



# 5 Steps of Emotion Coaching

1. Be **aware** of the child's emotions, as well as your own.
2. **Recognise** the situation as an opportunity for connection and teaching.
3. **Listen empathetically** and validate the child's feelings.
4. Help the child to **verbally label** emotions.
5. **Set limits** while helping the child to solve problems.



*(Gottman.J. (1997). Raising an Emotionally Intelligent Child.)*