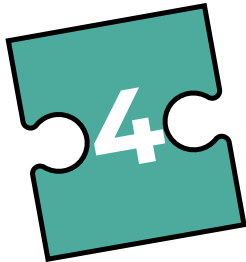
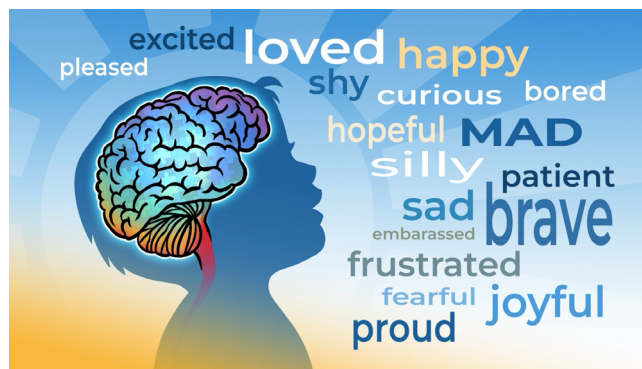


# Program One: Strengthening Children's Language, School Readiness, Emotion and Social Skills and Positive Relationships



## Part 4: Emotion Coaching Strengthens Children's Emotion Literacy & Empathy

### Refrigerator Notes and Handouts



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## Part 4: Emotion Coaching Strengthens Children's Emotional Literacy & Empathy

### HOME ACTIVITIES FOR THE WEEK



#### To Do:

- **PLAY** with your child one-on-one labeling your child's emotions when you see them. Label your child's positive feelings more often than their uncomfortable feelings. Suggest a coping strategy when naming your child's uncomfortable feelings.
- **ENGAGE** in some pretend imaginary play with your child. Use puppets or toy characters to model and prompt emotion language and name the feeling when it occurs.
- **USE** books and games to expand emotion language
- **MODEL** your own appropriate expression of feelings about your experiences.
- **CONNECT WITH YOUR BUDDY** to share experiences with emotion coaching during play.



#### To Read:

Handouts and Chapter 4, *Emotion Coaching*, in **The Incredible Years** parent book or audiobook.



**BRAVE**



Home Activities

## RECORD SHEET: EMOTION COACHING DURING CHILD-DIRECTED PLAY TIMES



EXCITED



Record times you spent emotion coaching during child-directed play with your child, what emotion words you modeled, prompted or described, and any reaction you noticed in yourself or your child.

Date	Time Spent	Activity	Parent's Emotion Coaching Target Words	Child's Response and Your Response

# Refrigerator Notes

## Facilitating Children's Emotion Learning: Parents as "Emotion Coaches"



Describing children's feelings is a powerful way to strengthen your child's emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when playing with your child. Adjust your emotion commenting according to your child's literacy level. For example, if your child has 2 emotion words in their vocabulary add a 3rd emotion you would like your child

to be aware of. See the Buzz handout Building Children's Emotional Brain Connections to record the emotion words you will highlight with your child.

Feelings/Emotion Literacy	Examples
<input type="checkbox"/> happy <input type="checkbox"/> frustrated <input type="checkbox"/> calm <input type="checkbox"/> proud <input type="checkbox"/> excited <input type="checkbox"/> pleased <input type="checkbox"/> sad <input type="checkbox"/> helpful <input type="checkbox"/> worried <input type="checkbox"/> confident <input type="checkbox"/> patient <input type="checkbox"/> having fun <input type="checkbox"/> jealous <input type="checkbox"/> forgiving <input type="checkbox"/> caring <input type="checkbox"/> curious <input type="checkbox"/> angry <input type="checkbox"/> mad <input type="checkbox"/> interested <input type="checkbox"/> embarrassed	<ul style="list-style-type: none"> <li>• "That is frustrating, and you are staying calm and trying to do that again."</li> <li>• "You look proud of that drawing."</li> <li>• "You seem confident when reading that story."</li> <li>• "You are so patient. Even though it fell down twice, you just keep trying to see how you can make it taller. You must feel pleased with yourself for being so patient."</li> <li>• "You look like you are having fun playing with your friend, and he looks like he enjoys doing this with you."</li> <li>• "You are so curious. You are trying out every way you think that can go together."</li> <li>• "You are forgiving of your friend because you know it was a mistake."</li> </ul>

