



Butterflies

When children are in survival, they often have the physical sensation of butterflies in their tummy. Noticing the sensations and then finding words for this experience and sharing it with a safe adult, can help to regulate the child's nervous system.

Preparation:

Print and cut out the butterflies on the following pages. *(Alternatively, together you can draw/make butterflies of different shapes and sizes. Creating the specific shape, size, colours and textures of the butterflies may provide an opportunity to develop curiosity around the body-sensations).*



Guidance

Invite the child to choose (or create) butterflies that represent the quantity, size and colour of the sensation. They can be stuck onto the tummy page provided or the child could create their own tummy on a piece of paper.

Write, scribble or draw on or around the butterfly. Be curious:

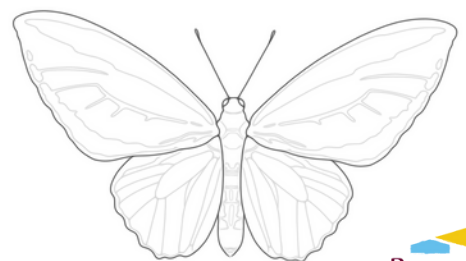
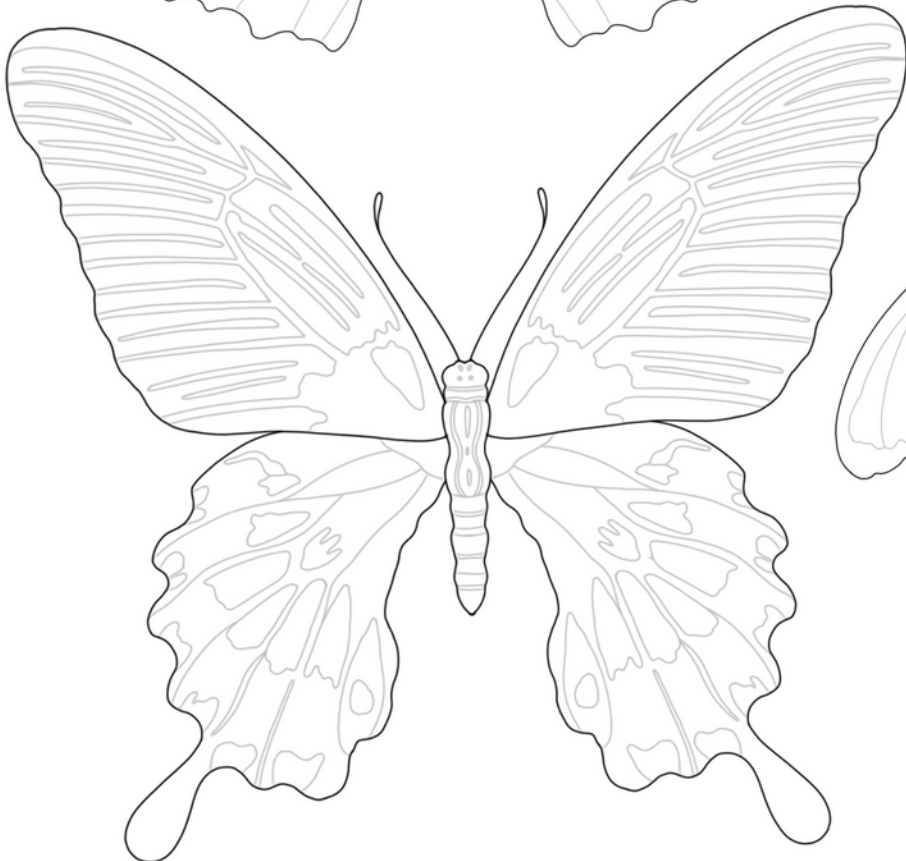
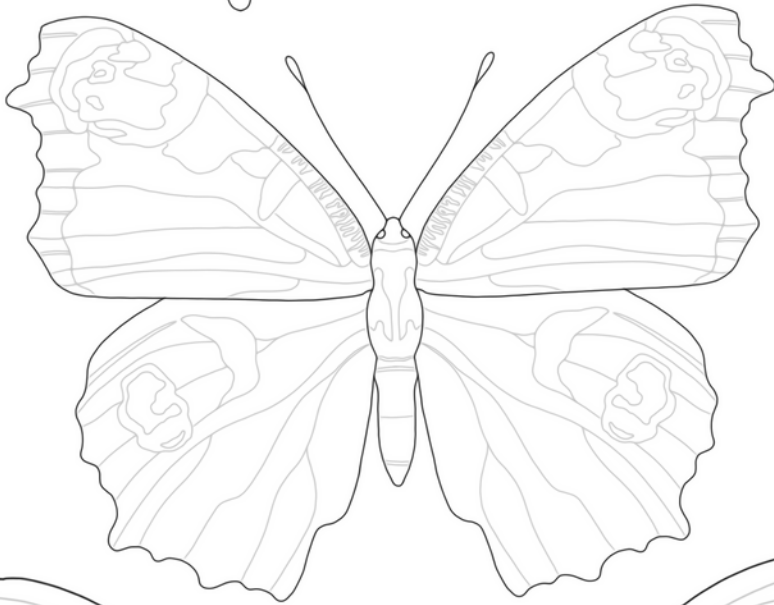
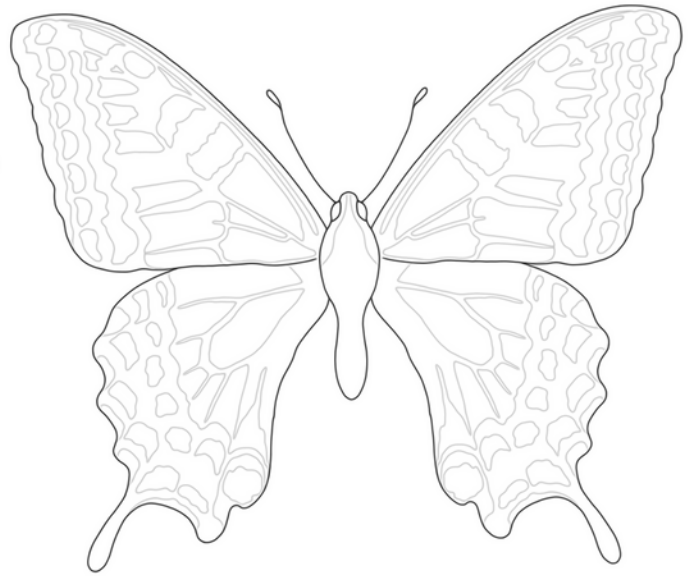
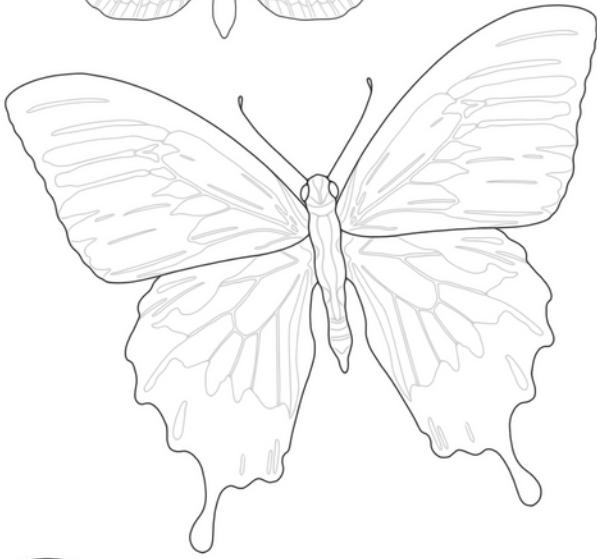
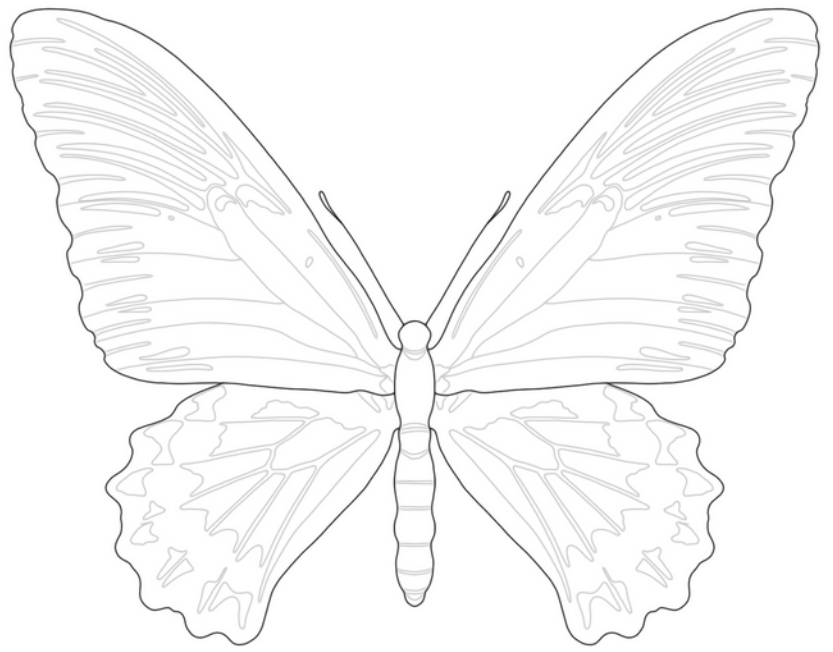
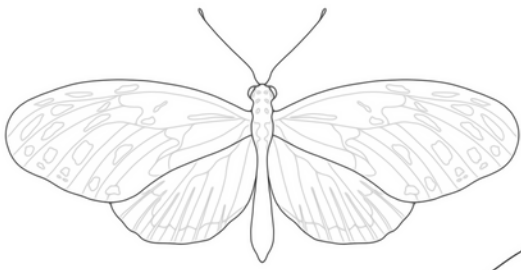
- When do the butterflies show up?
- Where in your tummy are they?
- How long do they stay for?
- What helps them settle?
- How do you feel towards them?
- Who else knows about them?
- Are they familiar or brand-new butterflies?
- Are there any butterflies missing? What would they look like?

Keep the butterflies safe and re-visit if it is helpful:

- Have any of the butterflies changed?
- Are there any new ones?
- What helped them settle last time?
- Would it be helpful if we shared these butterflies with other safe adult/s?









My Butterflies



