

About Session 3:

Understanding your child's emotional experience

Overview

- ☺ Warm-up: guided relaxation
- ☺ Home activity review/reflection on the week
- ☺ Spot the Emotion Coaching opportunity — optional
- ☺ Developing empathy: the emotion detective
- ☺ Being an Emotion Coach (this or next session)
- ☺ The language around emotions (can be used at any time in program)
- ☺ Role-plays
- ☺ Feedback about the program and group
- ☺ Additional strategies for Emotion Coaching
- ☺ Home activities

Home activities

- ☺ Focus on your child's low level emotions, reflect the situation and label the emotion.
- ☺ Try to 'step into your child's shoes', to empathise and validate their feelings.
- ☺ Record your observations in the Emotion Diary.
- ☺ Ask your child to draw pictures of different emotions. Explore with them the feelings of the characters in the drawings.

