**Working With Children Tool/Technique Graph**

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| **SOMATIC TOOL/TECHNIQUE** | **Ages Appropriate/Effective For** |
| Stress Reduction Graph | Not for children under the age of 10 (can be used with children ages 6-10 if the practitioner fills it in or does it as an art exercise) |
| Stress Management Graph | Not for children under the age of 10 (can be used with children ages 6-10 if the practitioner fills it in or does it as an art exercise) |
| Increasing Capacity to Deal with Stress Graph | Not for children under the age of 10 (can be used with children ages 6-10 if the practitioner fills it in or does it as an art exercise) |
| Identifying Approach to Your Stress Graph | Ages 10 and above |
| Ha Breath Technique | Ages 5 and above if they are able to comfortably sit still |
| Belly Breath Technique (Yogic breathing) | Ages 5 and above if they are able to comfortably sit still |
| Merging the Two – Ha & Belly Breath Technique | Ages 5 and above if they are able to comfortably sit still |
| Pranayama - Nadi Shodhana Technique (alternate nostril breathing) | Ok for children ages 10 and over.  Should not be practiced while suffering from cold, flu or fever. |
| The Safe House Visualization Exercise | Ages 5 and above if they are able to comfortably sit still |
| Grounding Into Theta Script | Ages 5 and above if they are able to comfortably sit still |
| NLP anchoring technique | Can be used with children 5 and over but it is best with children over the age of 8 |
| Weight & Compression Technique | Not to be used with children under age 5. Also not recommended for at home practice unless supervised by a parent/guardian and never while they sleep |
| Somatic Touch Technique | All ages with lighter touch and no pressure for infants |
| Abhyanga self-massage | Ages 10 and above |
| Mindfulness | Ages 5 and above |
| Finding the Beauty Exercise | Ages 10 and above |
| **Hug method -** |  |
| The self-regulating hug technique | Ages 5 and above |
| The Hands-on Hug Method | Ages 3 and above |
| Body posture/positions | Ages 5 and above |
| Somatic standing exercise | Ages 5 and above |
| Yoga | Ages 5 and above |
| Therapeutic yoga | Ages 5 and above |
| Intuitive yoga | Ages 5 and above |
| 5-minute stress reduction practice | Ages 10 and above |
| Shaking Therapy Technique | Not for children under 6. Not recommended for any client that has a physical injury that prevents them from doing it safely (including seizure disorders or TBI’s) |
| Somatic Dance Session Script | Ages 5 and above |
| Art | Ages 5 and above |
| Somatic Journal Exercise | Ages 10 and above |
| Sound and Frequency Healing | All ages |
| Bilateral music | Ages 5 and above |
| Chanting | Ages 5 and above |
| **Nature Realignment -** |  |
| Sunlight | All ages |
| Nature Bathing | All ages |
| Aroma Therapy | Ages 5 and above |
| Medicinal Baths | Ages 10 and above |
| **Meditation -** |  |
| Body Scan Meditation | Ages 5 and above – only for as long as they are able to sit still comfortably |
| Breath meditation | Ages 5 and above – only for as long as they are able to sit still comfortably |
| Breath Into It Meditation (or the listening meditation) | Ages 5 and above – only for as long as they are able to sit still comfortably |
| TTT Tapping | Ages 10 and above |
| Butterfly Hug Tapping Method | Ages 5 and above |
| ECM for Trauma | Ages 10 and above |
| ECM for Anxiety | Ages 10 and above |
| Safe Room Visualization Technique | Ages 5 and above – only for as long as they are able to sit still comfortably |
| NLP Disassociation Technique – Higher and Farther (Associate – disassociate) | Not appropriate for minors |
| Pause-Reset-Redirect | Ages 10 and above |
| Somatic Cognitive Behavioral Therapy Exercise | Ages 10 and above or you can use this with children 5 and above if they are able to communicate well and you fill it in for them. You can also modify this and make it an art exercise instead |
| Emotional Trauma First Aid | Ages 10 and above |
| **Dousing & Transformational Muscle Testing -** |  |
| Energy Clearing and Alignment Exercise | Ages 5 and above – only for as long as they are able to sit still comfortably |
| Dousing | Ages 10 and above |
| Ritual Bag | Ages 10 and above |
| The Healing Ritual Deck | Ages 10 and above |
| **Energy, Energy Work & Energy Healing -** |  |
| The Energy Work Technique | All ages |
| Ho’oponopono | Ages 10 and above |
| Self-Care as a Practice | Ages 5 and above |
| The Somatic Care Plan | Ages 5 and above if the practitioner fills it out |