

EMOTION COACHING - Lovely that our parents came along to enjoy an introduction to Emotion Coaching today. Learning about our behaviours and how we can support each other is so very important. Some tips below.

Behaviours



Behaviours are a communication of our *emotions*

Through our *relationships* with *others* we learn to understand our experiences and regulate our emotions

'single biggest protective element for a young person is a relationship with a supportive adult'

There are four steps to Emotion Coaching.

Step 1 - Take a breath. Notice and empathise.

Step 2 - Label and validate.

Step 3 - Set expectations.

Step 4 - Problem solve.

See the next page for more information.

2024-25 Issue 21, 7 February 2025

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WE ARE HERE
FOR YOU



TOP TIPS FOR EMOTION COACHING

ACKNOWLEDGE

Low levels of your child's emotion before they escalate to full-blown distress.

REMEMBER

Emotions are natural and normal, and not always a matter of choice.

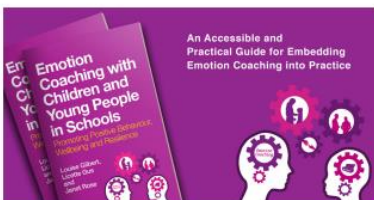
RECOGNISE

A child's behaviour is a communication of an emotion they are experiencing.

CHECK HOW YOU'RE FEELING

Are you calm and ready to Emotion Coach the child?

LEARN MORE IN OUR BOOK...



THE 4 STEPS TO EMOTION COACHING

1. NOTICE AND EMPATHISE

Notice any reactions and judgments the child's behaviour causes in you. Imagine a similar situation for an adult.

2. LABEL AND VALIDATE

Help your child to name what they're experiencing in this moment.
"I can see that you're angry. I would feel angry, too, if that happened to me..."

3. SET EXPECTATIONS

EC accepts the emotion, but the behaviour may be inappropriate.
"I understand you're feeling sad, but hitting your friend is not okay."

4. PROBLEM SOLVING

When the child is calm, find solutions with the child. When possible, follow their lead in picking a solution.

EMOTION COACHING is a way to help children calm down. It teaches them how to manage their emotions.



A POCKET GUIDE to Emotion Coaching



STEP 1: NOTICE AND EMPATHISE

Be aware of the different emotions a child may feel. Observe, listen, and learn how the child expresses different emotions. Watch for facial expressions, body language, posture, gestures, tone of voice, and speed of speech.

"Be curious rather than furious."

Look beneath the behaviour:



The child's behaviour tells you they are struggling with how they're feeling and need your support. Accepting the emotion will help you to de-escalate the behaviour.



BE A 'STAR' FOR YOUR CHILD

- S STOP** - Don't react straight away. Notice how *you* are feeling.
- T THINK** - What feeling might lie beneath the child's behaviour?
- A ATTUNE** yourself with the feeling by putting yourself in the child's shoes.
- R REFLECT** - What would be an equivalent situation for you, as an adult, to feel that way?

STEP 2: LABEL AND VALIDATE

Sometimes a child can't tell you what they're feeling, so you can help them to do this. By putting a child's feelings into words, you are comforting them and showing you care and understand.

Be aware of your body language and tone, and use phrases like:

"It must have made you mad when he took your toy..."

"You look sad. I wonder if you wish it was your birthday party..."

"Name it, to tame it." (Siegel, 2012)

STEP 3: SET EXPECTATIONS

Provided the child is safe and no one is at risk of harm, setting expectations is an opportunity to remind the child about acceptable behaviour. Focus on the boundaries and behaviour the child needs to understand and practice. Perhaps a kind reminder is all they need: *"We agreed that you need to put toys away before bedtime..."*. Kind reminders acknowledge that none of us learn things straight away. Managing emotions is no different than any other skill - it takes time and lots of practice.

STEP 4: PROBLEM-SOLVE

Reinforce the idea that the child has the capacity to develop skills to cope with strong emotions.

"How were you feeling when that happened?"

"Let's think about what you could have done instead."

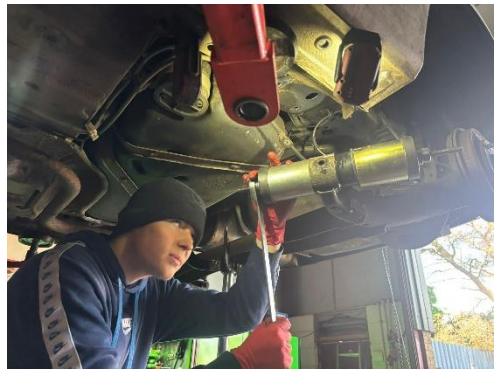
"You could...or..., which one sounds good to you?"

"What will help to remember this?"



We were so lucky to welcome Olivia and April to Kettlebrook to lead the training for staff and parents.





Excellent WEX week.

Kyle showing a lot of motor mechanic skills.



Mr Hall's Health and Fitness



9 Common Sleep Mistakes

by @Inner_Drive
www.innerdrive.co.uk

- Watching TV right up until bedtime
- Killing time online
- Long naps in the day
- Different bedtimes each night
- Drinking tea, coffee, cola or energy drinks late at night
- Waiting to fall asleep before going to bed
- Being on your phone in bed
- Overthinking tomorrow
- Staying in bed when unable to sleep

A teenager should sleep for 8-10 hours every night. How many hours of sleep do you get each night?

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Friendly February 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

1 Send a message to let someone know you're thinking of them

SUNDAY

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise



24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together