



Emotion Coaching resources and ideas

Dr Sarah Temple and her learning community have produced a wide range of resources (elearning, books, video links) which you can access through this website;

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



In addition we frequently recommend and work with 'Sometimes I feel' flash cards developed by Pia Jones - developing emotional literacy in children age 4-8 published by Routledge 2017

Dr Sarah Temple

www.ehcap.co.uk