



# Emotion Coaching

- Extending Children's Understanding of Emotion
- Coping Strategies
- Problem-solving





## EXAMPLES OF EMOTION COACHING

- “That is frustrating, and you are staying calm and trying to do that again.”
- “You look proud of that drawing.”
- “You seem confident when reading that story.”
- “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.”
- “You look like you are having fun playing with your friend, and he looks like he enjoys doing this with you.”
- “You are so curious. You are trying out every way you think that can go together.”
- “You are forgiving of your friend because you know it was a mistake.”

### **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.”

**I model  
positive  
feelings talk**