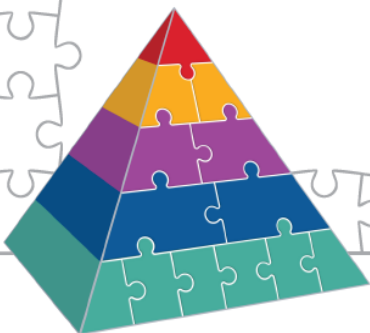
### Modeling Feeling Talk and Sharing Feelings

- "I am proud of you for solving that problem."
- "I am really having fun playing with you."
- "I was nervous it would fall down, but you were careful and patient, and your plan worked."

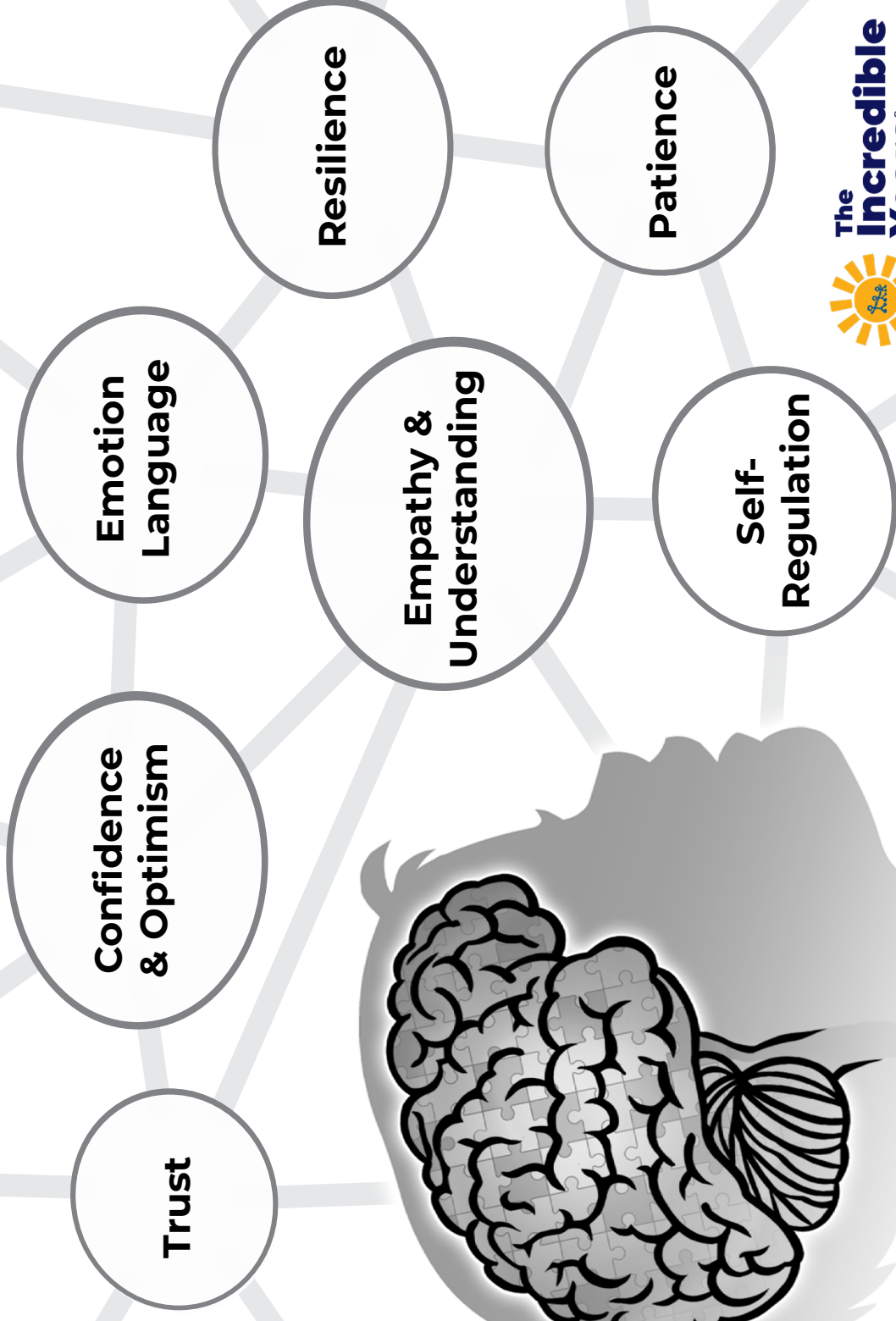
## REFRIGERATOR NOTES

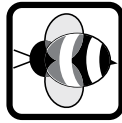
### COACHING YOUR CHILD'S EMOTION LITERACY

- Listen and try to understand what your child is feeling and wanting.
- Name or label your child's feelings when you see them (*avoid questions about what they are feeling because they are unlikely to have the emotion words to tell you and older children will enjoy the validation that you noticed*).
- Share the message that any feeling is okay, but some responses (like hurting someone) are not.
- Label your child's positive feelings more often than their uncomfortable or unhappy feelings.
- When naming uncomfortable feelings such as frustration, anger, sadness, fear or anxiety, point out or suggest a coping strategy: *"You look frustrated, but you are staying calm and trying again."*
- Comment on times when your child seems self-regulated, times they are staying calm, trying again when frustrated, waiting a turn, and using words to express a feeling
- Support your child when they are unhappy, but recognize when they are too upset to listen and just need time and space to calm down.
- Model and, as needed, give your child the words to use to express their feelings (e.g., *"you can tell her you are unhappy that she broke your tower"*).
- Link positive feelings to appropriate use of social skills.
- Use puppets to model and prompt feeling language.
- Praise and encourage your child when they stay calm in a frustrating situation.
- Cuddle and soothe your child when they are hurt or frightened. Stay calm yourself to provide extra reassurance.
- Model appropriate expression of feeling yourself. For example, *"I am proud of you"* or *"I am having fun playing with you."*



