a mistake builds
problem solving skills.

Say This

Try: Thank you for telling me. Now
we can sort it out.

Brain note: feeling safe to admit an error
keeps a child talking.

Say This

Try: You are learning. Add the
word yet: I cannot do it yet.

Brain note: the word yet keeps the brain open
to trying again.

Say This

Try: Would you say that to a friend? Try saying it to you.

Brain note: kind self-talk lowers stress and helps clear thinking.

Say This

Try: Tell me one thing you did well
today.

Brain note: recalling a win strengthens the
memory of doing well.

Say This

Try: That felt awful. Your cheeks
went hot. It will pass.

Brain note: embarrassment fades faster when
it is not hidden.

Say This

Try: I have felt that too. It does not
change who you are.

Brain note: hearing me too tells the brain it is
not alone.

Say This

Try: That hurt your feelings. Tell me
what you wish had happened.

Brain note: words for feelings calm the alarm
part of the brain.

Say This

Try: What would help right now, a
hug or some quiet?

Brain note: comfort works best when the
child chooses it.

Say This

Try: It is safe to tell me what really happened.

Brain note: fear drives most fibs, so safety brings out the truth.

Say This

Try: Let us start again. Tell me the
true version.

Brain note: a fresh start invites honesty
without shame.

Say This

Try: Sorry has two parts: the words, and making it right.

Brain note: making repair grows empathy in the developing brain.

Say This

Try: What could you do to help
her feel better?

Brain note: thinking of another's feelings
grows perspective taking.

Say This

Try: This is the hard part. Hard means your brain is growing.

Brain note: effort builds stronger links
between brain cells.

Say This

Try: Being stuck is part of learning.
Which bit is tricky?

Brain note: naming the tricky bit turns a wall
into a next step.

Say This

Try: Being left out hurts. I am glad
you told me.

Brain note: social hurt uses some of the same
brain paths as pain.

Say This

Try: Who could you ask to play
with tomorrow?

Brain note: making a small plan lowers worry
about what is next.

Say This

Try: You need some space. Take it.
I am nearby when you want me.

Brain note: a break lets a flooded brain come
back online.

Say This

Try: Tap my arm when you are
ready to talk. No rush.

Brain note: a simple signal keeps connection
without pressure.

Say This

Try: Your excitement is huge. Let
us give it a big stretch.

Brain note: moving the body gives strong
feelings somewhere to go.

Say This

Try: Tell me every detail. I want to hear all of it.

Brain note: sharing joy with an adult makes a good feeling last.

Say This

Try: You wish you had one too.
That makes sense.

Brain note: envy softens when the wish behind
it is heard.

Say This

Try: There is enough love here for
both of you.

Brain note: reassurance settles the brain's fear
of losing care.

Say This

Also try: Behavior Decoded,
Conflict Repair Scripts, and
Distraction Rescue Scripts.

Brain note: Find every set at
NextGenLearners.com.