

## When you don't want to ask "Why did you do that?"

Children frequently have no answer to this question – they honestly do not know. They might still be in a heightened state, or might have had a trigger response that has not left them with a clear memory of the incident; their response might confuse them.

Other ways to get information include waiting until the child is calm, first doing some sitting, or running, or colouring in, then trying to gather some information.

- Asking:
  - "How did your body feel when that happened?"
  - "Can you draw me a picture of what happened?"
  - "Can you show me with a drawing what you felt like?"
  - "Can you show me what happened"
  - "Tell me about what has happened since you woke up today"
- Using Lego.
- Using cards with images that reflect facial expressions (there are many of these available to buy, or you could make them) to help a child identify their feelings.
- Sit with them and play with kinetic sand or something similar; reflect to them what you are feeling in your body.
- When the child is feeling more able to share with you, you can ask what they would like to be feeling, or what they are feeling now, and have them recognise the shift.