



Emotions

Why do we use Emotion coaching?

- Emotion Coaching is a tool that supports children in learning and understanding about the full range of emotions they are feeling.
- This helps them to regulate (control) their behaviour.
- Children can understand how their feelings impact their reactions.
- Helps children to develop Empathy – the ability to identify and relate to the feelings of others.
- Children develop a set of skills to self – soothe, or calm down (self – regulate).

It is okay to feel...

- Happy
- Angry
- Frustrated
- Sad
- Excited



Any emotions that children feel are okay and normal. How children manage them with the support of their adult help is key.

Managing Emotions at home

Talking to your child about how they are feeling will help with their behaviour.





Steps in Emotion Coaching

1. Label, validate and empathise. “(I can see that this has made you sad, I would be sad too if...)”.
2. Set limits. “(I can see that you are feeling angry at your brother, but it is not okay to kick him, I need you to go to your room)”. Promote empathy and understanding for your child to see. “I can see that this has made you sad, I would be sad too if...”
3. Problem solve.

When a child is in a heightened emotional state, you can't problem solve at this time. “They flipped their lid” and cannot think rationally.





Zones of Regulation

What are Zones of Regulation?

- This is an approach that we use at school that helps children to categorise all of the emotions that they could be feeling.
- Supports children in becoming more aware of the emotions and then being able to utilise their problem solving skills.
- We ask the children to choose which zone they are in and what emotion they are feeling, each zone has a toolbox of strategies to choose from to help them to get back to the green zone. E.g. deep breathing.

Zones of Regulation at home

Whilst at home you could do a check in and ask your child what Zone they are in today and as an adult you could try this too.

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Tools you could use are – squeeze your hands together, stamp your feet together or deep breath.





Why not make your own toolbox?

What calming down tools/strategies can you find at home to use that will help your child to calm down and self – regulate? Make your own “Zones Toolbox”.

_____'s **Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools

Zones of Regulation was devised by Dr Leah Kuypers to support children in developing their emotional control and self – regulation.



