# Your Words, Your Way

Explore many ways to share a need: words, pictures, pointing, writing, or silence.

KID ACTIVITY | 04

## Try it together (or skip any part)

1. Look at different communication options on the page.
2. Choose one that fits a pretend situation, such as needing a pencil.
3. Ask the adult how they could respond kindly.

## Create, draw, or write your idea

There is no right answer. You may leave this space empty.

## One thought to remember

**You are allowed to choose how to communicate.**

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A short guide for the grown-up supporting this activity.



## Why this activity can be useful

A useful choice supports accessibility and avoids making speaking the only acceptable form.

## How to introduce it

Invite rather than assign: "Would you like to try a short activity together?" A child may point, draw, answer briefly, or decline.

Read one step at a time. Offer simple choices and follow the child's pace. Do not request stories about frightening experiences.

## One possible conversation

“You can tell me, show me, or choose not to answer.”

You might respond: "Thanks for telling me. You can change your mind or take a break."

## Optional way to continue

Invent a hand signal for one practical request.

## When to pause

Stop if the child looks distressed, withdrawn, overwhelmed or asks to stop. Do not push to finish. Seek qualified advice for persistent concerns.

Safety boundary: This tool does not provide a home EMDR procedure, bilateral stimulation, or treatment for traumatic memories.

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