

Emotion Coaching for Kids and Teens: Practicing with Scripts

1. I don't want to go.

First we *validate*...

I can understand why you wouldn't want to go because:

- 1.
- 2.
- 3.

Next come the *words of support*:

- "It's going to be ok"
- "I understand you"; "I hear you"
- "I believe in you; "I believe you can do this"
- "We're in this together"; "I want the best for you too"
- "I know you are doing the best you can"
- "Why don't I give you a few minutes to yourself and we'll try again"

Finally, it's time to offer a *helping hand*:

- offer advice or solutions they might be able to try
- help your friend with their problem
- play a game or tell a joke
- ask an adult for support

2. I feel so sad.

First we *validate*...

I can imagine why you would feel sad because:

- 1.
- 2.
- 3.

Next come the *words of support*:

- "It's going to be ok"
- "I understand you"; "I hear you"
- "I believe in you; "I believe you can do this"
- "We're in this together"; "I want the best for you too"
- "I know you are doing the best you can"
- "Why don't I give you a few minutes to yourself and we'll try again"

Finally, it's time to offer a *helping hand*:

- offer advice or solutions they might be able to try
- help your friend with their problem
- play a game or tell a joke
- ask an adult for support



2. I feel so mad.

First we *validate*...

I can imagine why you would feel mad because:

- 1.
- 2.
- 3.

Next come the *words of support*:

- “It’s going to be ok”
- “I understand you”; “I hear you”
- “I believe in you; “I believe you can do this”
- “We’re in this together”; “I want the best for you too”
- “I know you are doing the best you can”
- “Why don’t I give you a few minutes to yourself and we’ll try again”

Finally, it’s time to offer a *helping hand*:

- offer advice or solutions they might be able to try
- help your friend with their problem
- play a game or tell a joke
- ask an adult for support

3. This is hard!

First we *validate*...

I can imagine why you would think this is hard because:

- 1.
- 2.
- 3.

Next come the *words of support*:

- “It’s going to be ok”
- “I understand you”; “I hear you”
- “I believe in you; “I believe you can do this”
- “We’re in this together”; “I want the best for you too”
- “I know you are doing the best you can”
- “Why don’t I give you a few minutes to yourself and we’ll try again”

Finally, it’s time to offer a *helping hand*:

- offer advice or solutions they might be able to try
- help your friend with their problem
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