

About Session 2:

Naming the emotion

Overview

- ☺ Warm-up: bear stickers/cards
- ☺ Home activity review and reflection on the week
- ☺ The context needed for Emotion Coaching
- ☺ Emotion Tuning
- ☺ Meta-emotion exercise (optional)
- ☺ Emotion dismissive and Emotion Coaching responses

Home activities

- ☺ Emotion Talk Time: Spend time with your child discussing events in their lives and their feelings about these events.
- ☺ Attach the Feeling Faces poster to the fridge or another suitable place. Explore the different emotions shown and talk about what might create these feelings and where they might be felt in the body. Encourage your child to use the Feeling Faces poster at times when they are emotional.
- ☺ Practise emotion coaching with lower intensity emotions, such as irritability, frustration, worry, and disappointment.
- ☺ When attempting to emotion coach, the focus should be on trying to reflect your child's feelings and less on problem solving (at this stage in the program).
- ☺ Record your observations in the Emotion Diary.

