



Emotion Coaching

“Emotion Coaching is about helping children and young people to understand the different emotions they experience, why they occur and how to handle them”

Dr Janet Rose

Inside Out



- <https://www.youtube.com/watch?v=QT6FdhKriB8>

Emotion coaching involves

- Teaching children/ young people about the world of emotion ***'in the moment'***
- Giving children ***strategies*** to deal with ups and downs
- Accepting ***all*** emotions as ***normal***
- Using moments of undesirable behaviour as ***opportunities for teaching***
- Building ***trusting and respectful relationships*** with children/ young people



Emotion Coaching

Step by step

1. **RECOGNISE, EMPATHISE, VALIDATE**, the feelings and labelling them – I understand that you are feeling really cross, I would feel cross too if my friend had the toy that I wanted.
2. **SET LIMITS ON BEHAVIOUR** - I understand that that made you feel cross but you cannot hurt your friend.
3. **PROBLEM SOLVE** with the child/young person – what should you have done, what can you do next time?

Instead of denying the feeling ...



Empathise, validate, label...



Step one: VALIDATE

- Labelling emotions and helping your child recognise what they are feeling and can help reduce frustration. Children may be familiar with some emotions e.g. happy and sad but may find others hard to recognise, label and understand e.g. jealousy.

Empathetic listening:

recognizing, acknowledging, empathizing, validating

- *“I can see that something’s not quite right”*
 - *“I’m sorry that happened to you, you must have felt really fed up”*
 - *“I notice that you get upset when that happens”*
 - *“That must have been really frustrating/annoying for you”*
 - *“I would feel like this if that happened to me”*
 - *“I understand why you might be annoyed”*
 - *“It’s normal to feel like that”*
 - *“You look kind of fed up”/ “Your face looks a bit cross....”/“I’m thinking you might be feeling....”*
 - *“It seems like you’re all tense. I can see your fists are all tight...”*
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Set Limits and problem solve



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- Make sure children are aware of behaviours that are appropriate in school. Make sure they know that although they are feeling 'cross' etc that behaviour isn't acceptable. Children need to be sure of consequences of their behaviour. Encourage your child to come up with options for solving the problem, but offer opinions and guidance as needed. You could share how you handled a similar situation when you were young. – encourage children to think about how their behaviour has made somebody else feel – may be that they upset or hurt another child.
- How can we handle the situation next time? – perhaps we could use a timer to share the toy that your friend has?

- Emotion coaching requires practice. Dr Janet Rose described it 'retraining your brain' ' a different way of thinking'. Does take a little while to get into the habit of using the language.
- Sometimes you may only be able to reach step two, while other times you may get all the way to step five. Every child is different and you will have to decide the best way to apply the emotion coaching process to the child.

How does it help?

Through doing emotion coaching you can:

- ***Help children to improve and take ownership of their own behaviour***
- ***Help children to calm down and better understand their emotions***
- ***Help adults to be more sensitive to children's needs***
- ***Help create more consistent responses to children's behaviour and emotional trauma***
- ***Help adults to feel more 'in control' during incidents***