

BIG EMOTION COACHING

1

Acknowledge the Emotion

Let the child know that you see they are experiencing an emotion.

SAY

I can see something is bothering you...

2

Label the Emotion

Help the child understand what emotion they may be feeling.

SAY

Are you frustrated?
or
Are you feeling sad?

3

Validate the Emotion

All emotions are valid even if the emotion doesn't fit the problem.

SAY

It sounds like you feel _____ because of _____. Does that sound right?

4

Problem Solve

Help the child explore the problem.

SAY

Tell me what happened to make you feel this way?
or Let's look at some choices you have...

5

Meet the Need

Help the child move through the emotion

SAY

ANGER: I'm going to wait over here until you are ready.

ANXIETY: You're safe, I'm here for you. Tell me about it.

SADNESS: It's okay to cry, do you want a hug?



SADNESS: Needs Comfort **ANGER:** Needs Patience
ANXIETY: Needs Security

BIG EMOTION FLOW CHART FOR KIDS

1

Emotion Check in

Acknowledge the Emotion

THINK

How am I feeling?

2

Label the Emotion

Try to put a word to how you are feeling.

THINK

Am I frustrated?

or

Am I feeling sad?

3

Validate the Emotion

All emotions are valid even if the emotion doesn't fit the problem.

THINK

I could be feeling _____
because of _____.

4

Problem Solve

What choices do you have?

THINK

If I took a break I could
come back to this project
when I'm not as frustrated.

5

Meet the Need

How can you help yourself
move through the emotion?

THINK

ANGER: I'm going to take deep
breaths, to find my PEACEFUL
spot.

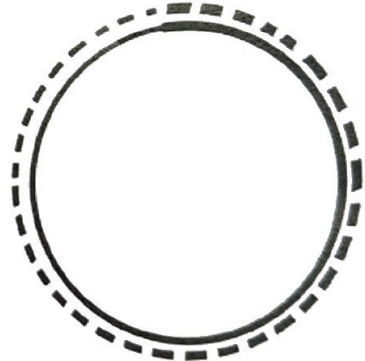
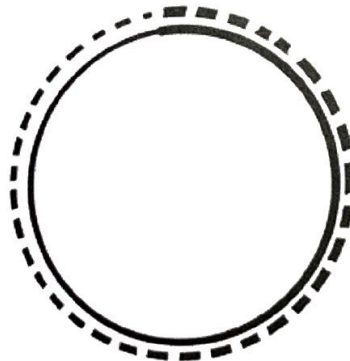
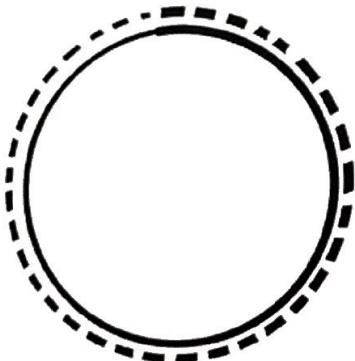
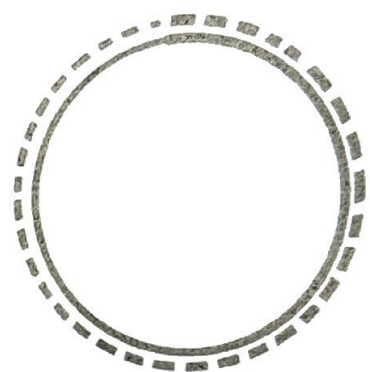
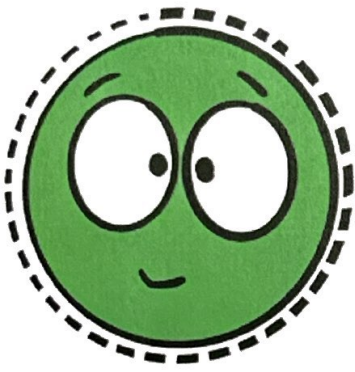
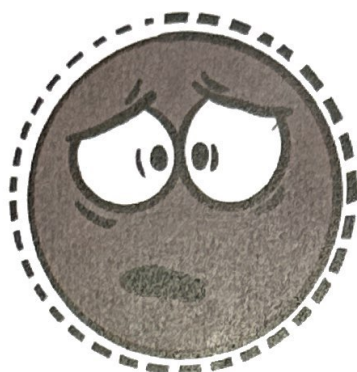
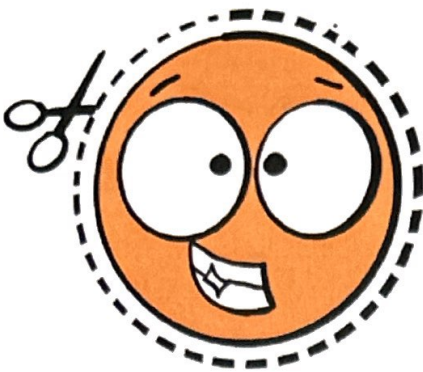
ANXIETY: I am going to remind
myself that I am safe, and take a
second to breathe.

