

Practicing the Five Steps of Emotion Coaching with a Child in Your Care

Consider your "Critical Incident"

<p><u>Step 1: Emotional Awareness</u></p> <p>Get in tune with the child's emotions.</p>	<p><i>I notice that Miranda is especially clingy at drop-off, and is reluctant to participate in our welcome song. When we break from circle, I'll check in with her to see how she's doing.</i></p>
<p><u>Step 2: Recognizing Emotions</u></p> <p>Build connections through giggles and tears.</p>	<p><i>Miranda grabs the diaper-me doll, Lulu, away from Tenisha during free play. Miranda cries immediately when another teacher intervenes. It looks like Miranda is both angry and sad.</i></p>
<p><u>Step 3: Listening Empathetically</u></p> <p>Listen with your heart <i>and</i> your head.</p>	<p><i>"Miranda, can you tell me what happened with Tenisha?" When Miranda explains the situation, I will hold her – if she's receptive – and listen without judgment to her version of events.</i></p>
<p><u>Step 4: Labeling Emotions</u></p> <p><i>Tell me how you feel.</i></p>	<p><i>"It looks like you were feeling angry Tenisha had Baby Lulu, and sad that you couldn't keep her this morning. Do you miss Lulu? Do you think Baby Lulu misses you, too?"</i></p>
<p><u>Step 5: Set Limits</u></p> <p>Solve problems together.</p>	<p><i>"I feel angry and sad too, sometimes, but it's not okay to grab Baby Lulu from Tenisha. It's her turn now. Should we go to the drawing table and make a picture of you and Lulu?"</i></p>