

Being an Emotion Coach

In pairs, role-play these statements: One person as the child, and one as the parent.
Alternatively, fill the form in at home.

Example:

Child: I really hate my teacher!

What is the feeling? Anger

Parent Emotion Coaching response: Sounds like you're feeling angry with him!

Child: Go away! Leave me alone! You don't care what happens to me anyway!!

What is the feeling? _____

Emotion Coaching response: _____

Child: It's boring. There's nothing to do.

What is the feeling? _____

Emotion Coaching response: _____

Child: I don't want to go to bed. It's too dark.

What is the feeling? _____

Emotion Coaching response: _____

More examples over page



Child: I hate playing with Belinda. She's mean.

What is the feeling? _____

Emotion Coaching response: _____

Child: Maths is dumb. I hate it.

What is the feeling? _____

Emotion Coaching response: _____

Child: Mummy. Will you come in and stay at preschool today?

What is the feeling? _____

Emotion Coaching response: _____

Child: I'll do it myself. I don't need your help!

What is the feeling? _____

Emotion Coaching response: _____

Child: Nobody listens to me.

What is the feeling? _____

Emotion Coaching response: _____

Child: Look, I've made a castle all by myself.

What is the feeling? _____

Emotion Coaching response: _____
