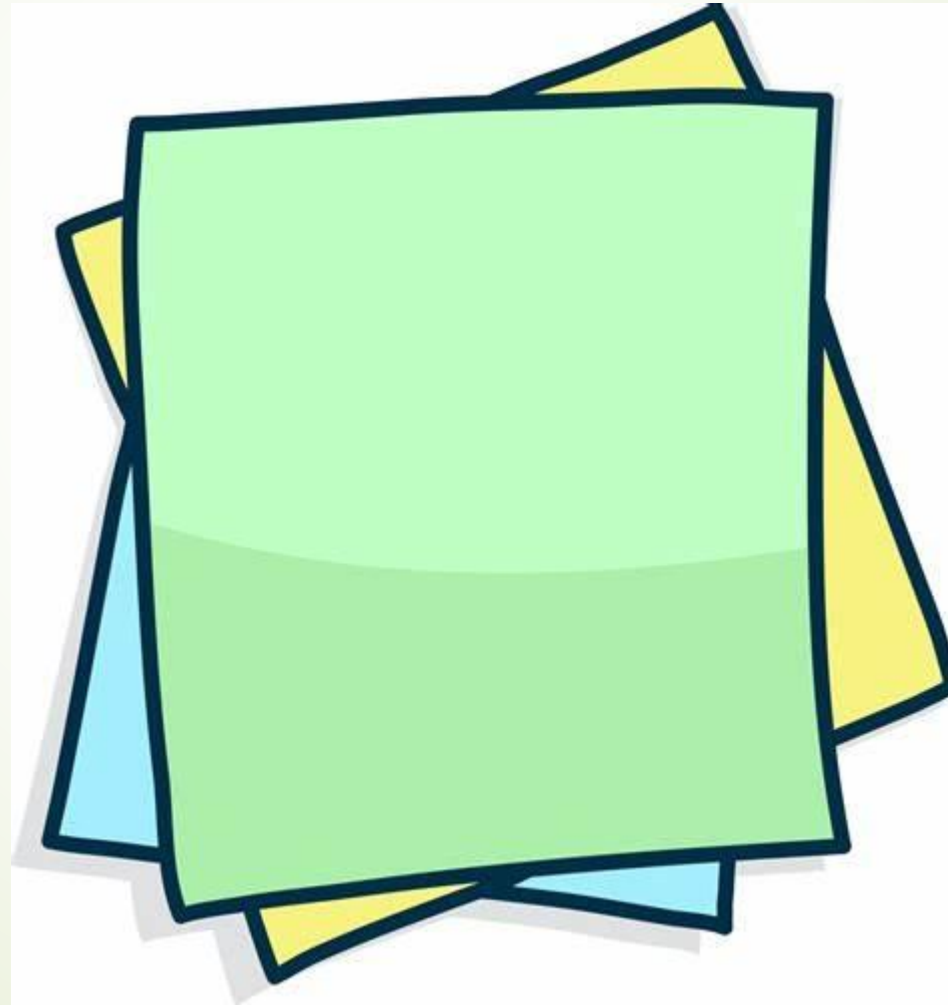


Emotional Coaching and Supporting Behaviours

Monday 28th April 2025 at 9am



What questions do you have?
What would you like support with?



Different communication styles

Dismissing

- **Avoids** emotions/wants to **get over** emotion quickly
- Uses **distraction**
- Jumps straight to **problem solving**

Laissez Faire

- Shows lots of empathy but does **not set limits**
- Have a 'hands off' idea about handling emotions
- **Shows own emotions** but unable to resolve them

Disapproving

- Judges and **criticises** emotions
- Viewed as sign of **weakness**
- May see emotional display as **manipulation**

Emotion coaching

- Uses **empathy** to connect
- All emotions are **okay and healthy** (but not all behaviours)
- Remains **calm** and helps the child solve the problem
- Are **aware** of his/her own emotions

Inside Out

- ▶ The difference between a Dismissive and Emotion Coaching





What is Emotional Coaching?

