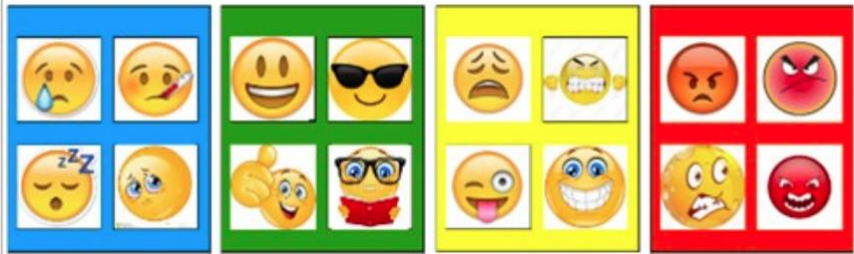


# Emotion Coaching Script

<b>Validate, Label, Empathise</b>
<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>
<b>Set Limits</b>
<p>I'm worried that you are not showing the core values and this means...</p> <p>Everyone needs to be safe so...</p>
<b>Problem Solve</b>
<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><b>Sad</b></p> <p><b>Tired</b></p> <p><b>Exhausted</b></p> <p><b>Unwell</b></p> <p><b>Sick</b></p> <p><b>Bored</b></p> <p><b>Disappointed</b></p> <p><b>Hurt</b></p> <p><b>Depressed</b></p> <p><b>Shy</b></p>	<p><b>Happy</b></p> <p><b>Calm</b></p> <p><b>Content</b></p> <p><b>Focussed</b></p> <p><b>Appreciated</b></p> <p><b>Proud</b></p> <p><b>Thankful</b></p> <p><b>Grateful</b></p> <p><b>Ready to learn</b></p> <p><b>OK</b></p> <p><b>Relaxed</b></p>	<p><b>Stressed</b></p> <p><b>Frustrated</b></p> <p><b>Annoyed</b></p> <p><b>Anxious</b></p> <p><b>Worried</b></p> <p><b>Excited</b></p> <p><b>Silly</b></p> <p><b>Fearful</b></p> <p><b>Scared</b></p> <p><b>Overwhelmed</b></p> <p><b>Jealous</b></p> <p><b>Upset</b></p> <p><b>Uncomfortable</b></p> <p><b>Confused</b></p> <p><b>Embarrassed</b></p> <p><b>Grumpy</b></p> <p><b>Grouchy</b></p>	<p><b>Angry</b></p> <p><b>Rage</b></p> <p><b>Explosive</b></p> <p><b>Mad</b></p> <p><b>Aggressive</b></p> <p><b>Panic</b></p> <p><b>Grief</b></p> <p><b>Terrified</b></p> <p><b>Elation</b></p> <p><b>Mean</b></p> <p><b>Out of control</b></p>