**Playbook to Inject the Healthy Undercurrents of Safety and Security**

***Unhealed Wound Seed***



**The High Low Checkup**

**Who:**

* Jenny, Mom, and Grandma

**What:**

* Once a day, Jenny will sit down with her mom and grandma for their High/Low Checkup
* Each person will share the worst thing of the day (Low) and the best thing of the day (High)
* Each person will say one nice thing about someone else (it can be about each other or someone else they came in contact with that day)

**When:**

* The High/Low Checkup will occur daily before bedtime

**Where:**

* The High/Low Checkup will occur at the kitchen table

**How:**

* Mom will take the lead and share first and by her modeling, will ensure that each person shares the Low BEFORE sharing the High
* Mom and Grandma will provide a snack each night for Jenny to be shared by everyone during the High/Low Share Time
* Before Jenny goes to bed each night, Mom will say “I love you, and Goodnight” and will tuck Jenny into her bed.