

HANDOUT 3C

Emotion-Coaching Tracker

Parent use Handout 3C as a tool to help practice emotion coaching with their child. The handout will help them to follow the emotion-coaching steps and to reflect on their experience using this skill.

What happened that led your child to have an emotion?	What was the emotion?	What cues (facial, body language, other) were helpful in understanding what emotion they were experiencing?	What did you do or say to validate their emotions?	Did you collaboratively problem solve with your child what they can do in response to the event that led to their emotion? If yes, how successful was that and why?