

## Webinars for Education Mental Health Practitioners June 14<sup>th</sup> 2022

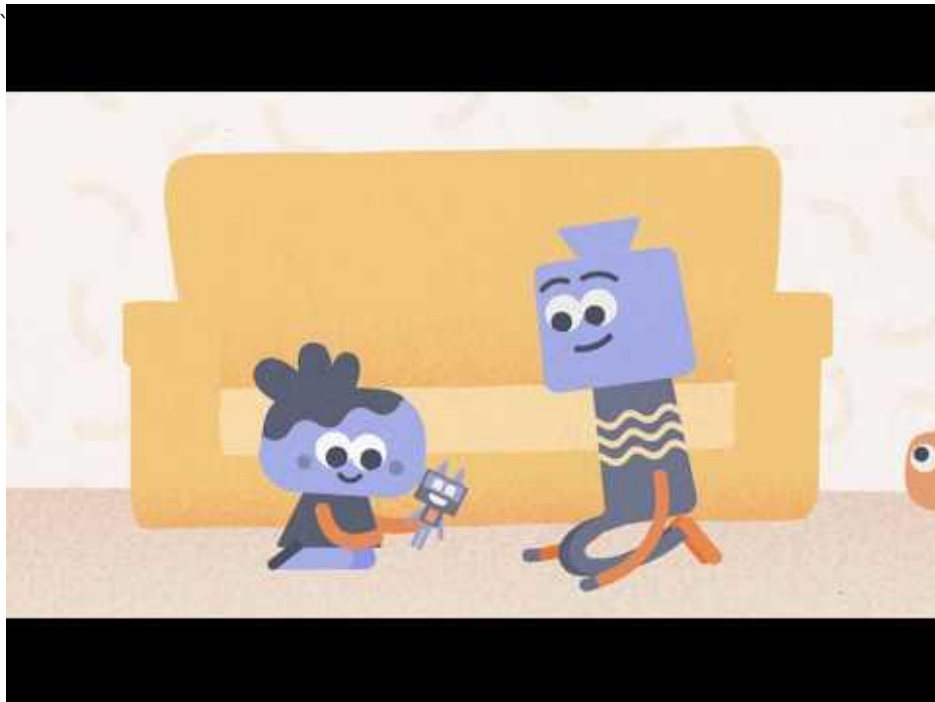
'All emotions are OK' - an innovative approach to school readiness and family wellness led by Dr Sarah Temple. Sarah is a GP in Somerset with a special interest in neurodevelopment. She has more than 30 years experience working with children, young people and families both within General Practice and Mental Health Services.

See below for a selection of handouts and video clips that we would like you to look at before you join the webinar. The video clips will NOT be shown during the webinar.

- Website : [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)
- Pdf of 'all emotions are ok' (as attachment with your email)

- [Emotion Coaching Primary School Activities](#)
- [Primary School Lanyard with scripts](#)
- [Easy read summary leaflet](#)

### 1. Mindful moments



2. Normalising accessing [NHS funded emotional support](#) available for parents and carers who live in England and you don't need a GP referral



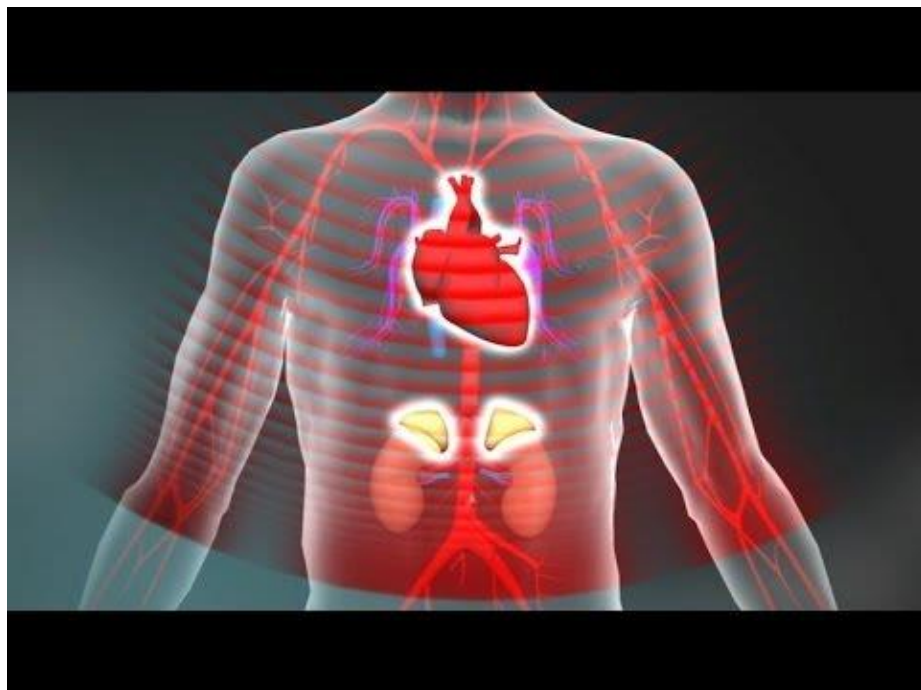
3. Daniel J. Siegel talking about The Hand Model - please go to [www.thehandmodel.co.uk](http://www.thehandmodel.co.uk) for different interpretations of Dan Siegel's metaphor