# Building Children's Emotion Brain Connections

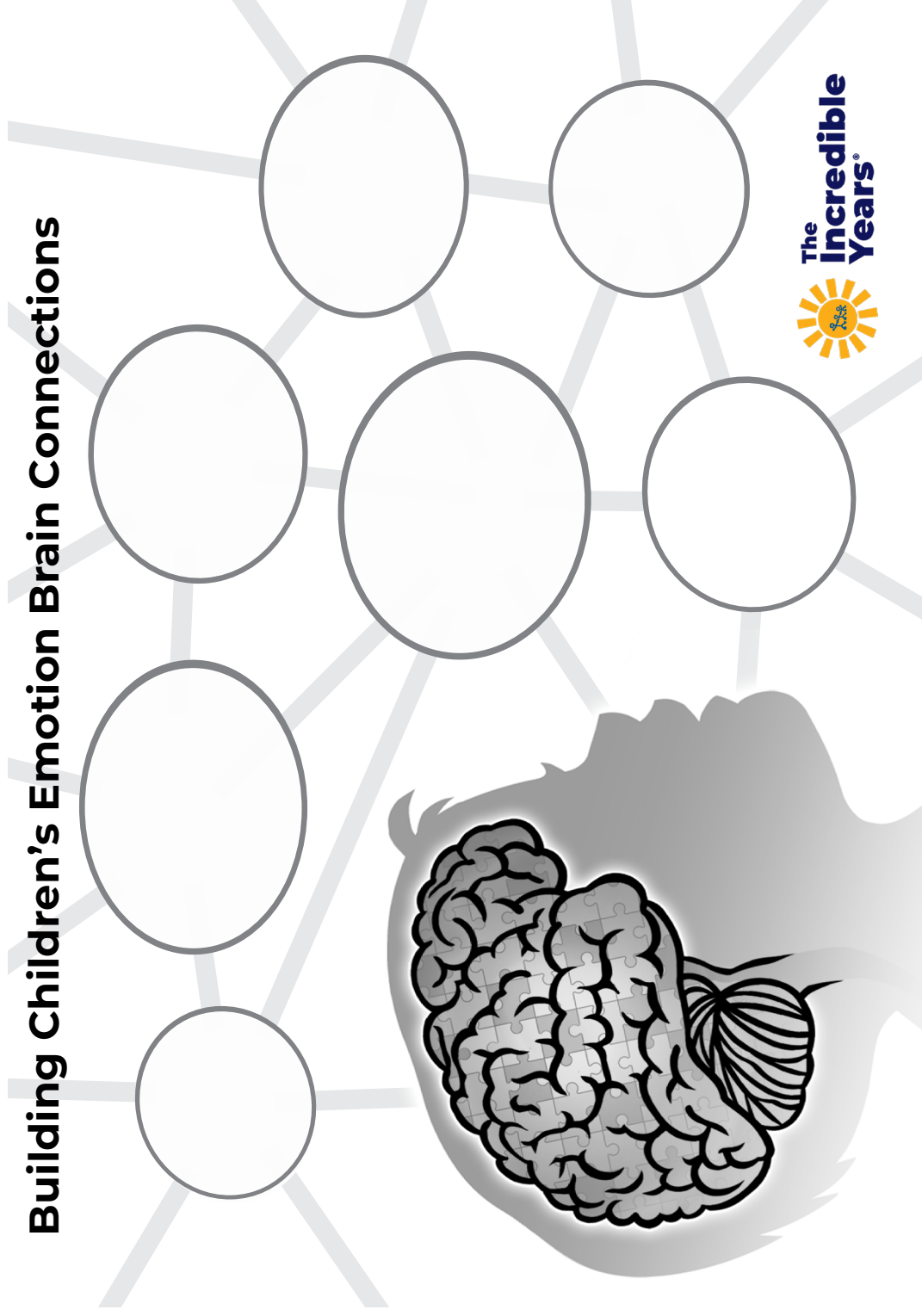




## Brainstorm/Buzz: Targeting Emotion Language to Enhance

Think about what emotion vocabulary your child understands and can speak. Choose a positive feeling and pair with its opposite feeling to teach your child. For example, brave vs scared, angry vs happy, frustrated vs calm, or confident vs nervous. Think about what feeling words you want to strengthen and model in your interactions. Write these in the neuron spaces below.

### Building Children's Emotion Brain Connections



## Brainstorm/Buzz: Emotion Coaching



Describing children's feelings is a powerful way to strengthen your child's emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when playing with a child. Use this checklist and decide what words you would use with your child depending on your goals for promoting your child's emotional literacy.



Examples of Feeling Words	Target Feeling Coaching Language
<input type="checkbox"/> happy <input type="checkbox"/> frustrated <input type="checkbox"/> calm <input type="checkbox"/> proud <input type="checkbox"/> excited <input type="checkbox"/> pleased <input type="checkbox"/> sad <input type="checkbox"/> helpful <input type="checkbox"/> worried <input type="checkbox"/> confident <input type="checkbox"/> patient <input type="checkbox"/> having fun <input type="checkbox"/> jealous <input type="checkbox"/> forgiving <input type="checkbox"/> caring <input type="checkbox"/> curious <input type="checkbox"/> angry <input type="checkbox"/> mad <input type="checkbox"/> interested <input type="checkbox"/> embarrassed	

