

### Emotion Coaching

#### Step 1: Recognise, empathise, validate the feelings and label them

- I can see that you are angry. I would feel angry too if that happened to me. It's normal to feel like that'
- 'I can see that you are frowning and you're kicking the wall and expressing a lot of energy. I would feel like that too if I didn't want to do something'
- 'I noticed you are looking around at other people's work. I think you might be feeling nervous about whether you are doing it right. Have I got that right?

#### Step 2: Set limits on behaviour e.g.

- 'These are the rules that we have to follow. Doing that is not OK'
- 'We can't behave like that even though you are feeling annoyed because it is not safe'

#### Step 3: Problem solve with the child e.g.

- 'This is not 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 do \_\_\_ or \_\_\_ - which do you want to do?'

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