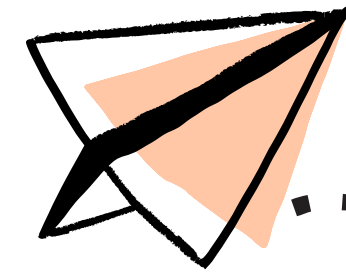




# INNER WORLD CHILD



Supporting Children Who Feel Deeply, To Make Sense of Their Inner World

BY INNER PATH TO WELLNESS

IT'S OKAY IF SOME THINGS FEEL HARDER FOR YOU, THAN FOR OTHERS

Tick anything that feels tricky for you.



HAIR & GROOMING

- Nail cutting
- Tooth brushing
- Water on face
- Brushing hair
- Hair washing
- Tight hairstyles



NOISE & BUSY PLACES

- Supermarkets
- Parties
- Assemblies
- Crowded event
- Echoing spaces
- Busy classrooms
- Sudden sounds
- Fire alarms



CLOTHING

- Clothing tags
- Scratchy fabric
- Seams in socks
- Tight waistbands



FOOD & EATING

- New foods
- Strong smells
- Mushy textures
- Crunchy textures
- Mixed foods touching
- Sauces or wet foods

WAITING & TRANSITIONS

- Being rushed
- Stopping play
- Long queues
- Sudden changes

CIRCLE OR TICK WHAT MIGHT HELP.



HAIR & GROOMING

- Brush slowly
- Wide-tooth comb
- Detangling spray
- Countdown before starting
- Take short breaks
- Have a toy to distract you

NOISE & BUSY PLACES

- Leave the room
- Deep breaths
- Short visits
- Escape plan
- Arrive early
- Use headphones
- Quiet corner
- Warning before loud sounds
- Hold a loved ones hand
- Comfort item



CLOTHING

- Soft fabrics
- Remove tags
- Seamless socks
- Looser waistbands
- Let child choose



FOOD & EATING

- Separate foods
- Small "try" portion
- Same safe plate
- Let child choose one safe food
- No pressure to finish
- Neutral reactions

WAITING & TRANSITIONS

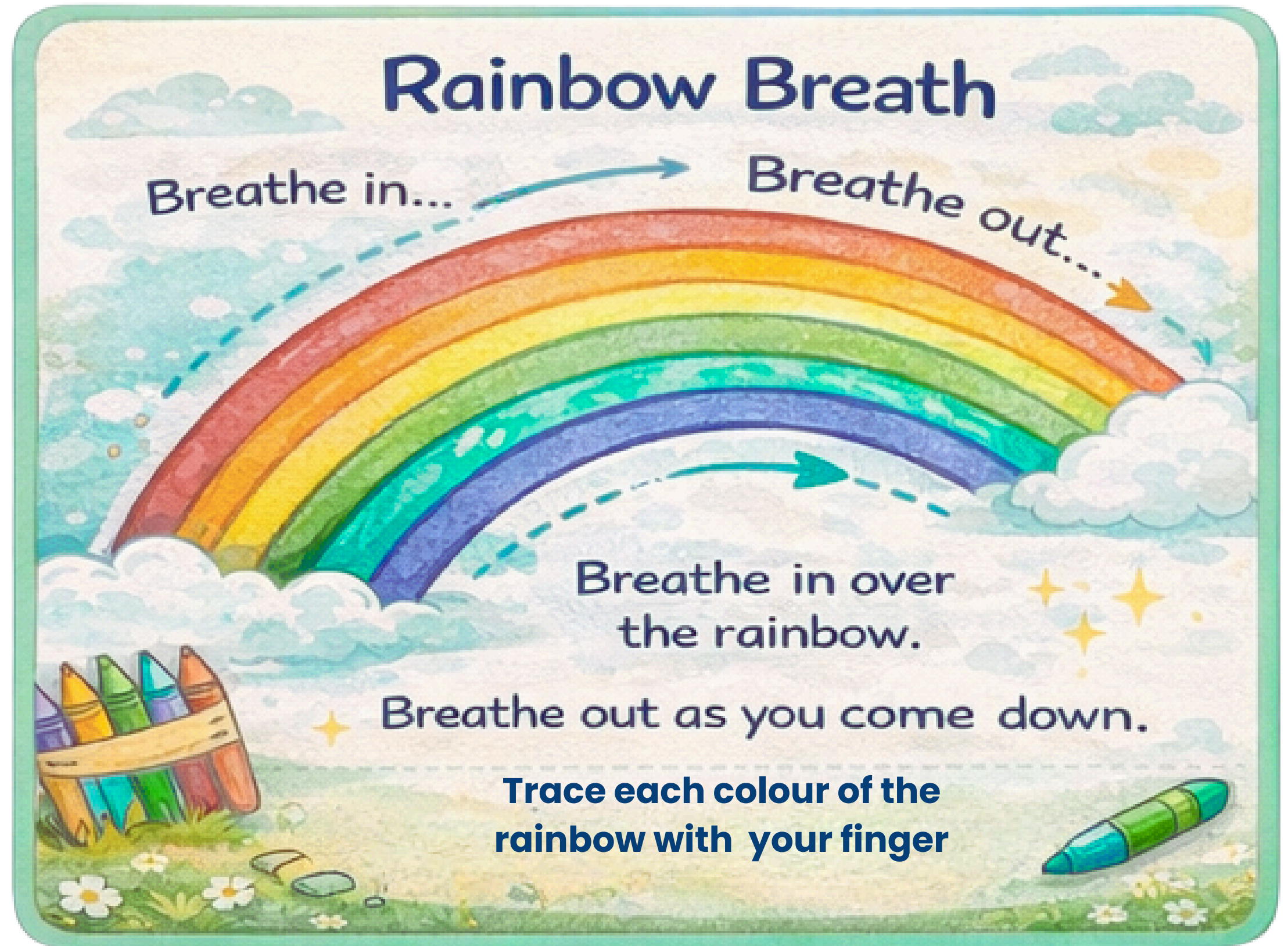
- Clear plan
- Bring a fidget toy
- Visual timer/Countdown
- First-Then language



BREATHING FOR YOUR BODY

\* When feelings feel big, your body needs help.

Breathing slowly tells your body it is safe.



## 2. STARFISH STRETCH

### KID CUE:

“FROM BIG STAR  
TO SMALL SQUEEZE”

### WHAT IT LOOKS LIKE:

1. SPREAD ARMS AND LEGS WIDE.
2. BIG INHALE.
3. HUG KNEES IN TIGHTLY.
4. EXHALE.

**Why it works:**  
Forward folding encourages  
parasympathetic activation.

