

## Emotion Coaching resources and ideas

Dr Sarah Temple and her learning community have produced a wide range of resources which you can access through this website;

**[www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)**

Other great emotion coaching resources based on research by Professor John Gottman;

- 'My First Emotions Pack' developed by Dr John Lambie and colleagues at Anglia Ruskin University, Cambridge for 0-3 year olds- the pack contains;
  - o parent's guide that helps parents explore the world of emotions using storybooks, puppet, toys, songs and activities provided
  - o 5 baby friendly storybooks (Happy, Sad, Love, Anger, Fear) each using an emotion coaching narrative. validation
  - o 30 emotion cards that can be used to make up stories about emotions and feelings
  - o Robbie the rabbit puppet with 5 emotion toys
  - o activity book with different activities for babies as well as toddlers and pre-school age children

published by Skylark Learning

- 'The Happy Child Parenting App' developed by the Human Improvement Project (age 4+) - years of ground-breaking research and findings have been curated into one easy-to-use app for free (no in-app-purchases)!
- Tuning in to Kids and Tuning in to Teens resources for parents developed by Assistant Professor Sophie Havighurst and colleagues at The University of Melbourne, Australia
- 'Sometimes I feel' flash cards developed by Pia Jones - developing emotional literacy in children age 4-8

published by Routledge 2017