



CLINICAL WORKSHOP RESOURCE MAGNET FINGERS ELICITATION

Would you like to do something interesting?

(First, walk the child through what you want him/her/them to do with both hands and arms so it's understood how to do this before beginning the elicitation).

So, get comfortable.... and when you're ready... put your hands in a position like I just showed you, and just let those fingers spread apart, and let those arms lift up so it's a little bit above the horizontal....that's right.

Now, **gaze** at the space between your fingers. It's a little tiny imaginary space. And just notice what happens....as you stare at that space...(silence....wait....slowly) and you don't need to help those fingers... its kind of neat, that they just want to do what they want to do, all on their own, and you can just notice how they just seem to come together slowly, perhaps even like magnets, that's right....and when they meet, you can let that be your kind of automatic signal to yourself to let/allow your eyes you can just allow your eyes to close, and take in a deep, comfortable breath...and as you let it out slowly, those hands can slowly come down to your lap...that's right. And you can just imagine that you're not even here. and you can be anywhere right now in your imagination....I don't know where you'll be, just see what comes to your mind. It may be some favorite activity, or some place that you like to be, where you are having fun. Enjoy where you are, what you're doing, notice the sounds there, and notice what you see there, and pay special attention to everything **there**, in your imagination.

Maybe there's music, or conversation, or perhaps its quiet. Notice if there are any smells or fragrances that go with this place, maybe there's the smell of food, or flowers, or just fresh air. And maybe there's snacks, or good tastes, maybe you're riding a bike, or a scooter. Just notice this, whatever you notice, and pay attention to this.

It's so nice to know that as you pay attention to the sights, and the smells, and the sounds, and the tastes, that wherever you're imagining you are, that you get more and more comfortable, and the comfort can begin with relaxing your toes and move UP your body slowly, or it can move DOWN your body, *It doesn't matter how you do it*, because you're the boss of your body. And it's really nice to know, that then more you do it, the better you get. And you can get so good at it, that it becomes PART of you. And you can bring it with you, wherever you go, whenever you want to, to get more comfortable, and calm, safe, and protected, and feel even better.

(Reorient)