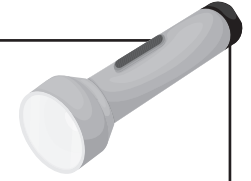





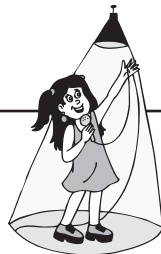
Handout  
**RECORD SHEET**  
*Emotion Coaching*



Date: \_\_\_\_\_

Instructions: Record two times you played with your child and another child, what emotion coaching you did, and your child's response.

 <b>Child emotions I want to describe:</b>	 <b>Parent-child activity and emotion script:</b>	 <b>Child's response:</b>
<p><i>Example: Happy smiles, being proud, and noticing another child's feelings</i></p> <p>1.</p>       <p>2.</p>	<p><i>Example: "See your friend is happy that you shared with him. You look happy and proud because you are smiling."</i></p> <p>1.</p>       <p>2.</p>	<p><i>Example: Robbie told me one day he felt happy.</i></p> <p>1.</p>       <p>2.</p>



***Spotlight your child's feelings***

# Spotlighting

## Emotion Learning: Parents as “Emotion Coaches”



Describing children’s feelings is a powerful way to strengthen their emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when playing with a child. Use this checklist to practice describing your child’s emotions. You can also use the feeling cards to ask children to show you the picture of their feelings.

Feelings/Emotional Literacy	Examples
_____ happy	“That is frustrating, and you are staying calm and trying to do that again.”
_____ frustrated	
_____ calm	“You look proud of putting that together.”
_____ proud	“You seem excited about playing in the bath.”
_____ excited	
_____ pleased	“You are so patient. You keep trying to figure out where the puzzle piece goes. You got it! You look happy.”
_____ sad	
_____ helpful	“You look like you are having fun playing with your friend, and he looks like he enjoys doing this with you.”
_____ worried	
_____ confident	“You are so curious. You are trying out every way you think that can go together.”
_____ patient	
_____ having fun	“You are embarrassed you spilled paint on your shirt, but you look pleased with your painting.”
_____ jealous	
_____ forgiving	“Your friend is happy you shared with her.”
_____ caring	
_____ curious	
_____ angry	
_____ mad	
_____ interested	
_____ embarrassed	

### Remember to Model Feeling Talk and Sharing Feelings

- “I am proud of you for sharing with your friend.”
- “I am really happy playing with you.”
- “I was nervous it would fall down, but you were careful and patient, and your plan worked.”