- Emotional coaching is a style of communication.
- Emotional coaching uses moments of emotion to guide and teach children about more effective responses.
- Accepts all **emotions** are normal and healthy (but not all **behaviours**)
- Considers the feelings, needs and emotions behind the behaviour
- Enables us to potentially diffuse and de-escalate situations by allowing the child to calm down, physiologically and psychologically
- Helps children feel seen, appreciated and cared for

How do we use Emotional Coaching?

1. Become aware of emotion – especially if it is low intensity (such as disappointment or frustration)
2. Connect – view their emotions as opportunities for connection and teaching
3. Accept – listen and accept their emotions, avoid judgement
4. Reflect – help them use words to describe what they feel
5. End stage – if appropriate, help them to problem solve.
You may also communicate that all feelings are acceptable but some behaviours are not.

Are you okay?

Wow, that sounds really hard.

I wonder if you're feeling...?

Are you saying that...?

What would be helpful right now?

It's okay to feel... but it's not okay to...

When I feel... I like to...

1. **Become aware** of emotion
2. **Connect** and start a conversation
3. **Accept:** communicate understanding and it's okay to feel that way.
4. **Reflect:** Use words to describe feelings
5. **End stage:** Help them to solve problems or suggest 'Helpful behaviours'

You seem a bit *down* today?

I've noticed...

It's okay to feel...

I would feel... if that happened to me.

I think we should go and talk to...

If these sentence starters don't feel natural to you, add some of your own. Emotion Coaching is something that you can adapt to your style of parenting.

Dismissive vs Emotional Coaching

Example scenario:

Emma, a 7 year old, has just lost a board game and is sulking with her arms folded



Conversation 1

Parent: Oh dear, you look a bit upset. Was it losing the game that's got you feeling cross?

Emma: Yeah... it's not fair! I tried really hard and I still lost!

Parent: I get that. It can feel really unfair when you've given it your all and things don't go your way. I'd be fed up too.

Emma: It's just rubbish when I don't win.

Parent: Losing's never much fun. But feeling this way shows how much you cared about it—and that's actually a good thing.

Emma: I suppose...

Parent: You stuck it out and kept going, even when it got tricky. That's something to be proud of. Do you fancy a cuddle, or would you like a bit of space to cool off?

Emma: A cuddle.

Parent: It's all right to feel upset sometimes. You're doing a brilliant job learning how to handle big feelings. Maybe next time we can chat about some ways to feel a bit better, even if things don't quite go our way. How does that sound?

Emma:
Yeah... okay.

Conversation 2

Parent: Oh, come on, Emma. It's just a game. No need to make a fuss.

Emma: But I tried really hard and I still lost!

Parent: Well, that's life. You can't win everything. No point getting upset over something so silly.

Emma: It's not silly to me...

Parent: It's just a bit of fun. Don't be a sore loser.

Emma: I just don't like losing...

Parent: Well that just happens sometimes, stop sulking and tidy the game away, please.

Dismissive vs Emotional Coaching

➤ Dismissive

- Minimising the child's feelings ("It's just a game")
- Invalidating the emotion ("No one likes a sore loser")
- Offering no support or tools for emotional regulation

➤ Emotional Coaching

- **1. Notice the emotion** "*You look a bit upset...*"
Shows awareness of the child's emotional state.
- **2. See emotion as a chance to connect** "*I'd be fed up too.*"
Builds trust and emotional closeness.
- **3. Validate and empathise** "*Losing's never much fun...*"
Accepts the feeling without judgement.
- **4. Help label the emotion** "*Feeling cross?*"
Teaches emotional vocabulary.
- **5. Support with limits & problem-solving** "*Let's think about ways to feel better next time.*"
Encourages reflection and self-regulation.

