

Emotion Coaching Language Scripts Used In School

Labelling

"I wonder if you are feeling X ..."
"I can see that you are expressing a lot of energy when you do X ..."
"You seem angry to me" (or sad, upset etc)
"I can see that you're feeling frustrated"
"You're angry about..."
"I can see that something's not quite right, can you tell me about it?"

Validating

"I'm sorry that happened to you, you must have felt angry"
"I know if that happened to me I would feel angry too"
"It's OK that you feel scared about that"
"Of course you are excited about going on the school trip!"
"It's OK to feel like that"

Limit Setting

"It is my job to keep you and the other children in school safe"
"It is not safe for you to do X"
"My concerns are that you will hurt yourself if you do that..."
"This is not a safe place to be displaying those behaviours"

Problem Solving Three parts

"Can you tell me what happened?"
"What made you act that way?"
"How were you feeling when that happened?"
"When did you last feel like this?"
"What feelings are you having?"
"Have you felt this way before?"

"Let's think of what we could have done instead"
"Can you think of a different way to cope with your feelings?"
"I can help you think of a different way to cope"
"How did you handle this last time?"
"Can you remember feeling this way before and what we did?"

- a) *Solutions – Discuss* Suggest what might happen with each solution- Ask, is this fair? Will this work? Is this safe?
Do you think X would agree with this?
How are you likely to feel?
How will others feel?

"Let's decide what you will do next time when you feel like this"
"Do you think doing that would be more helpful for you and others?"
"This is what we can do instead"
"How do you think you will react next time or if this happens again?"