

Ways of dismissing emotions

- Offer advice
- Ask why a child did or said what they did
- Tell a child not to worry
- Talk only about yourself
- Jump straight into problem solving
- Take the side of the other person instead of listening to the child's perspective
- Offer distractions

Emotion tuning – part of emotion coaching

1. Notice the emotion
 2. Clarify with a question
 3. Reflect the emotion
 4. Locate the emotion in the body
 5. Empathise
 6. Explore
- Eg Were you scared when you couldn't find me?
When Jade ignored you how did you feel?
I wonder if you were frustrated when I asked you to share?

A 3 stepped approach

1

- Step 1
- Using scripts

2

- Step 2
- Setting limits (if needed)

3

- Step 3
- Problem solving with the child

Step 1

Emotion coaching scripts – empathise, validate and label

I can see you get angry when that happens. I would feel angry if that happened to me. It's normal to feel like that.

I can see that you are frowning and kicking the wall and you're expressing loads of energy. I would be feeling like that if I didn't want to do something.

I noticed you looking round at the others who are working on their projects. I think you might be feeling a bit nervous at the moment that your work might not be okay. Have I got that right?

Step 2

Setting limits on behaviour scripts

These are the rules that we all have to follow, doing that is not okay

We can't behave like that – even though you are feeling annoyed – because it's not safe

You didn't put the ball away as we agreed, you're probably angry that you can't play with Billy now because you have to stop now

Step 3

Problem solving with the child/young person scripts

This isn't a safe place to be angry. Let's go to a safe place and then we can talk

Next time you're feeling like this, what could you do? How do you think you will react if this happens again?

You need to sit next to Emma or in front of me – which do you want to do?