

# Spot the Emotion Coaching opportunity

Which of the following situations would be an opportunity to emotion coach?

The situation	Emotion Coach Yes/No	What could you do or say?
You pick your child up from school and they seem quieter than usual on the drive home.		
Your child has just tracked mud all over the floor you mopped half an hour ago. You are furious.		
Your child is having a bath and playing with bath toys. You are watching. Suddenly your child says 'Dolly's scared. Her Daddy has gone away.'		
You and your partner have finally organised a special night out together. Your child refuses to go to stay at your friend's house down the road.		
Your child lets go of your hand and runs towards a busy road. There is a clearly stated family rule that they hold your hand when crossing the road.		
After school you take your child shopping. Your child asks for a chocolate bar and when you say 'No', has a tantrum. Everyone in the supermarket turns to watch.		
You are cooking dinner when your child comes in and takes several cookies from the jar. When you say that it is almost dinner time and not the time to eat cookies, your child scowls at you and – cookies in hand – leaves the room, slamming the door on the way out.		
Your child is taking a very long time to get dressed in the morning and if you don't leave the house in five minutes you will be late for work.		
Your school aged child is not talking to anyone. Five minutes earlier you had insisted that it was time for your toddler to have a turn playing with your child's new toy.		

