

# About Session 1:

## Setting out — how to raise emotionally intelligent children

### Overview

- ☺ Introduction to the program
- ☺ Warm-up exercise
- ☺ Guidelines/rules for the group
- ☺ Structure of the sessions
- ☺ Normalising children's behaviour
- ☺ Emotional intelligence
- ☺ Emotion Coaching
- ☺ Resources
- ☺ Having family fun
- ☺ Friendship skills
- ☺ Emotion Coaching skills
- ☺ Role plays.



### Home activities

- ☺ Emotion Talk Time (ETT): Spend time and talk with your child each day, at a time when your child is most likely to feel comfortable talking. This might be after preschool, after dinner, in the bath, or in bed
- ☺ ETT has the benefit of providing quality time with your child and can improve communication. Try to listen in an open minded and non-judgmental way. Not all children talk openly about feelings. If your child is like this, be patient. Try to have ETT when you are doing something together, such as driving or doing household tasks
- ☺ Notice lower intensity emotions such as worry, irritability or disappointment
- ☺ Use the Emotion Diary to record ETT and/or emotion coaching experiences.