



## Emotion Coaching Scripts

To be used by RESTAs and is not a worksheet for young people.

Recall that there are steps to emotion coaching. Each step is listed below with an example statement.

1. Notice the emotion.  
What signs, body language etc tell you the emotion the young person is feeling? Are you calm and regulated right now to coach this emotion?
2. Label the feeling.  
“I am wondering if the reason you are out of your seat is because you feel a little tense/nervous/on edge right now?”  
“I feel very sad about what happened is that how you are feeling?”  
“I can see your face is quite red, I am wondering if that comment made you angry?”
3. Empathise  
“I sometimes need to move around when I feel tense, it can feel quite overwhelming”.  
“When things like X happen, I often feel sad too”.  
“I think most people, including me, would feel angry if they had experienced what you have experienced”.
4. Limit setting  
“I know that walking around helps you to feel less tense, but we can’t just walk around in the lab”.  
“It’s ok to feel sad but its not ok to make others feel sad just because you are feeling that way”.  
“I understand you’re angry, but we have rules about X”.
5. Problem solving  
“I think next time it would be good if you asked first before you leave your seat as not to disturb the rest of the class”.  
“I wonder what might help you to express what you are feeling next time you are sad, has anything worked in the past?”  
“Do you remember last time you were angry you took some time out; I am wondering if that helped you?”