

# Emotion Coaching

## Emotional Regulation Interventions

### What is it?

Emotion Coaching is based on the principle that nurturing and emotionally supportive relationships provide optimal contexts for the promotion of children's outcomes and resilience.

### How it may help

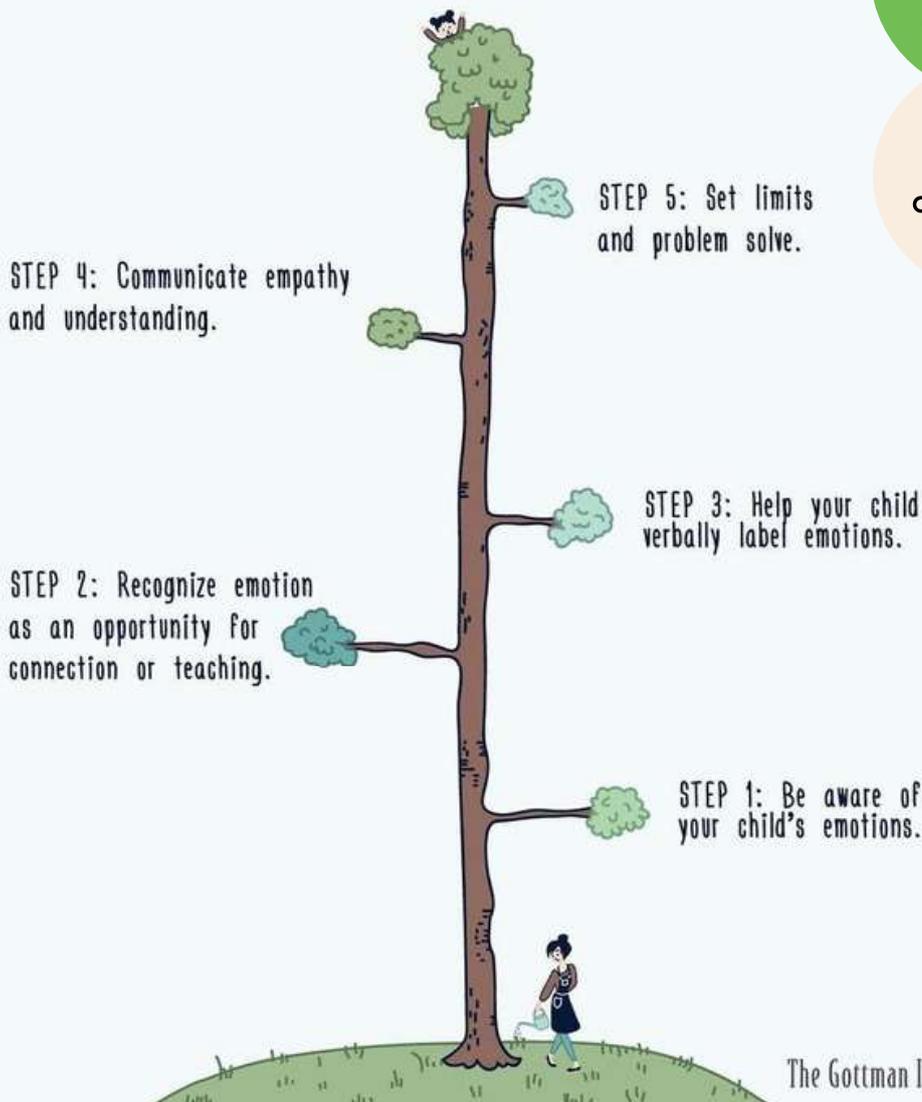
Emotion Coached children and young people:

- Achieve more academically in school
- Are more popular
- Have fewer behavioural problems
- Have fewer infectious illnesses
- Are more emotionally stable
- Are more resilient (Gottman 1997)

## TIPS FOR SUCCESS

### Five Steps of Emotion Coaching

Dr. John Gottman



Consider your own emotions

Be curious

Share your observations

Review the process

# Key Adult Check-in

## EMOTIONAL REGULATION INTERVENTIONS

### What is it?

A brief, scheduled interaction (5–15 minutes) between a student and a designated adult aimed at:

- Building trust and emotional safety
- Monitoring wellbeing and engagement
- Offering a predictable space for connection and regulation

### How it works

The adult and young person meet regularly and build a trusting relationship to support their emotional regulation in school.

### How it may help

Key relationships and co-regulation are fundamental to the wellbeing and emotional development of young people.

### Role of Key Adult



- **Consistent Presence:**
- **Emotional Support:** Provides co-regulation, emotion coaching, and models trusting relationships.
- **Advocacy:** Acts as the child's voice within the school, ensuring their needs are understood and met.
- **Safe Base:** Becomes a reliable figure the child can turn to, helping them manage feelings of shame, guilt, or anxiety.

## TIPS FOR SUCCESS

Be  
consistent

Set  
boundaries

Ensure the  
time is  
feasible

Give  
warning of  
absence

### Key Qualities

- **Empathy and patience:** Understanding their emotions and responding sensitively.
- **Resilience and reliability:** Remaining calm and consistent even in challenging situations.
- **Curiosity:** Promoting behaviour as communication with the wider school team.
- **Positive Regard:** Accepting the YP unconditionally and celebrating their identity and achievements

# Relational Approaches

## Emotional Development Interventions

### What is it?

A whole school approach and ethos centred around relationships and viewing behaviour as a form of communication. The focus is on student connection.

### How it may help

Research has indicated that relational approaches

- Improved attendance and engagement
- Reduced exclusions
- Enhanced wellbeing and academic outcomes
- Stronger school belonging and community

### Whole School

- Relational Behaviour Policies
- Restorative Practice
- Nurture and Inclusion Support
- Mentor and Key Adult Systems
- Professional Development for Staff

### KEY PRACTICES

- **Emotion Coaching:** Help students name and regulate emotions.
- **Unconditional Positive Regard:** Accept and support students without judgment.
- **Active Listening and Validation:** Hear students' experiences and reflect understanding.
- **Trauma-Informed and Attachment-Aware:** Recognise the impact of adversity on behaviour and learning.

Building relationships  
Supporting inclusion  
Setting boundaries

Developing Relationships

Repairing and Restoring

Responding and Calming

Keeping Calm  
Regulating emotions  
Managing crisis

Resolving conflict  
Repairing harm  
Supporting change

