

Pick one of these scenarios to practice emotion coaching. Try writing out or talking through your emotion-coaching response.

1. Your child is upset because they failed their math test after studying really hard.

*Your child walks in the door. You ask them how they think they did on their math test. They say "I don't care. The teacher is stupid." Then, they slam their bookbag on the ground.*

2. Your child wants a toy that you are not able to buy for them.

*You are at the store with your young child. They see a toy they want. They start crying and screaming and pointing to the toy.*

3. Your child was not invited to a birthday party.

*You pick your child up at school. From their body language and facial expression, you can tell they are clearly upset when they get in the car. You ask them about their day. They say it was stupid. You know that they have been excited about their friend's upcoming birthday party and were expecting to receive the invitation today.*

4. Your child's sibling breaks their toy.

*Your child is playing with a toy, and their younger sibling reaches over them and grabs it and throws it down the stairs. The toy breaks. Your child starts pouting.*

5. Your child is upset with what is available for dinner.

*You order pizza for dinner. Your child wants pepperoni pizza, but only cheese and veggie pizza are available. They cross their arms and walk away from the dinner table and say, "I don't want any dinner."*