Emotion Coaching: Helping Children Manage Strong Feelings

Children with strong social-emotional skills have greater academic achievement, more positive social interactions, and greater satisfaction in life. How can we teach children these important skills? Through “Emotion Coaching!” This workshop focuses on:

- Increasing child’s emotional vocabulary.
- Strategies to help children self-regulate.
- The 3 steps to support children experiencing strong feelings.
- Techniques to help children develop problem solving skills.

Practical, ready to implement strategies will be shared. Return to your center armed with the skills to support children by teaching new ways to express their strong feelings!