

Peripheral Vision

This is another focusing technique that use peripheral vision to produce a vagal effect, concentrated attention and linked suggestions to noticing the physiological changes to amplify calm and relaxation. You can add useful suggestions at the end.

Make use of slowing your voice and dropping your tone as they start to relax.

Step 1. We'll all do this together.

Ask everyone in the room to do this and make sure everyone has their own spot away from the childs.

Find a spot on the wall directly in front of you about 10-15 degrees above your eyes. Now whatever happens and whatever I say keep your eyes on that spot.

Begin by focusing on the spot then simply allow your focus to relax, to go a little blurry. And as your focus gently blurs, start to spread your vision so you can take in the ceiling and the floor at the same time, keep looking at that spot. Have you got that? Great.

Now, spread your vision even further taking in the ceiling, the floor and the walls, and as you spread your vision even wider just notice...

Notice your breathing... your heart rate.... Your thoughts.....

All begin to slow, becoming calmer and more at ease... Great

Now spread your vision even further – floor, walls, ceiling...

Noticing what happens...

Everything calming...

Everything simply slowing down...

Great ...

Now you can just keep looking at that spot, and know that we'll be taking good care of you, giving you strong medicine to keep you as comfortable as you can be, looking forward to having something nice to eat and waking up with mum and dad, that's great...

You can come back to the room whenever you are ready.

Well done. How was that?