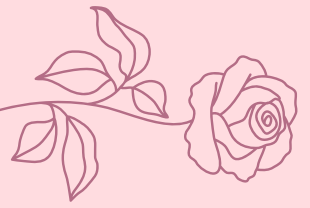


BIG FEELINGS NEED Safe Spaces



A Co-Regulation Guide for
Play Therapists

PAUSE



BREATHE

NOTICE

SUPPORTING CHILDREN WHEN THINGS FEEL HEAVY

KATZ
PSYCHOLOGICAL
SERVICES 
bespoke
care

Scottsdale, Arizona

www.katzpsychological.com | 480-766-3470

When Things Feel Heavy in Session



Children don't calm because we tell them to. They settle when they feel safe.

In moments of dysregulation, logic comes later. Connection comes first.

THE PAUSE BREATHE NOTICE FRAMEWORK

P A U S E

Regulation begins with us. Soften your tone. Slow your pace. Ground your body. Children borrow our nervous systems.

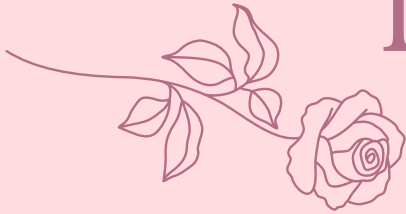
B R E A T H E

Invite rhythm, not instruction. Try: "Let's breathe together.", "Smell the flower... blow out the candle.", "Let's soften our shoulders."

N O T I C E

Name what is present without judgment. Try: "Your body is having a big feeling.", "I'm right here.", "We can figure this out together."

Therapist Language for Escalated Moments



When intensity rises:

1. Lower your volume
2. Slow your words
3. Shorten sentences
4. Offer choice within safety

Try Saying

“Let’s help your body first.”

“Your feelings make sense.”

“Nothing else matters right now
except helping your body feel
safe.”

“Even when it’s messy, I’m not
going anywhere.”



The Rose Breath

A Gentle Regulation Practice for Big Feelings

WHEN FEELINGS ARE HEAVY, WE
DON'T RUSH THEM AWAY.
WE SOFTEN. WE SLOW. WE
BREATHE.

1. HOLD THE ROSE

IMAGINE HOLDING A BEAUTIFUL
ROSE IN YOUR HAND. NOTICE
THE PETALS, THE COLOR, THE
SHAPE.

2. SMELL THE ROSE (INHALE)

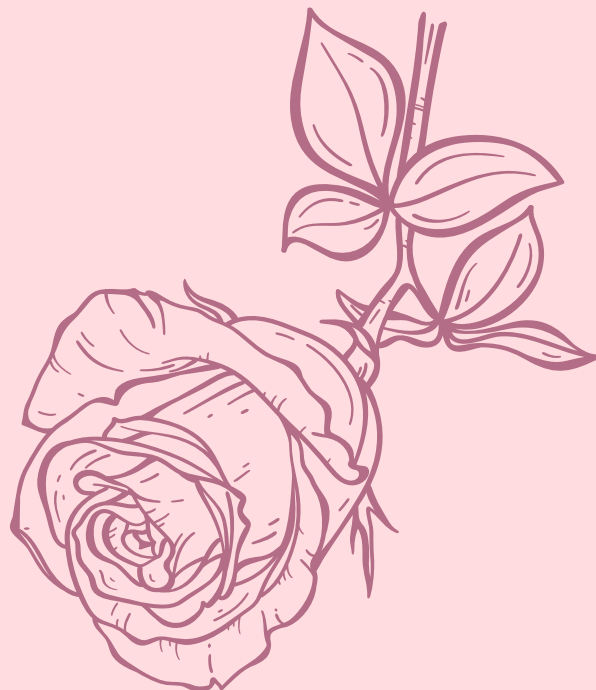
SLOWLY BREATHE IN THROUGH
YOUR NOSE FOR 3-4 SECONDS.
GENTLY SMELL THE ROSE.

3. BLOW THE PETALS (EXHALE)

SLOWLY BREATHE OUT THROUGH
YOUR MOUTH FOR 4-6 SECONDS.
SOFTLY BLOW THE PETALS.

4. REPEAT

3-5 TIMES. NOTICE IF YOUR
SHOULDERS SOFTEN OR IF YOUR
BODY FEELS EVEN A LITTLE



PARENT COACHING LANGUAGE



Quick Tip:

“When your child is overwhelmed, reasoning doesn’t work yet.”

“We focus first on helping their nervous system settle.

Connection before correction.”

- Encourage caregivers to use a calm tone
- Incorporate predictable responses,
- Repair after rupture,



SUPPORTING CHILDREN WHEN THINGS FEEL HEAVY

www.katzpsychological.com | 480-766-3470

Let's Collaborate

Katz Psychological Services provides therapy for:
Children, Adolescents, Adults and
Families in Scottsdale, Arizona.

We welcome collaborative referrals for anxiety, emotional regulation, self-harm, depression, school-related stress, sensitive and high-achieving children, parent support, and life transitions.

We also provide evaluations for ADHD assessment, learning difficulties, and 504/IEP creation.

Join our Therapist Referral Network to exchange referrals, share resources and collaborate thoughtfully.

Email Dr. Jamie N. Katz, PsyD
Drjamie@katzpsychological.com



17851 North 85th Street, Suite 330
Scottsdale, Arizona 85255

SUPPORTING CHILDREN WHEN THINGS FEEL HEAVY

www.katzpsychological.com | 480-766-3470