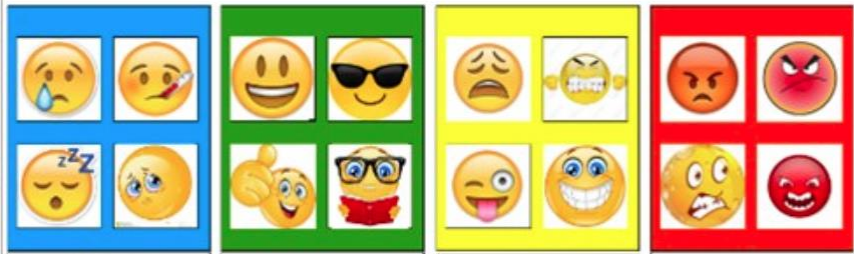


Emotion Coaching Script

Validate, Label, Empathise
I can see you... (appearance - fidgeting) I wonder if you are feeling...(name emotion) I'm trying to understand how you are feeling It is normal to feel like that/It's ok to have those feelings
Set Limits
I'm worried that you are not showing the core values and this means... Everyone needs to be safe so...
Problem Solve
What would help you now? Maybe use Zones of regulation toolkit (Give ideas if they can't think of anything, When I'm feeling... I like to ... or compare to another situation when they have been successful) Let the child choose the way forward

			
Sad	Happy	Stressed	Angry
Tired	Calm	Frustrated	Rage
Exhausted	Content	Annoyed	Explosive
Unwell	Focussed	Anxious	Mad
Sick	Appreciated	Worried	Aggressive
Bored	Proud	Excited	Panic
Disappointed	Thankful	Silly	Grief
Hurt	Grateful	Fearful	Terrified
Depressed	Ready to learn	Scared	Elation
Shy	OK	Overwhelmed	Mean
	Relaxed	Jealous	Out of control
		Upset	
		Uncomfortable	
		Confused	
		Embarrassed	
		Grumpy	
		Grouchy	