Being an Emotion Coach

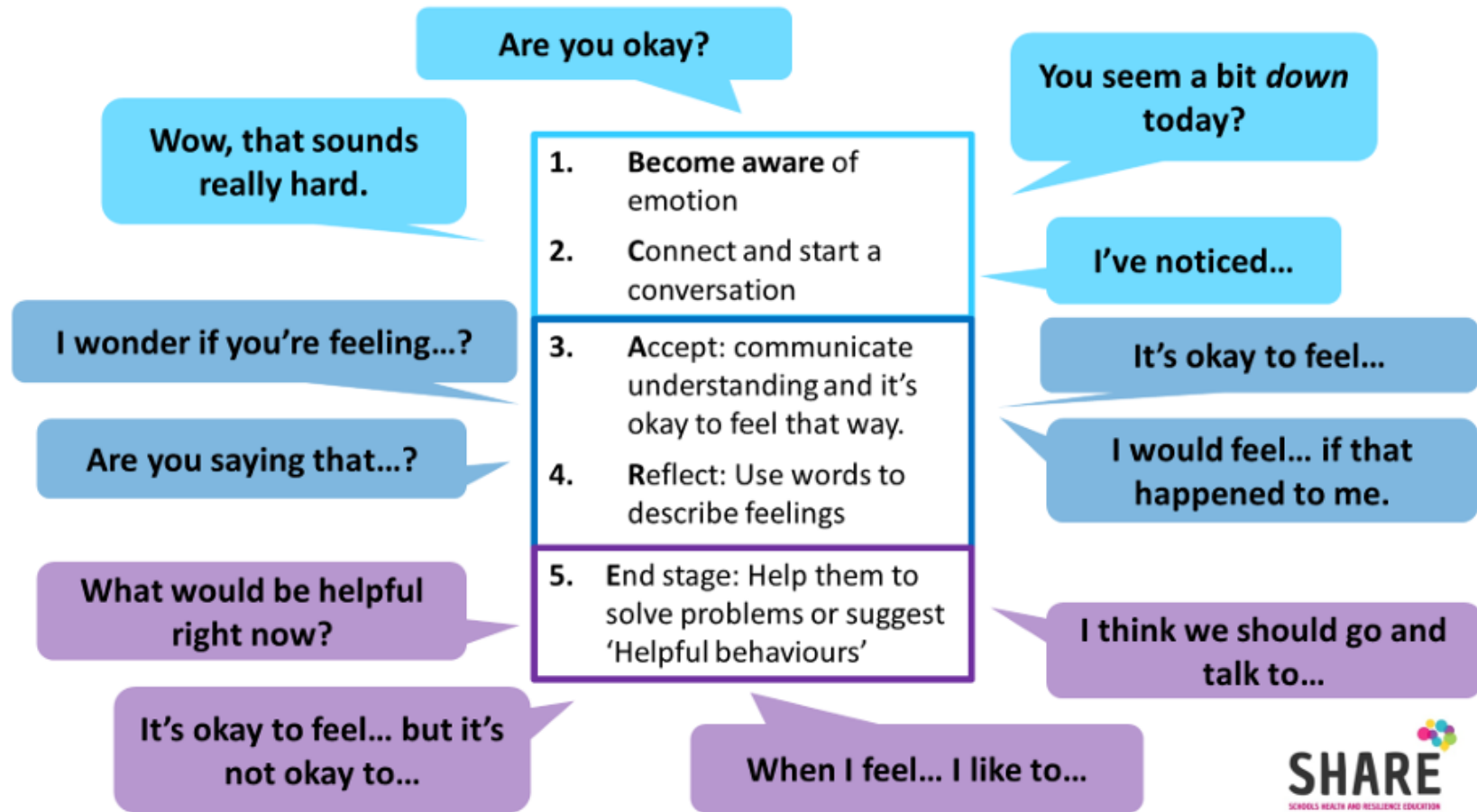
Use this time to think about a situation you have had with your child where you could use emotional coaching, or use the example on the sheet. What could you say?

