

☀ Little Boosts







Welcome to the Adult Interpretation Guide

A gentle guide for recognising, validating, and responding with care

This guide is here to gently support your understanding of the small but meaningful ways a child might seek comfort, regulation, or connection throughout the day. Each “Little Boost” reflects a moment of need — whether for movement, sensory input, emotional anchoring, or quiet reassurance. These boosts are not demands, but invitations: to notice, to respond, and to honour what helps a child feel safe and seen.

Understanding the Categories

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|  Comfort | Soft moments of warmth that helped soothe and settle. |
|  Movement | Rhythmic motion offered release, grounding, and regulation. |
|  Calm | Quiet spaces and stillness supported emotional safety and ease. |
|  Social | Shared connection brought reassurance, and gentle belonging. |

Jump to a category

 Comfort

 Movement

 Calm

 Social

Explore more guides and overlays at FeelingVisible.com
This resource is part of the *Little Boosts* toolkit



Little Boosts – Comfort



Gentle Support for Soothing and Settling

This tool helps children notice and choose small comforts that help them feel a bit more okay — emotionally, physically, or sensory-wise. It's designed to be speech-optional, so children can point, choose, or simply sit with the cards. There's no pressure to explain — every comfort is valid.



Why It Helps

Comfort is a quiet kind of regulation. Whether it's soft textures, warmth, or a familiar object, these gentle supports help children feel soothed, safe, and more like themselves.

Recognising comfort needs builds emotional awareness and self-trust. It helps adults respond with care, not correction — offering comfort without needing a reason.

This tool makes those small but powerful needs visible, so children can choose what helps, and adults can honour it with warmth.



How to Use

- Invite the child to choose a card that shows what kind of comfort feels good
 - Use this tool during wobbly moments, transitions, or as part of a daily rhythm
 - No need for words — just noticing is enough
 - Adults can use the gentle interpretations below to respond supportively
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Comfort Boosts and Gentle Interpretations

WRAP UP IN SOMETHING SOFT



Wrap Up in Something Soft

This may reflect a need for tactile comfort, warmth, or sensory regulation

Supportive response: Offer a soft blanket, hoodie, or scarf. Let the child wrap up and settle without needing to explain.

SNUGGLE UNDER A BLANKET



Snuggle Under a Blanket

This may signal a need for emotional safety, rest, or quiet retreat

Supportive response: Create a cosy space with a blanket and soft lighting. Let the child snuggle in and take their time.

PUT ON COSY SOCKS



Put On Cosy Socks

This may express a need for warmth, grounding, or sensory ease

Supportive response: Offer soft, warm socks. Let the child choose textures that feel good. Small comforts matter.

CUDDLE A TOY OR PILLOW



Cuddle a Pillow or Toy

This may reflect a need for emotional holding, tactile input, or soothing

Supportive response: Provide a favourite pillow, plush toy, or soft object. Let the child hold it close — no need to explain why.

Gentle Reflection Prompt

“Let’s notice what kind of comfort feels good right now.”

Little Boosts – Movement

Gentle Support Through Playful Motion

This tool helps children choose small, playful movements that support emotional regulation, sensory balance, and joyful expression. It's designed to be speech-optional, so children can point, choose, or simply sit with the cards. There's no pressure to explain — every movement is valid.

Why It Helps

Movement is a powerful way to release tension, reconnect with the body, and shift emotional states. Whether it's stretching, bouncing, or wiggling, these gentle actions help children feel more grounded, expressive, and in control.

Recognising movement needs builds self-awareness and emotional literacy. It helps adults respond with flexibility and care — offering movement as a tool for regulation, not a reaction to behaviour.

This tool makes those playful needs visible, so children can move in ways that feel true, and adults can support without framing it as disruptive.

How to Use

- Invite the child to choose a card that shows what kind of movement feels good
 - Use this tool during wobbly moments, transitions, or as part of a daily rhythm
 - No need for words — just noticing is enough
 - Adults can use the gentle interpretations below to respond supportively
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Little Boosts – Movement

STRETCH LIKE A CAT



Stretch Like a Cat

This may reflect a need for slow, grounding movement and body awareness

Supportive response: Invite gentle stretches. Let the child move slowly and intuitively, without correction or instruction.

SHAKE OUT YOUR HANDS



Shake Out Your Hands

This may signal a need to release tension, reset energy, or regulate sensory input

Supportive response: Encourage playful shaking. Let the child shake hands, arms, or whole body freely. It's okay to be silly.

