

Have a go, I trust you

Tune them into their senses

- **Can you hear...**The birds -take stock of their surroundings, your friends shouting, how fast the rain is falling, the rustling of the leaves ?
- **Can you smell...** the smoke, the car fumes?
- **Do you see...** that big gap up ahead , the low lying branch, the muddy patch?
- **Notice...** the heat from the fire, that the wood is wet, these rocks are slippery, that branch is strong...
- **Can you touch...** that branch- how does it feel? Dry, light, solid, heavy?
- **I wonder if** you are feeling... scared, lonely, angry, excited?
- **I wonder if** that branch, rock, log is stable?
- **Do you feel...** stable on that rock, the heat from the fire, the cold in the wind?

Progress to logical thinking... cause and effect

- With **what is your body telling** you and what do you need to do about it?
- **What is your plan...** if you climb that boulder, cross that log, to get down, move across the log, if you fall in and get wet?
- **What can you use** to... help you do that, get across the log?
- **How will you...** get down, move across?
- **What tools or equipment** will you need?
- **Tell me** your route.
- **Do you need anyone** to help you?
- **Who...** will be with you, help you?
- **Where will you..** Leave your coat, end up, dig the hole?
- **What's your body** telling you, helping you learn?
- **What's your brain** letting you know?

Empowering phrases

- **Have a go...**
- **Your body/ legs/ arms/ are...** strong, working something out, helping you learn
- **I trust you** to make strong choices that will keep you safe and healthy
- **Try moving...** your feet carefully, your quickly, strongly, steadily, slowly
- **Try using** your... hands, feet, arms, legs
- **Let me know** how I can help you?
- **Stay focussed**

