



If you want to refresh your memory, here are a couple of links which may be of interest

- Emotion Coaching webinar, giving a short(ish!-25 mins) overview of Emotion Coaching: https://www.youtube.com/watch?v=AjOL_dXPp9Q
- This is a parent focussed Emotion Coaching video (which is the same as the one that will be embedded in the resources for your school's parents. Please note that this video is great- short (5mins) but references John Gottman's original 5 steps (we have combined these into 4, but the principles are the same): <https://www.youtube.com/watch?v=7KJa32r07xk>
- You can also access the Emotion Coaching UK website for more information, blogs and research updates and free resources: www.emotioncoachinguk.com

Emotion Coaching is about helping children to *understand* the different *emotions* they experience, *why* they occur and *how* to handle them (Gottman and colleagues, 1997)

Emotion Coaching

Step 1

Recognising the child's feelings and empathising with them

Step 2

Validating the feelings and labelling them

Step 3

Setting limits on behaviour (if needed)

Step 4

Problem-solve with the child

Notes: