



## **Activity: Identify the Emotion Coach**

**Decide whether each scenario is an example of emotion coaching or emotion dismissing**

- 1) *9 year old Zara falls down whilst walking along towards town and is upset and holding her knee.*

Parent/Carer: "Silly girl, I told you not to run, come on now, stand up. I don't want to see tears, you're going to make us all late".

***Emotion Coaching/ Emotion Dismissing***

- 2) *Chris is arguing with Josh about whose turn it is to use the Xbox. Josh had been using the Xbox and was unwilling to let Chris have a turn. As Chris becomes more agitated he begins to pull at Josh's chair.*

Parent/Carer: Chris I can see that you are getting angry with Josh

Chris: No I'm not, How do you know?

Parent/Carer: Because you're starting to yell at him. I'm worried that you two will get into a fight and someone will get hurt. I don't want that to happen so please come over here and tell me what is going on. Josh I will talk to you later

Chris: He just wouldn't let me get on the Xbox and it was my turn.

Parent/Carer: I can understand that you got upset because you felt Josh was not sharing the Xbox with you. From what you say, it seems that there was a problem about taking turns and I'm glad that you used words to tell Josh how angry you were. Pulling on his chair is dangerous and I can't allow that.

***Emotion Coaching/ Emotion Dismissing***

- 3) Susan: I can't stand Dad, he is always picking on me.

Mum: Well he's probably only trying to help you.

***Emotion Coaching/ Emotion Dismissing***



- 4) Amy has found a frisbee in the park. She is excited about this and shows it to her Dad when she gets home.

*Dad: I'm sorry but you can't keep that Frisbee, it doesn't belong to you. Let's put it back where you found it.*

***Emotion Coaching/ Emotion Dismissing***

- 5) It's time for Ivan to come off screens and get ready for bed. Ivan is refusing to finish the game he's playing.

Parent/Carer: It's time to finish on the Playstation Ivan.

Ivan: But I haven't finished the game I'm playing.

Parent/Carer: I know you want to carry on, it's really hard when it's time to stop doing something we really love doing. You've had your agreed time and now it's time to go upstairs to get ready for bed and have a story.

Ivan: But I really wanted to finish this game, please!

Parent/Carer: How long have you got until the game finishes?

Ivan: 1 minute

Parent/Carer: I'm really impressed with the way you've talked to me about this, I think it's fine to have 1 more minute, would it be ok for me to watch your game with you?

***Emotion Coaching/ Emotion Dismissing***  
*Training*