



**Child Therapy** Service  
Resources - Training - Support

# Co-regulation Prompt Cards

Ideas to Support Co-regulation

**CO-REGULATION  
PROMPT CARDS**

I can see how upset  
you are. What would  
you like to do?



**CO-REGULATION  
PROMPT CARDS**

Hmmm, it sounds to  
me like you are  
feeling 'X'



**CO-REGULATION  
PROMPT CARDS**

Let's just stop ... and  
take a breath



**CO-REGULATION  
PROMPT CARDS**

You feel 'X' ... is that  
right?



**CO-REGULATION  
PROMPT CARDS**

I can see that's really difficult  
right now.

Where do you feel 'X' inside?



**CO-REGULATION  
PROMPT CARDS**

I can tell this really  
upsets you



**CO-REGULATION  
PROMPT CARDS**

I can feel how  
frustrating it is. How  
can we help you?



**CO-REGULATION  
PROMPT CARDS**

I can see that you  
are 'X' right now.  
Let me help you.



**CO-REGULATION  
PROMPT CARDS**

Let's count to 5 and  
breathe slowly



**CO-REGULATION  
PROMPT CARDS**

Let's see how many  
things begin with the  
letter 'X' in this room



**CO-REGULATION  
PROMPT CARDS**

Let's see how many  
things are the colour  
'X' in this room



**CO-REGULATION  
PROMPT CARDS**

Let's do our Belly  
Breathing



**CO-REGULATION  
PROMPT CARDS**

I can hear a 'X' – can  
you hear it?



**CO-REGULATION  
PROMPT CARDS**

I spy with my little  
eye something  
beginning with ...



**CO-REGULATION  
PROMPT CARDS**

Let's squeeze each muscle in  
turn .. Starting with our feet  
and going up to our face



**CO-REGULATION  
PROMPT CARDS**

I wonder what I'm  
going to eat for  
dinner?



**CO-REGULATION  
PROMPT CARDS**

I wonder what 'x' is  
having for lunch today?



**CO-REGULATION  
PROMPT CARDS**

Let's do our 'X'  
Breathing