SADNESS: It's okay to be sad,
but I should find a loved one to
talk to and get comfort.



SADNESS: Needs Comfort **ANGER:** Needs Patience
ANXIETY: Needs Security

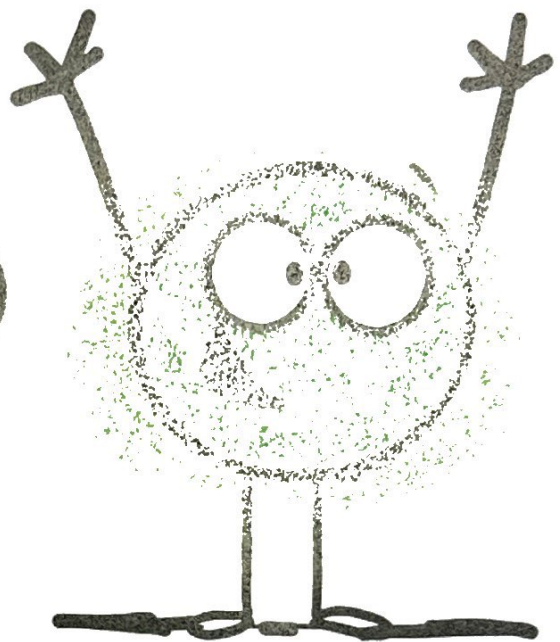
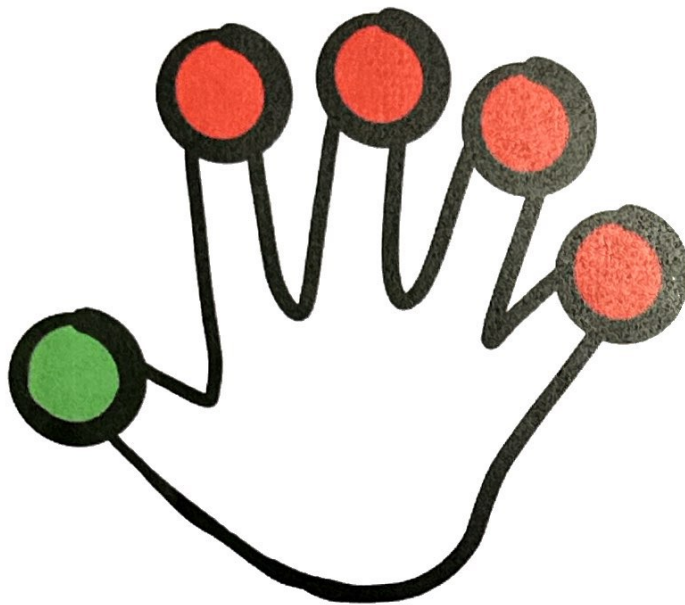
Emotion & Feeling Stick Puppets



