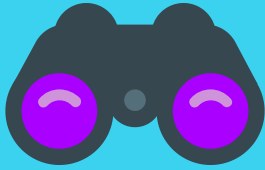


# 5 Steps to Emotion Coaching

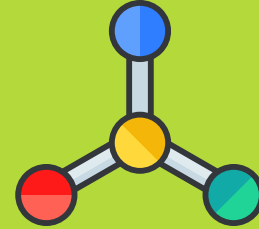
1



## Tune in, become aware.

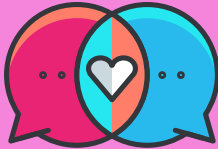
Be on the look out for and recognise behavioural cues that indicate that the child or young person is experiencing strong and/or difficult feelings and tune in when you spot the signs.

2



**Utilise the situation as an opportunity for connection and learning ('coaching').**

3



## Listen empathically and validate their feelings.

*\*Connect before you correct\**

*\*Calm and curious not fast and furious\**

Use wondering questions to help the child or young person to recognise and label their emotions (i.e. "I have noticed x, I wonder if you might be feeling x...")

4



## Set limits. (if necessary)

If necessary, remind the child or young person about the expectations for behaviour (e.g. "we use kind words when we speak to each other in school", "it is against school rules to hit").

It is important not to judge or shame the child, this is about nurturing your connection with them and helping (i.e. coaching) them to learn alternative, prosocial ways to manage their feelings and emotions.

5



## Problem-solve together.

Support the child to think of possible strategies and/or alternative solutions that they could try in order to avoid the same situation/outcome in the future.

Depending on their age and understanding, some children and young people may require more support with this than others; use visuals and offer suggestions and choices where this helpful.