Your child does not want to go to school on sports day.

What is your child feeling?	
How could you Emotion Coach?	

Your child does not want to go to school on sports day.

What is your child feeling?	
How could you	
Emotion Coach?	



If these sentence starters don't feel natural to you, add some of your own. Emotion Coaching is something that you can adapt to your style of parenting.

Emotional arousal and the hand model of the brain

➔ Hand Model of the Brain

HAND MODEL OF THE BRAIN



At the base of your brain, represented here by your wrist, is the brain stem. It's responsible for basic things like breathing and keeping your heart pumping.



Your thumb, folded in, sits in the middle, just like the amygdala in the brain. The amygdala is responsible for sensing danger and telling the brain + body.



Your fingers are like your pre-frontal cortex- that's the part of the brain that helps us manage emotions and make complex decisions



When fear, danger, or intense emotion overwhelm our amygdala our prefrontal cortex goes offline and we "flip our lid." That's why sometimes it is so hard to make thoughtful decisions when we are very upset.

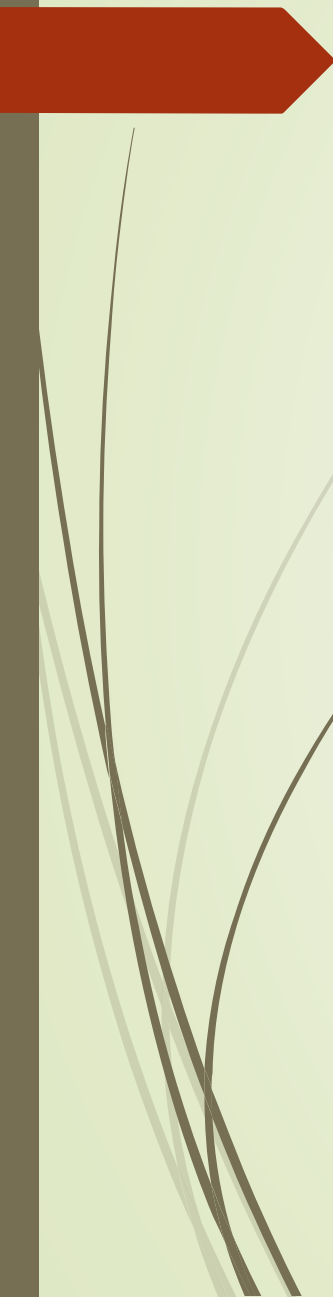
When brains are overwhelmed like this, they need a break to reflect and reconnect.

It is important to look after your own emotions and wellbeing, as you will be better equipped to respond to your child's emotions.

What do I do for self-care?

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-  Get plenty of sleep
-  Enjoy sunshine
-  Cook
-  Write or draw (think out loud)
-  Talk to myself
-  Cuddle cats
-  Walk or bike (esp in a park)
-  Tidy
-  Read
-  Read about people whose lives are more complicated
-  Garden
-  Get a hug
-  Talk to select people



Why did I 'flip my lid'?	How did I behave?	What could I do next time?
<i><u>Example</u> I had too much to do and felt stressed</i>	<i>I was short tempered and shouted at my children.</i>	<i>Deep breathing away from room for a minute or two.</i>