DO A WIGGLE DANCE



Do a Wiggle Dance

This may express a need for joy, expression, or emotional movement

Supportive response: Put on music or let the child wiggle in silence. Celebrate the movement — no steps, no rules, just fun.

BOUNCE ON YOUR TOES



Bounce on Your Toes

This may reflect a need for proprioceptive input, excitement, or emotional release

Supportive response: Offer space to bounce gently. Let the child jump, tiptoe, or bounce in place. Movement is welcome.

Gentle Reflection Prompt

“Let’s notice what kind of calm feels good right now.”

(This can be spoken, signed, or simply offered as a quiet moment.)

Little Boosts – Calm

Gentle Support for Settling and Soothing

This tool helps children choose small, calming actions that support emotional regulation, sensory ease, and quiet confidence. It's designed to be speech-optional, so children can point, choose, or simply sit with the cards. There's no pressure to explain — every calming choice is valid.

Why It Helps

Calm is not always quiet — but it is always gentle. Whether it's soft music, stillness, or a quiet corner, these small actions help children feel more settled, less overwhelmed, and more connected to their inner rhythm.

Recognising calming needs builds emotional literacy and self-trust. It helps adults respond with softness, not urgency — offering calm without requiring calmness first.

This tool makes those quiet needs visible, so children can choose what helps, and adults can honour it with care.

How to Use

- Invite the child to choose a card that shows what kind of calm feels good
 - Use this tool during wobbly moments, transitions, or as part of a daily rhythm
 - No need for words — just noticing is enough
 - Adults can use the gentle interpretations below to respond supportively
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Watch Something Gentle

This may reflect a need for visual calm, emotional distraction, or soft engagement

Supportive response: Offer a gentle video, animation, or visual story. Choose content that's slow-paced, kind, and emotionally safe.



Sit in a Quiet Corner

This may signal a need for solitude, sensory regulation, or emotional safety

Supportive response: Create a soft, quiet space with cushions or blankets. Let the child rest there without interruption or expectation.



Listen to Quiet Music

This may reflect a need for auditory regulation, emotional soothing, or sensory retreat

Supportive response: Offer soft instrumental music or gentle nature sounds. Let the child choose what feels calming without needing to explain.



Breathe with Your Hands

This may express a need for grounding, emotional regulation, or body awareness

Supportive response: Gently model hand-breathing (e.g. tracing fingers while breathing in and out). Let the child follow at their own pace, or simply watch.

Gentle Reflection Prompt

“Let’s notice what kind of calm feels good right now.”

(This can be spoken, signed, or simply offered as a quiet moment.)

Little Boosts – Social

Gentle Support for Connection and Belonging

This tool helps children choose small, relational actions that support emotional safety, social confidence, and gentle connection. It's designed to be speech-optional, so children can point, choose, or simply sit with the cards. There's no pressure to explain — every social need is valid.

Why It Helps

Social connection can feel joyful, vulnerable, or overwhelming — especially during wobbly moments. Whether it's asking for a cuddle, waving hello, or sitting near someone kind, these gentle actions help children feel seen, supported, and less alone.

Recognising social needs builds trust, emotional literacy, and relational safety. It helps adults respond with warmth, not demand — offering connection without pressure or expectation.

This tool makes those quiet bids for connection visible, so children can reach out in ways that feel true, and adults can respond with care.

How to Use

- Invite the child to choose a card that shows what kind of connection feels good
 - Use this tool during wobbly moments, transitions, or as part of a daily rhythm
 - No need for words — just noticing is enough
 - Adults can use the gentle interpretations below to respond supportively
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Wave Hello

This may express a need for gentle connection, visibility, or social engagement

Supportive response: Wave back warmly. Acknowledge the child's gesture with kindness. Let the moment be light and affirming.



Sit Near Someone Kind

This may signal a need for quiet companionship, relational safety, or co-regulation

Supportive response: Invite a kind adult or peer to sit nearby. Let the child feel supported without needing to talk or explain.



Hold Someone's Hand

This may reflect a need for grounding, reassurance, or emotional closeness

Supportive response: Offer your hand gently. Let the child hold on as long as they need. Use soft tone and steady presence.



Ask for a Cuddle

This may reflect a need for physical comfort, emotional safety, or closeness

Supportive response: Offer a cuddle if welcomed. If not, offer a hand to hold or nearby presence. Respect boundaries while staying close.

Gentle Reflection Prompt

“Let’s notice what kind of connection feels good right now.”

(This can be spoken, signed, or simply offered as a quiet moment.)