

Repair After Rupture:

Helping Kids Come Back After Big Feelings

Ruptures happen in every relationship. Children have big feelings, adults have hard days, and sometimes moments go sideways. Repair is what helps children come back after those moments. It teaches them that they can make mistakes and still be loved, still be safe, and still belong.

1

Calm

Help the child's body settle first.

2

Connect

Let them know the relationship is safe.

3

Name

Help them name the feeling, need, or problem.

4

Repair

Support them in making things right.

5

Return

Help them rejoin the group, family, or classroom.

What Repair Might Look Like:

- Say, "I'm sorry"
- Write or draw a note
- Help fix what was damaged
- Check on someone they hurt
- Practice different words
- Try the moment again
- Do a kind action
- Make a plan for next time

Rupture Happens. Repair Matters.

