

In a Nutshell

Script

This script can help you teach children how to relax and feel safe whenever they feel the need.

First, you'll explain that the "Nutshell" is a way to calm down, as well as feel more safe and relaxed when we're overexcited or mad.

You can read directly from the script while demonstrating each move if necessary.

When you've worked through it, encourage the child to practice the Nutshell so that they can use the technique whenever they are overstimulated or angry.

<p>1</p>	<p>Let me show you a cool trick called The Nutshell.</p> <p>Have you ever seen a nut, like a peanut or acorn, safe and sound in its shell?</p> <p>This trick is perfect for when you're too excited - if you can't stop bouncing around - or when you feel very angry.</p> <p>Why?</p> <p>Because sometimes, when we have too much energy, or when we're feeling angry, we get ourselves into trouble.</p> <p>When you go "In a Nutshell" instead, you can feel calm again, and you can stay away from trouble.</p> <p>With The Nutshell, you're in charge of your whole body, and you'll make yourself feel good and calm again.</p>
<p>2</p>	<p>Now, let's begin by standing with your back straight and your shoulders back.</p> <p>Put your feet a small way apart from each other, like this.</p>
<p>3</p>	<p>The next thing to do, is tuck your bum all the way in.</p> <p>We're going to squat down so your bum is right next to your heels.</p> <p>Can you do it without sitting down? Keep trying!</p>
<p>4</p>	<p>You're almost doing The Nutshell.</p> <p>Now, wrap one of your arms across your legs.</p> <p>And wrap the other arm around your knees.</p> <p>Just like your own little nutshell!</p>
<p>5</p>	<p>[]</p> <p>If it feels right, you can also rest your head on top of your knees, so that you're all in a ball.</p> <p>Gently, like a soft, warm hug...</p>

6	<p>All you need to do now is stay in your Nutshell, and enjoy your hug. That's called being In a Nutshell! Can you do The Nutshell while counting to five?</p>
7	<p>That's super. If you like, you can stay in your Nutshell for as long as you need. When you feel looser in your body, and calmer, you might want to come out again.</p>
8	<p>Now let me share a little secret about The Nutshell. It's important that you practice it - same as you do with your favorite hobby! The more you practice, the better you'll become at going In a Nutshell. The best time to try it is when you're feeling happy and good. It means that when you've got far too much energy, or when you feel angry, you'll be ready to do The Nutshell like a winner!</p>
9	<p>Don't forget, you are in charge of your body. If you ever want to feel safe, warm, and relaxed, Do The Nutshell.</p>