



## Supporting the anxiety (intervention)

Supporting approach 'Emotion Coaching'	Making it successful	Resources
<p>Emotion coaching is about helping children to become more aware of their emotions and begin to manage their own feelings.</p> <p>It entails validating children's emotions and problem-solving with the child to develop more effective strategies.</p> <p>Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. Through empathetic engagement the child's emotional state is verbal acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.</p> <p>Inappropriate behaviours are not condoned in Emotion Coaching and when the child is calmer, incidents are discussed in a more rational and productive manner. Moves are made to problem solve and engage in solution-focussed strategies.</p> <p>Key to this process is guidance – engagement with the child in problem solving in order to support the child's ability to learn to self-regulate – the child and adult work together to seek alternative solutions/actions to help manage emotions – key adult relationship in scaffolding pro-social situations.</p>	<p><b>The Five Essential Steps of Emotion Coaching.</b></p> <p><b>Step 1 – Be aware of emotions and tune in to the child's emotions and your own</b> pay attention to your own emotions, from happiness to sadness to anger understand that emotions are a natural and valuable part of life observe, listen and learn how your child expresses different emotions, watch for changes in facial expressions, body language, posture and tone of voice.</p> <p><b>Step 2- Connect with the child. Use emotional moments as opportunities to connect</b> pay close attention to the child's emotions try not to dismiss or avoid them see emotional moments as opportunities for teaching. Recognise feelings and encourage the child to talk about his or her emotions provide guidance before emotions escalate into distress or harmful behaviours.</p> <p><b>Step 3 – Listen to the child. Respect the child's feelings by taking time to listen carefully</b> take the child's emotions seriously, show the child that you understand what he or she is feeling, avoid judging or criticising the child's emotions</p> <p><b>Step 4 – Name emotions. Help the child identify and name emotions</b> identify the emotions the child is experiencing instead of telling the child how he or she should feel, naming emotions helps soothe a child, set a good example by naming your own emotions and talking about them help the child to build a vocabulary for different feelings</p> <p><b>Step 5 - Find good solutions. Explore solutions to problems together</b> redirect misbehaving children for what they do, not what they feel when children misbehave, help them to identify their feelings and explain why their behaviour was inappropriate, encourage emotional expression but set clear limits on behaviour, help children think through possible solutions don't expect too much too soon be aware of potentially difficult settings and be prepared to help the child through them, create situations where the child can explore without hearing lots of 'don'ts', catch the child doing lots of things right and praise them, make tasks as fun as possible.</p>	<p>Falkirk Council Educational Psychology Service. <a href="#">Supporting Children to Learn Self-Regulation.</a></p> <p>Emotion Works is used by some schools (a licence is required for use). This can be used for universal or targeted support. If available, the resources for introducing emotion words (using the visual symbols that come with the pack) and helping the child identify events and 'triggers' that prompt these emotions can assist with emotion coaching.</p> <p>Applying Nurture as a Whole School Approach (Education Scotland/Glasgow City Council, 2017) <a href="#">Appendix 2: Attunement Profile.</a></p>

*Our behaviour is the result of the emotions we are feeling.... the more intense the emotion the more intense the behaviour*