



Emotion Coaching Role Play- 5 year old

5 year old Richie and brother Dylan are building a car from lego and Dylan takes the piece that Richie wanted. Richie hits Dylan.

Emotion Dismissing/Disapproving

Parent/Carer: Richie, how dare you hit Dylan. Dylan, stop making that noise and go and play in the other room. Richie, we don't have that behaviour in our house and we don't hit each other, go into time out.

Richie stands with his head down heaving breaths and clenching fists.

Parent/Carer: You know what the rules are, you need to go into time out and get some control of yourself and think about what you have done.

Richie doesn't move – there are tears in his eyes: Bbbbbbbut. Bbbbut....

Parent/Carer interrupts and takes Richie's elbow: You heard me! Come, on that's the rules. I think you'll feel better once you've calmed down.

Richie moves slowly to time out. Parent/Carer speaks to Dylan.

Emotion Coaching

Parent/Carer: I can see by your eyes that you're feeling really cross right now and are not having fun any more. Let's go and chill a bit.

Richie and Parent/Carer sit on the couch. Richie has shoulders up around his ears, face is scrunched, fists are clenched and is turned away from the Parent/Carer. The Parent/Carer sits quietly next to Richie, occasionally looking but not staring, reaching out to offer a hug.

Pause.

Parent/Carer: I can see you're calming down because your face is not so scrunched up any more and your shoulders are more relaxed.

Richie: Nods.

Parent/Carer: Your brother got the piece of lego first. I'm wondering if that made you feel really angry because you wanted to use that piece?

Richie looks up: Yes, it's not fair. I was making the car. It's mine, not his.

Parent/Carer: So you felt that because you'd built most of the car it was your right to choose the pieces?

Richie: Yes



Parent/Carer: I know you felt that this was unfair (pause). You know we have rules on how to share.

Pause. Richie nods.

Parent/Carer: Hitting other people is dangerous because people can get hurt. Can you think of another way you could have let your brother know you were unhappy?

Richie: Dylan, this is my car and I am choosing the pieces?

Parent/Carer: great start. I'm wondering if Dylan perhaps thought it was both your car as he built it too?

Richie nods: Well.... He could have chosen some of the pieces?

Parent/Carer: Good idea Richie. Dylan could have chosen some of the pieces to build the car. Perhaps you could take it in turns so he got a turn too?

Richie: Hmm... yeah, maybe.

Parent/Carer: I'm wondering how Dylan is feeling now? He seemed to be really shocked. He wasn't expecting that. Shall we check on him?

Richie: I'm not saying sorry....

Parent/Carer: You don't feel like apologising right now. But shall we just go and check that he's ok?

Richie: Ok.

When Parent/Carer and Richie approach Dylan, without prompting, Richie says:

Richie: Alright Dylan. Sorry I hit you. Let's play together.

