

A Prompt Collection

Eight Things to Say When the Day Finally Lets Go

You know the moment. The tears arrive over something too small to explain, and you have about four seconds to say something before it gets bigger.

You don't need the right words to fix it. You need words that tell your child you've noticed, without making them explain themselves before they're ready.

Here are eight lines you can borrow, word for word, for exactly that moment.

1

When the tears come from nowhere

"That was a lot to carry today, wasn't it."

Naming the size, not the cause, gives them permission to stop explaining and just feel it.

2

When they go quiet instead

"You don't have to talk. I'm just going to sit here."

Quiet kids don't need drawing out; they need company that doesn't ask anything of them.

3

When the anger comes out sideways

"Something's bothering you and it's not the remote."

Naming the redirect, gently, gets closer to the real thing faster.

4

When they insist they're fine

"Okay. I'll be around if that changes."

Pushing past "fine" usually locks the door tighter; leaving it open usually gets it opened later.

5

When the meltdown is about something tiny

"I know it feels huge right now."

The size of the reaction is the point, not the size of the trigger.

6

When they cry and can't say why

"You don't need a reason. Let it out."

Some days the body needs to cry before the mind knows why.

7

When they push you away mid-meltdown

"That's okay. I'm not going anywhere."

Being pushed away isn't rejection of you; it's the only control they have left.

8

When it finally passes

"Good talk. Or good cry. Either way, glad that's out."

A light landing tells them the reaction wasn't the problem.

You won't use all eight in one week, and you're not meant to.

Keep the list somewhere you'll actually see it, and reach for whichever line fits the moment in front of you.

These lines aren't about calming a child down faster. They're about a child learning that whatever shows up when the school day ends will be met, not managed. That's what makes the next school day survivable.

From the team at Tricky Brains

Helping children build confident, calm and curious minds.