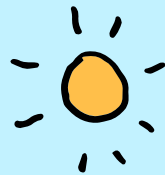


Coffee with Counselor

Managing Emotions



B

A



C





When my child is Angry...

Fill in our hand out as we stop and watch the video.

Ignore

- Mom Kept working
- Student stormed away
- Band aid to the quick fix

Punish

- Yelling creating a ripple affect
- Nothing was solved
- Control was LOST

Dismiss

- Nothing is solved
- BandAid to the situation

Save

- Learned behavior
- If I throw fit= everything is fixed
- No solution for the real world.

Coaching



AWARENESS



Be aware of your own inner state. Is your heart rate elevated? Are you feeling tense/frustrated, etc.? Children can FEEL our upset, so the next step is BREATHE DEEPLY and bring yourself back to the present moment.

BREATHE



Take deep belly breaths. Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds. Do this at least 3 times

CLOSENESS



They want to be close to you because you are their Safe Place™. Connection and connection/bonding happen when they are close to you. Take deep breaths with them in moments of closeness.

Game Plan



- Consider what your child is trying to communicate.
- Develop a coping skills plan with your child, and practice using the strategies.
- Make a picture of their coping strategies and hang it where they can see it.
- Praise your child for managing his/her emotions in a healthy way.
- Manage your own emotions

Any questions??

