

EMOTION DETECTIVE

Think of a stressful moment for someone you know (daughter, son, colleague, friend) and imagine a similar situation for you - for example

- **bring told to stop playing on a video game part way through**
- **being asked to lend someone your phone**
- **not getting invited to an event that everyone else is invited to**

Briefly describe this moment and the time leading up to it using Dan Siegel's Hand Model metaphor

Describe the physical sensations this situation might cause *you* to experience

Describe the feelings and emotions this situation might bring up *for you*

This is an example of an exercise run by a school in Somerset with children in Year 5 (age 10) who were asked how they felt about their parents' use of screens-

20/24 children said they would like their parents to spend less time on phones and screens

'my Mum is on facebook a lot but is moaning at me about being on the computer/phone'

"my mum and dad are constantly scrolling"

'if I make something for them they say it's nice but they don't really look up from their screens'

'my dad's on it all the time. His phone broke and it was amazing because I actually got to talk to him. My Mum is the exact same.'

' my dad moans at me for too much screen time but he watches more telly than I am on my tablet'

'when we're eating tea my mum and dad are on their phones and the telly is on. I would rather they talked to me'

'my parents take pics of me reading and then beg for likes on Facebook and Instagram. I would rather they spend time with me'

'my dad is on his phone while watching TV but wont let me change the channel'

'my dad is watching telly, my mum is on her ipad and if I ask 'to go on my switch they say no , go and find something else to do'

'I'd like my parents to chat, play board games, speak to me without texting at the same time, make eye contact, family bike ride, take me to the park, play in the garden, do sewing with me'