

Emotion Coaching STAR Acronym

To be used by RESTAs not a worksheet for the young people you are working with .

Gus (2018) developed the STAR acronym as a way of remembering the steps involved in emotion coaching. The acronym is described below:

Stop – take a moment to pause and notice any feelings that the young person might be evoking in you. Do not respond straight away.

Think – Think about what might be happening for the young person. What might the young person be trying to communicate with their behaviour?

Attune – shift yourself in to the young persons shoe, feel the feelings felt.

Reflect – Think about your own experiences. What have you experienced similar that might have caused you to feel the same?



Taken from Gus, L. (2018) Mental Health and Emotional Wellbeing in Early Years. Keynote speech, The Future of Early Years Conference, Salford 2018