HOW TO CALM ^{YOUR} **ANGRY** SPOT

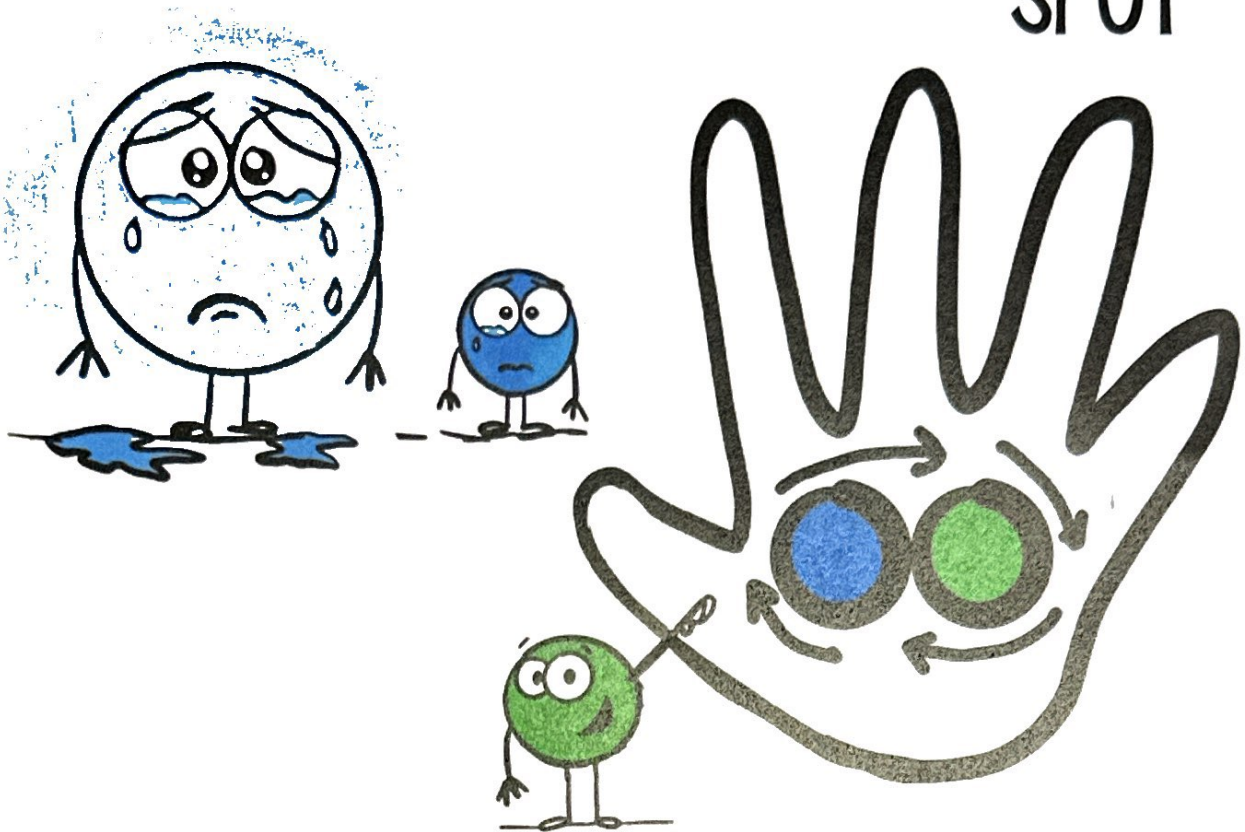


Count the SPOTS
from one to four.
TAP, TAP, TAP, and
TAP once more.



Now fill your lungs with peaceful air,
and coat your spots with love and care.

HOW TO CALM^{YOUR} SADNESS SPOT



Circle the SPOTS in the middle of your palm,
count the swirls down to CALM.

Around and around, and around twice more.

One, then two, then three, then four.