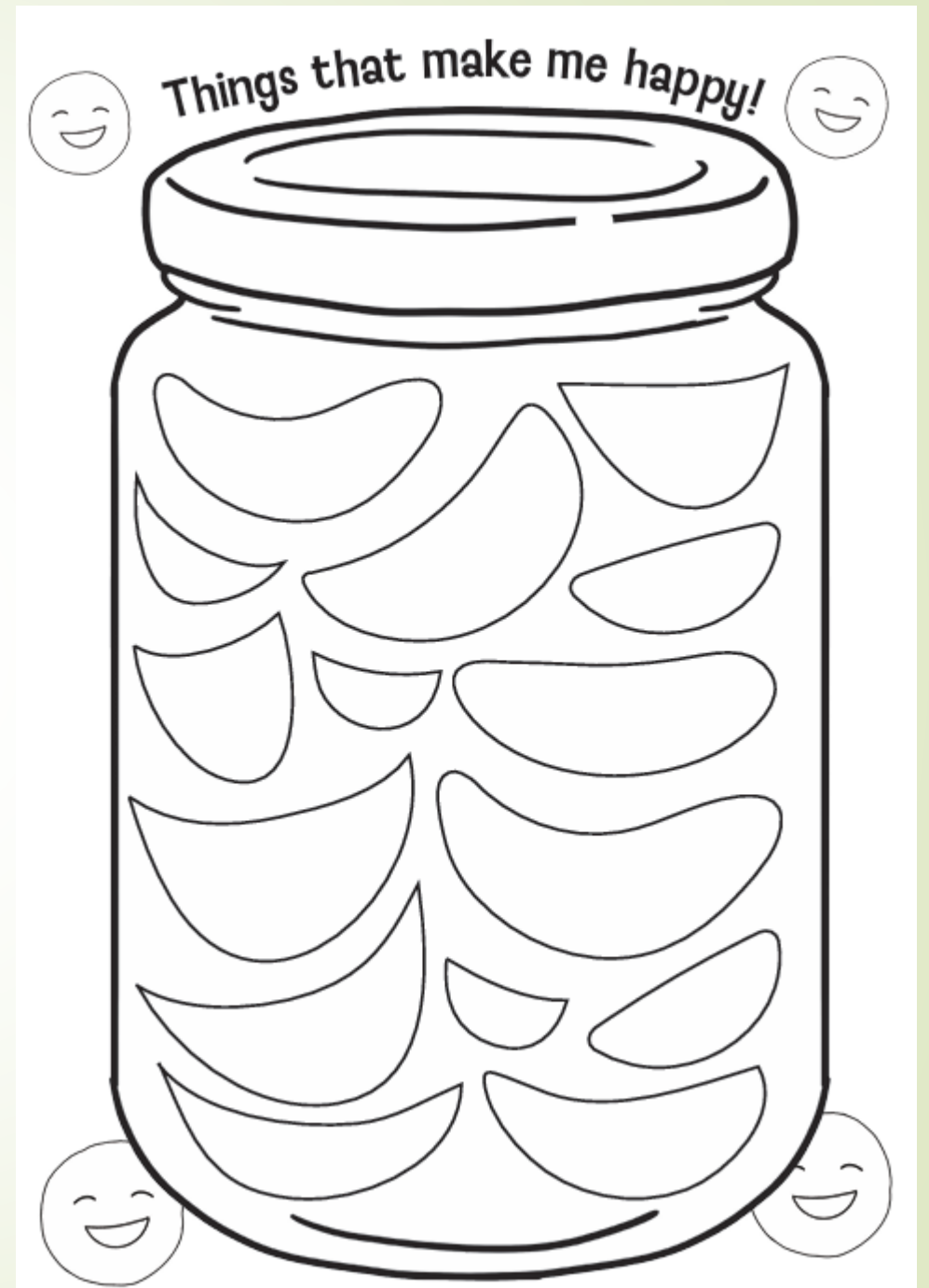
Have a look at the template and think about a time when you feel like you 'flipped your lid'

What could help you if this situation happens again?

Sit with your child and create a jar of things that make them feel good or helps them when they are feeling down.

Try not to suggest anything, but be guided by them.

If they don't come up with anything right away, ask them to think about it for the next day and you can chat about it again.



Thank you for coming!

Further support can be found with the Educational Wellbeing Service. Please take a leaflet or apply online.

[EWS Application form](#)

Please email if you have any questions or would like to discuss anything further

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