

# Emotion Coaching

Eastfield Primary



## Step 1

**Recognising**, Empathising, Validating & Labelling

"I've noticed that you are getting frustrated with how difficult you are finding that question. Learning can be difficult sometimes."

In the moment

## Step 2

Setting limits on behaviour

"I need you to pick your work up off the floor. Do you remember last week when you found that question difficult but you carried on and tried your best? Thank you for listening."

If the child is calm, move on to step 3. If not, "Thank you for listening" and then carry on to step 3 when you judge it appropriate to do so.

## Step 3

Problem-solving with the child or young person

"Next time you find a question difficult, how could we do this differently in the future?"

Signs that children are starting to find something difficult at Eastfield

