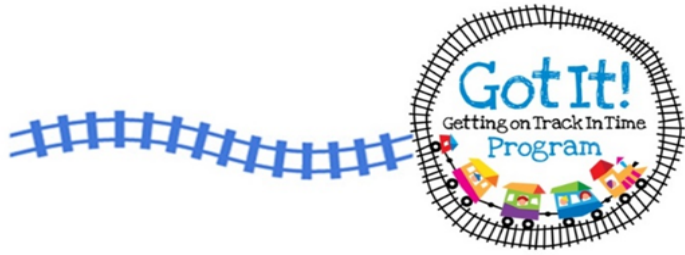
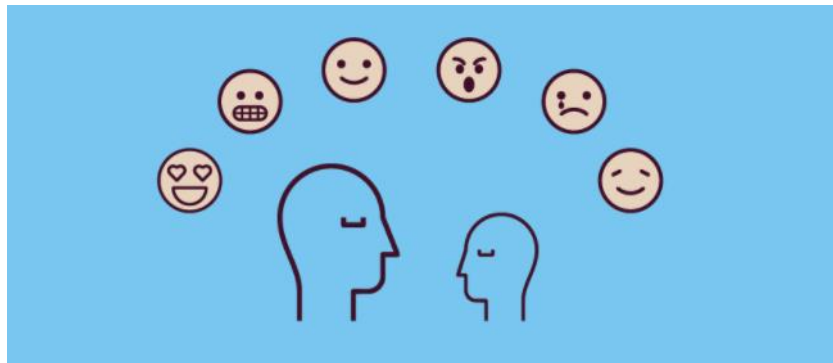


Got It!



Emotion Coaching

Teaching children to express feelings in acceptable ways



Emotion Coaching is a way of responding to a child's emotions that helps them to learn about their feelings and express them in more constructive ways.

The best place to start is simply for adults to name and empathise with feelings:

- "I'm sorry that happened to you, you must have felt really sad".
- "That must have been really frustrating/annoying for you".
- "I would feel X too if that happened to me".
- "It's ok to feel like that".

Tip: You can turn any book or movie into an emotion coaching tool by talking about what the characters might be feeling.

Books:

Today I Feel...An Alphabet of Feelings by Madalena Moniz

