

About Session 4:

Self-care, problem-solving and coaching fears and worries

Overview

- ☺ Warm-up: guided relaxation
- ☺ Self-care
- ☺ Home activity review and reflection on the week
- ☺ Role-plays
- ☺ Being an Emotion Coach (if not covered in Session 3)
- ☺ Non-derogatory and non-critical parenting (optional)
- ☺ Problem Solving
- ☺ Coaching children to manage fears and worries
- ☺ *The Noodle*
- ☺ Feedback from participants
- ☺ Home activities

Home activities

- ☺ Continue to practise the skills of Emotion Coaching. Notice times that you are being critical or derogatory
- ☺ Record Emotion Talk Time or emotion coaching experiences in your Emotion Diary. Note incidents of anger and stronger emotions in your child
- ☺ Teach your child *The Noodle* technique
- ☺ Bring Emotion Diary to next session. Next week there will be a focus on anger.
- ☺ Read your child the turtle story or another book about anger.

