

Epic Times, Epic Emotions!

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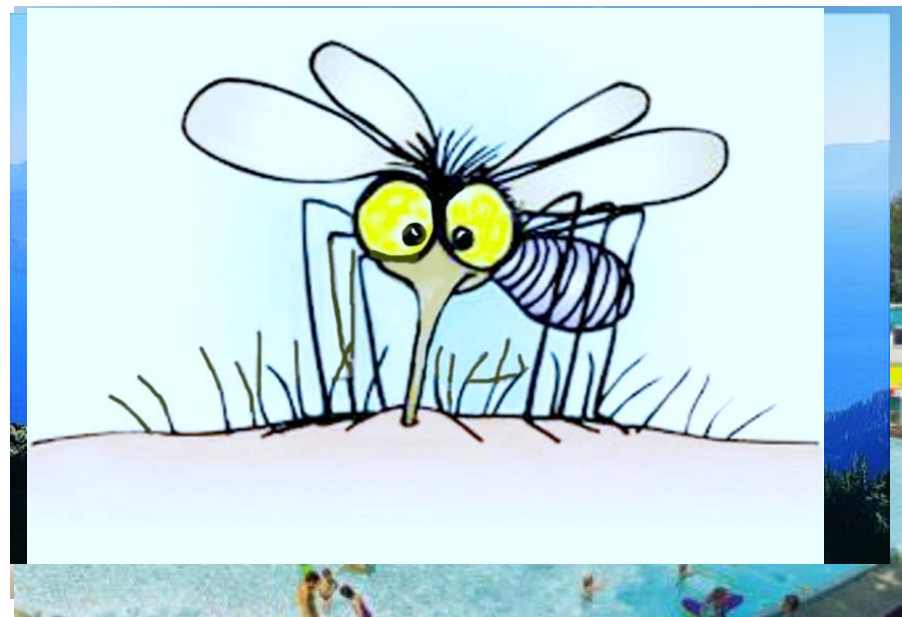


Objectives

- ❑ Participants will learn key strategies to support Emotion Coaching with youth
- ❑ Participants will share and learn new activities and strategies for helping youth identify and manage their emotions
- ❑ Participants will plan activities/strategies to implement to support Emotion Coaching in summer programs



Community Building & Check-In





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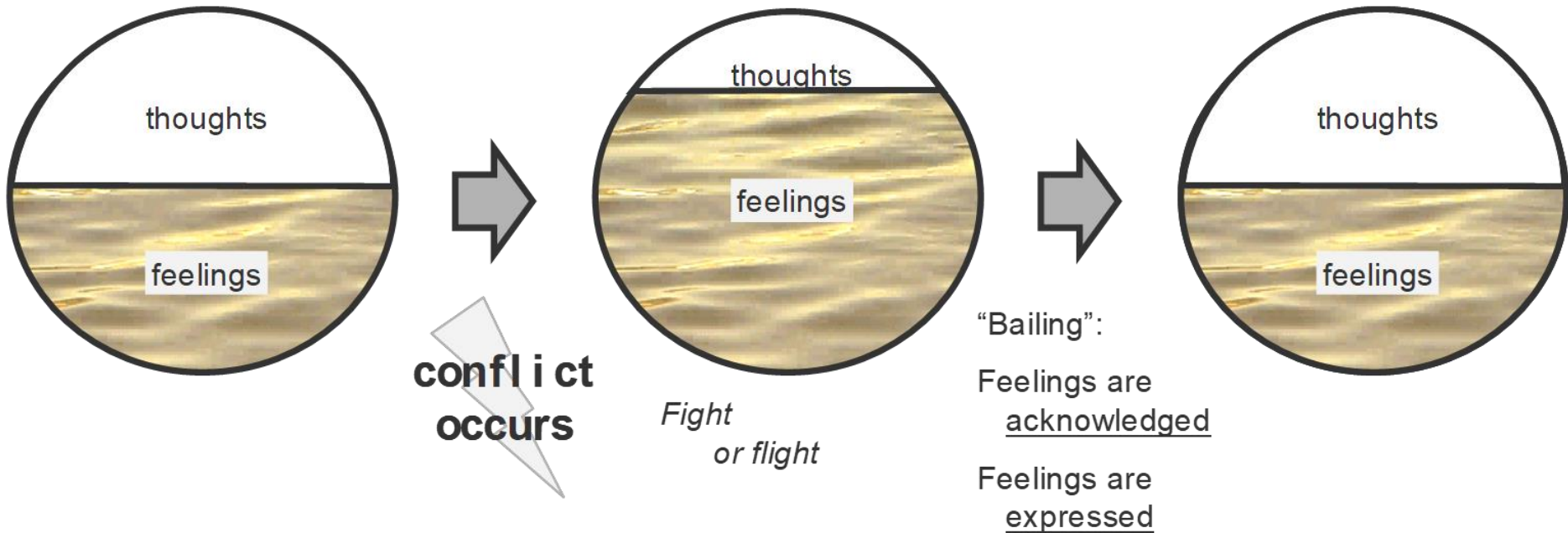


Energy Level





What happens when we experience an epic emotion?





Responding to Epic Emotions

Scenario: *Crestfallen youth confesses to staff: “I really, really wanted to get the part of superhero in the play.”*

- ❑ **Dismissive Response:** “Well, that’s okay. It’s not a big deal. The most important thing is working together.”
- ❑ **Disapproving Response:** “You should be happy you got a part at all! We can’t have everyone getting the lead role of superhero or always getting their own way!”
- ❑ **Emotion Coaching Response:** “You seem sad about that. It can be disappointing when you had your heart set on getting a certain part.”















Emotion Coaching – Research Based

- ❑ From research by Gottman, Katz, & Hooven
- ❑ “Emotion Coaching” vs “Dismissing” or “Disapproving”
- ❑ Intent of emotion coaching is that having emotions and talking about emotions can happen throughout all types of programs and activities, not just “we’re going to talk about our emotions” activities.
- ❑ Emotion coaching also supports the idea that we can experience many different emotions, which are all valid. There are no “negative” emotions.



Emotion Coaching Strategies

- ❑ NAME, Acknowledge, & Validate Emotions as often as possible throughout the day
- ❑ ASK young people to identify/share their emotions
- ❑ Help young people MAKE CONNECTIONS between causes & consequences of emotions
- ❑ SUPPORT young people in learning how to constructively handle all types of emotions

 Sad	 happy	 surprised
 Tired	 bored	 in love
 Scared	 sleepy	 angry
 Sick	 hungry	 confused



Emotion Coaching Practice





Emotion Coaching Practice

For your scenario, take turns being the staff member and the youth. When it's your turn to be the staff member, try to apply the emotion coaching strategies below to help the youth identify and manage their emotion. When both partners have practiced emotion coaching for a scenario, swap scenarios with another group so you can practice emotion coaching for a different situation.

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Strategies for Implementation

Explore the Implementation Strategies.

Questions for Consideration:

- What elements of the strategy could work for your youth/program
- What modifications might you make?
- What other notes or ideas come to mind?
 - Add notes directly to the strategy pages (you can take your copies with you)





Reflection

Share:

- ❑ One thing you have learned about emotion coaching
- ❑ One strategy or activity you are going to try

