

Family wellbeing.  
May 2024



Watch the Back to Basics videos to help you support your family's wellbeing:

Take Notice

Give

Be Active

Keep Learning

Connect

**“When a flower doesn't bloom, you fix the environment in which it grows, not the flower.”**

— Alexander Den Heijer

# Emotion coaching.

- Emotion Coaching is a communication tool that uses moments of emotion to guide and teach a child or young person about more effective responses.
- Accepts all emotions as normal and healthy (but not all behaviours), and considers what the feelings, needs and emotions are behind the behaviour.
- It enables us to potentially diffuse and de-escalate situations by activating changes in the child's neurological system and allowing the child to calm down, physiologically and psychologically.
- Emotion Coaching helps children to feel seen, appreciated and cared for.

Are you okay?

Wow, that sounds really hard.

I wonder if you're feeling...?

Are you saying that...?

What would be helpful right now?

It's okay to feel... but it's not okay to...

1. Become aware of emotion
2. Connect and start a conversation
3. Accept: communicate understanding and it's okay to feel that way.
4. Reflect: Use words to describe feelings
5. End stage: Help them to solve problems or suggest 'Helpful behaviours'

You seem a bit *down* today?

I've noticed...





It's okay to feel...

I would feel... if that happened to me.

I think we should go and talk to...

When I feel... I like to...

# The **ZONES** of Regulation®

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>