

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....

1. 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.

6 emotions
we all feel –
can you
name them?





Distress



Anger

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



Disgust



Surprise



Joy

Where is this poster in your classroom?



Frustrated



Embarrassed



Lonely



Sad



Mad

**This is how I
feel today!**



Nervous



Happy



Loved



Scared



Proud

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.



[Click here](#)

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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...

Where is your brain?



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...
<p data-bbox="59 187 256 229">Wise owl</p> 	<p data-bbox="739 187 948 222">I feel fine.</p> <p data-bbox="755 229 938 265">Lid closed</p> <p data-bbox="533 272 1161 358">The upstairs and downstairs brain are working together.</p> <p data-bbox="504 365 595 401">I can</p> <ul data-bbox="504 408 877 536" style="list-style-type: none"> ... talk things through ... make choices ... problem solve 	<p data-bbox="1228 201 1392 237">Have a go</p> <p data-bbox="1228 265 1367 301">Try this</p> <p data-bbox="1228 329 1576 365">Lets sort things out</p> <p data-bbox="1228 394 1692 429">Are you ready to apologise</p> <p data-bbox="1228 458 1818 494">What do you think you should do?</p>
<p data-bbox="59 561 330 604">Scaredy cat</p> 	<p data-bbox="736 561 958 596">Lid wobbling</p> <ul data-bbox="504 604 967 861" style="list-style-type: none"> Seeking reassurance Asking questions Become fidgety Seek attention from other Become withdrawn Teary 	<p data-bbox="1228 575 1586 611">How are you feeling?</p> <p data-bbox="1228 639 1663 675">Do you have any worries?</p> <p data-bbox="1228 704 1760 739">What do you hope will happen?</p> <p data-bbox="1228 768 1673 803">Tell me what is going well.</p> <p data-bbox="1228 832 1499 868">How can I help?</p>
<p data-bbox="59 918 285 961">Dino brain</p> 	<p data-bbox="707 918 981 953">Lid has flipped</p> <p data-bbox="571 961 1116 996">Downstairs brain working only</p> <ul data-bbox="504 1003 1174 1260" style="list-style-type: none"> You want to run, hide, fight or freeze You may... Become aggressive Use unkind words or inappropriate language Run or walk away 	<p data-bbox="1228 918 1499 953">I can see that...</p> <p data-bbox="1228 961 1721 1039">I wonder if you are feeling... because...</p> <p data-bbox="1228 1046 1566 1082">I understand that...</p> <p data-bbox="1228 1089 1470 1125">At school we...</p> <p data-bbox="1228 1182 1760 1260">Guide you to a calming place or activity</p> <p data-bbox="1228 1268 1818 1346">Remind you of soothing or calming strategies</p> <p data-bbox="1228 1353 1595 1389">Help you to feel safe</p>

Thank you for listening

