



Thumb: Describe the problem area or concern
"The thumb was worried about what was going on. He didn't understand why he couldn't be with his friends and why he needed to stay at home all the time..."
Fold the thumb into the palm, wrap the fingers around it and continue reassuringly, "...You're safe. You can handle this. We will take care of you and keep you safe. Breathe with me." Give the hand a gentle squeeze and take three deep belly breaths together. Three deep breaths help to shut off the stress response in the body.

"This little finger connected with his school friends using the computer."

"This little finger played with his brother/sister."

"This little finger had breakfast in the kitchen."

"This little finger woke up this morning."