

Power Phrase Universe

A shared language for naming *what children feel*

A structured social-emotional learning (SEL) card resource for clinical and educational settings. For children aged 6–12 — a sequence you integrate into the therapeutic model you already use.

THE CLINICAL STARTING POINT

“How do you feel?” is often *the wrong first question*

For a dysregulated, anxious, or selectively mute child, naming an internal state can be the hardest task in the room — not the entry point to it. Emotion-labelling gives children a vocabulary for distress, but not always a path through it. PPU works in a different order: establish safety first, offer language without demand, then connect a small change in language to an emerging sense of self.

THE APPROACH

A three-stage clinical arc

01

Feel safe

Nothing proceeds until the child feels safe. Non-verbal entry — a child can point rather than speak.

02

Find the words

Anchor cards and a feelings-intensity scale give language without pressure or performance.

03

Become

Modal sentences open possibility and link a chosen action to an emerging sense of self.

THE MECHANISM

The child builds the sentence — *many ways*

MODAL VERB

“I will”

→

POWER CARD

share

→

IDENTITY

KIND

The child assembles the sentence from two decks — a modal verb that sets how far they’re ready to go, and a power card that names the action — resolving into an identity they grow into. It isn’t one script but many: *I can be → guide → LEADER · We shall → work together → COOPERATIVE* — so there’s always a scaffold that fits where the child is.

IN SESSION

The six-step system

1

PILA cards

Safety first — the foundation everything is built on.

3

Anchor cards

“I am enough.” “I belong.” The child picks what feels true.

5

Power-action cards

One card the child chooses to take home. Their choice.

2

Feelings-intensity scale

A non-verbal check-in. The child points.

4

Modal verb cards

The child picks a starting phrase — I could, I will, I might.

6

Modal sequences

The arc: modal verb → power card → identity.

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COMPATIBILITY

Built to sit *inside your model*, not replace it

PPU is a structured resource you bring into the framework you already practise within. Its language and sequence are designed to align with:

CBT

ACT

CASEL — all 5 domains

Attachment theory

Narrative therapy

Character strengths (VIA)

Trauma-informed practice

WHO IT'S FOR

Across practice and setting

Psychologists, counsellors, occupational therapists, speech-language pathologists, and educators working with children aged 6–12 — in private practice, school-based, and community settings. The resource is pitched by the clinician to each child's developmental stage.

A NOTE ON EVIDENCE

Calibrated, and *honest about its limits*

PPU draws on well-documented mechanisms — psychological safety, affect labelling, scaffolding, identity-based language, and agency through choice. It is an educational SEL tool, not a diagnostic or treatment instrument. It does not replace clinical assessment, and outcomes depend on your professional judgement in context. We describe it as evidence-informed rather than clinically proven, and hold to that distinction deliberately. Structured pilot pre/post data is being gathered.

Scope of claims. PPU is a practitioner-led resource integrated into evidence-based practice — not a stand-alone intervention, and not self-acting. It is grounded in established frameworks; it is not yet independently validated. It is not a substitute for professional psychological assessment, diagnosis or treatment.

Join the *Founding Practitioner Pilot* — 2026

A small founding cohort of registered practitioners receives the complete kit free, in exchange for honest clinical feedback that helps build the evidence base. Limited places.

powerphraseuniverse.com/pilot-programme