## Welcome to an emotion coaching assembly for Key Stage Two



### **EMOTION COACHING**



The adults in school are going to teach you about emotion coaching, so that one day, you can help others by providing emotion coaching for them.

### Emotion coaching is....

- I. Supporting someone to understand their emotions.
- 2. Naming, understanding and recognising different emotions. (It's okay to feel sad).
- 3. Setting limits on the way we express emotions through our behaviour

(It's not okay to....)

4. Problem solving

(What could be done differently).

## A good emotion coach is someone who does these things to help you

- Active listening
- Understanding emotions
- Has empathy
- Uses guidance
- Accepts that negative emotions are a normal thing and they happen to everyone.

## Inside out: How does Sadness comfort and support Bing Bong?

https://www.youtube.com/watch?v=QT6FdhKriB8









### EMOTIONS ARE A

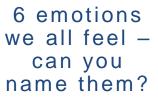
NORMAL PART

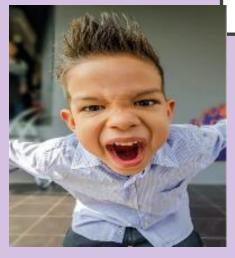
OF LIFE!

We ALL feel
emotions ALL the
time. Good ones, bad
ones, enjoyable ones,
hard ones.









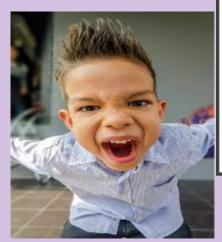












Anger

6 emotions
we all feel can you
name them?
You may
have used
similar
vocabulary.

**Distress** 







Disgust Surprise Joy

## Where is this poster in your classroom?



PEOPLE HAVE

LOTS OF

DIFFERENT

EMOTIONS...

- Children feel lots of emotions right from a young age.
- They can change quickly.
- Feeling emotions is really important. It helps us to mature and for our brains to develop and work properly.
- If we don't learn to understand and then manage our emotions, it can make it very difficult for us to learn.

# EMOTION COACHING NOT EMOTION DISMISSING...

It's easy when we're busy or tired or fed up to just ignore or brush away our own or other people's emotions.

Watch this extract from **Inside Out** to see the difference if we try to ignore emotions or actually listen to them.



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We have some mascots in every class in the school, in Wendy's room and Mrs Jay's office.



An owl



A cat



A dinosaur

These mascots represent what happens in different parts of the brain.

#### The part of your brain represented by...



Thinking Brain Upstairs Brain Ready to Learn



...Wise Owl makes sure that the upstairs brain and downstairs brain are working together. When they are we can learn well.



Yellow Zone Caution area



...Scaredy Cat stops you from listening to wise owl. You feel frightened, anxious or worried.



Feeling Brain Downstairs Brain Flipping your lid



...Dino Brain stops you from listening to your upstairs brain. You might need help to be safe.

Feelings Friends	What's happening?	Adults will help and might do or say
Wise owl	I feel fine. Lid closed The upstairs and downstairs brain are working together. I can talk things through make choices problem solve	Have a go Try this Lets sort things out Are you ready to apologise What do you think you should do?
Scaredy cat	Lid wobbling Seeking reassurance Asking questions Become fidgety Seek attention from other Become withdrawn Teary	How are you feeling? Do you have any worries? What do you hope will happen? Tell me what is going well. How can I help?
Dino brain	Lid has flipped Downstairs brain working only You want to run, hide, fight or freeze You may Become aggressive Use unkind words or inappropriate language Run or walk away	I can see that I wonder if you are feeling because I understand that At school we  Guide you to a calming place or activity Remind you of soothing or calming strategies Help you to feel safe

## Thank you for listening

