

Urge Surfing for Children

Guiding young clients through the following 'urge surfing' steps will help them develop the skills to manage their urges more effectively.

For the child

Here are some steps to help you manage your feelings and urges in a kind and caring way.

1. Notice your feelings

When you start to feel a strong urge or emotion, just notice it. Try and pay attention to how it makes you feel inside.

2. Feel your body

Focus on where you feel the urge in your body. Maybe your mouth feels dry, your tummy feels funny, or your chest feels tight. How strong are these feelings?

3. Watch without judging

Try to stay with your feelings without thinking they are good or bad. Just watch them and remember that they will go away.

4. Breathe naturally

Pay attention to your breathing. Breathe in and out naturally without trying to change it. Just notice your breath.

5. Ride the wave

Imagine that your breath is like a surfboard. Use it to ride your feelings as they come and go—rising up, getting stronger, and then going away. Try to do this for a minute or two.

6. See the changes

Look back at where you felt the urge in your body. Notice if the feelings are changing and getting less strong.

7. Keep breathing

Focus on your breath and watch the urge until it goes away.

8. Be thankful

Finally, be proud of yourself for staying with your feelings without acting on them. Smile and thank yourself for handling it so well.

By practicing these steps, you will get better at managing your feelings and urges, which will help you feel more in control and happier.