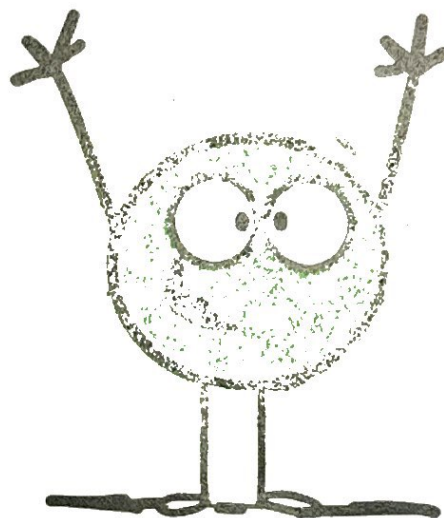
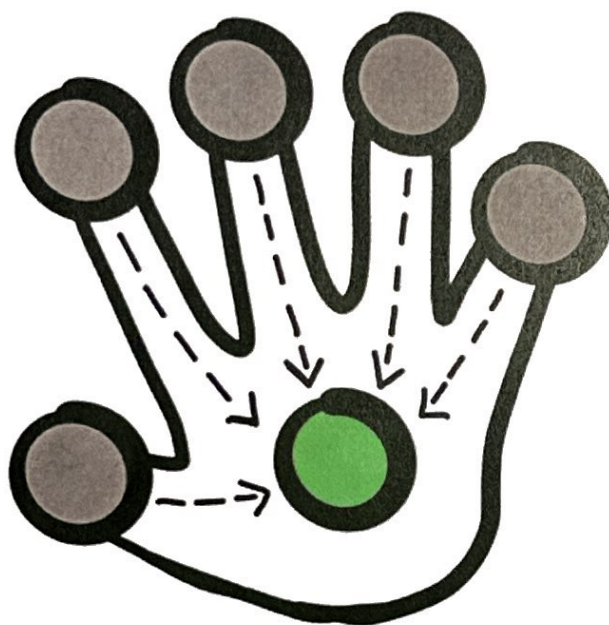
Each time you trace around the SPOTS,
take a deep breath to CALM your thoughts.

HOW TO CALM YOUR ANXIETY SPOT



From the tip of my finger
to the middle of my palm,

I can do this!
I can be calm!



This worry grew too big, and cannot stay,
take a deep breath and blow it away!



Snowy Mountain

"I am tall and brave like a snowy mountain."

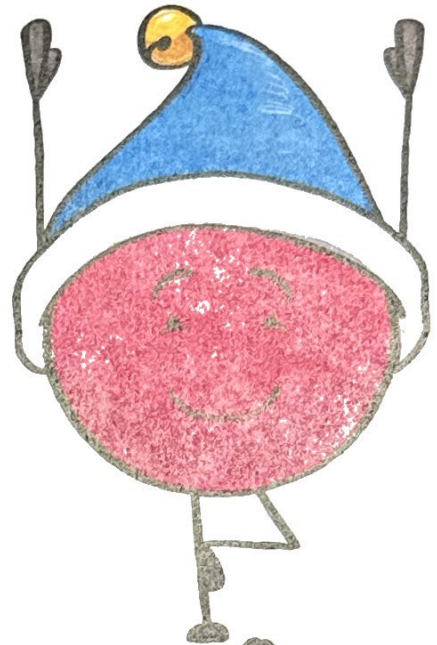
Stand with your feet firmly planted on the floor. Straighten your spine. Hold your shoulders tall and firm with your palms forward.



Christmas Tree

"I bring joy to others like a beautiful Christmas tree."

Stand with your feet firmly planted on the floor. Lift your arms straight above your head. Lift one foot and place it on the inside of your ankle or knee.



Candy Cane

"I am flexible like a candy cane."

Stand with your feet firmly planted on the floor. Lift your arms above your head and place your palms together. Gently bend your body slightly to one side.

