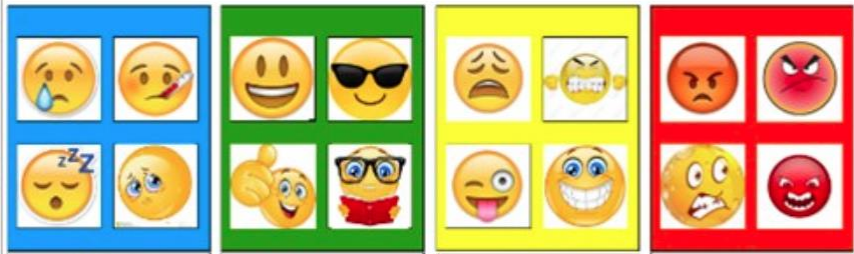


Emotion Coaching Script

Validate, Label, Empathise
<p>I can see you... (appearance - fidgeting)</p> <p>I wonder if you are feeling...(name emotion)</p> <p>I'm trying to understand how you are feeling</p> <p>It is normal to feel like that/It's ok to have those feelings</p>
Set Limits
<p>I'm worried that you are not showing the core values and this means...</p> <p>Everyone needs to be safe so...</p>
Problem Solve
<p>What would help you now?</p> <p>Maybe use Zones of regulation toolkit (Give ideas if they can't think of anything, When I'm feeling... I like to ... or compare to another situation when they have been successful)</p> <p>Let the child choose the way forward</p>

			
<p>Sad</p> <p>Tired</p> <p>Exhausted</p> <p>Unwell</p> <p>Sick</p> <p>Bored</p> <p>Disappointed</p> <p>Hurt</p> <p>Depressed</p> <p>Shy</p>	<p>Happy</p> <p>Calm</p> <p>Content</p> <p>Focussed</p> <p>Appreciated</p> <p>Proud</p> <p>Thankful</p> <p>Grateful</p> <p>Ready to learn</p> <p>OK</p> <p>Relaxed</p>	<p>Stressed</p> <p>Frustrated</p> <p>Annoyed</p> <p>Anxious</p> <p>Worried</p> <p>Excited</p> <p>Silly</p> <p>Fearful</p> <p>Scared</p> <p>Overwhelmed</p> <p>Jealous</p> <p>Upset</p> <p>Uncomfortable</p> <p>Confused</p> <p>Embarrassed</p> <p>Grumpy</p> <p>Grouchy</p>	<p>Angry</p> <p>Rage</p> <p>Explosive</p> <p>Mad</p> <p>Aggressive</p> <p>Panic</p> <p>Grief</p> <p>Terrified</p> <p>Elation</p> <p>Mean</p> <p>Out of control</p>