

Emotion coaching - top tips!

Tune into the emotion

- Ensure you are aware of your own emotions
- All emotions are valuable and have their place it is how we respond to the feelings that matter
- Observe how the child expresses different emotions by body language, tone, posture and facial expressions

Connect

- Recognise feelings and encourage the child to talk about them
- Find opportunities in emotional times as an opportunity to teach and learn
- Validate feelings- do not dismiss them or correct them- it is important that children are given the opportunity to name what they are feeling and for this to be acknowledged by the adult- *'You said you are feeling angry, tell me about that'*
- Co-regulate, help the children recognise the strategies they can use to calm, where necessary to avoid overwhelming emotions that may lead to unwanted behaviours
- Be responsive and intuitive

Listen

- Validate feelings and empower children to recognise them-
- Show and tell the child that you understand- *'I understand why that would make you angry'*
- Avoid judging, criticising or re directing emotions

Name

- Don't tell the child how they should feel allow them to identify their own feelings
- Encourage the child to name their feelings to help soothe- *'I can see you are angry because your body is tight and your face is scrunched (adult to replicate body language) lets go for a walk to calm down'*
- Model the naming and identifying of feelings
- Aid the child in building a vocabulary surrounding emotions

Work together

- Help children recognise their emotions and help them to problem solve
- Help children think through possible solutions to the difficulties they are facing
- Model emotional regulation and make activities fun.

Be a safe and responsive adult and role model!

Suggested further reading and resources:

- *Conversations that Matter: Talking with children and teenagers in ways that help* by Margot Sunderland
- *A volcano in My Tummy: Helping Children to Handle Anger* by Warwick Pudney and Elaine Whitehouse
- *Emotional Literacy: Supporting Emotional Health and Wellbeing in School (Mental Health and Wellbeing Teacher Toolkit)* by Alison Waterhouse
- *Emotional Wellbeing: An Introductory Handbook for Schools* by Gillian Shottin and Sheila Burton
- *Draw on your emotions* by Margot Sunderland
- *Emotion Coaching with Children and Young People in Schools: Promoting Positive Behaviour, Wellbeing and Resilience* by Louise Gilbert
- *Independent Thinking on Emotional Literacy: A Passport to Increased Confidence, Engagement and Learning (Independent Thinking on series)* by Richard Evans
- *Don't Worry, Be Happy: A Child's Guide to Dealing with Feeling Anxious* by Poppy O'Neill
- *Children's Mental Health and Emotional Well-being in Primary Schools (Primary Teaching Now)* by Colin Howard