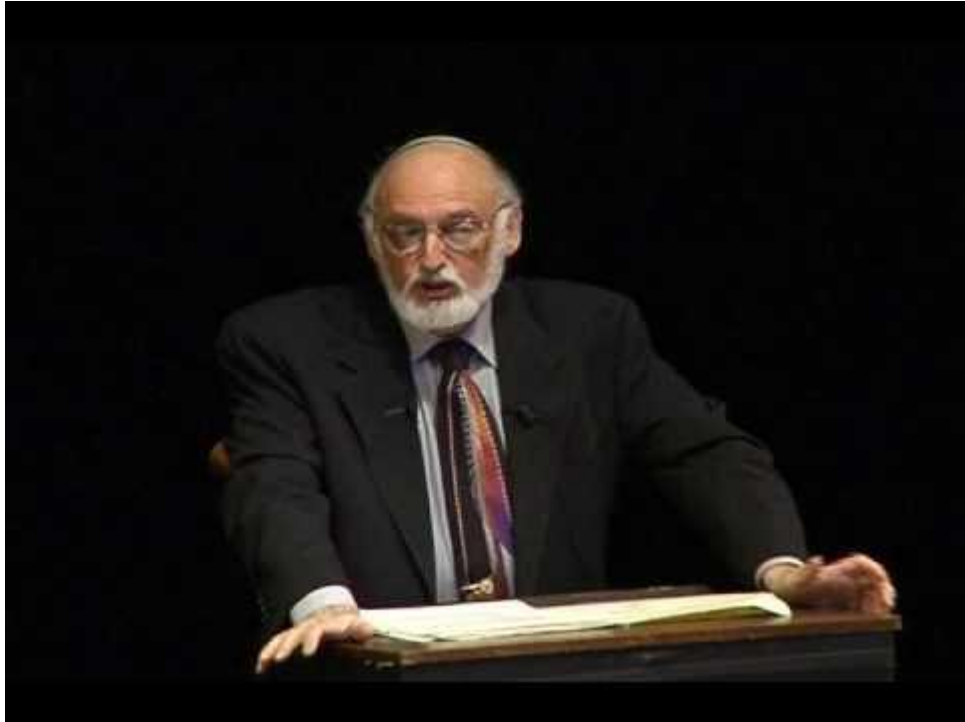
4. Amy's version of the Hand Model



5. The toxic stress response



6. Gottman and Emotion Coaching



7. Inside Out is a good conversation starter - this time showing Emotion Coaching sadness (versus Emotion Dismissing)



## 8. Brenee Brown : Sympathy vs Empathy



## 9. Circle of Security – Shark Music



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



## **STEP 1- Recognise, Understand, Validate and LABEL the feeling**

*Look for physical and verbal signs of the emotions being felt; Take on the child/young person's perspective; Use words to reflect back child's emotions and help child/ young person label emotion*

**'You seem angry to me' or sad, upset, fed up etc**

**'I can see you are feeling (angry)**

Affirm and empathise with the emotion; Allow to calm down

**'I would feel (angry) if that happened to me'**

**'I get that you are angry'**

**'I can understand you're feeling (angry)'**

**Angry Anxious Surprised Worried Happy Sad Disgusted**



## **STEP 2(lid is down)- Limit setting and Problem Solving**

*All feelings are OK, Not all behaviour OK*

**'Can you remember what happened to make you feel like that?'**

**'It's OK to feel like that but it's not OK to behave like that'**

**'Can you think of a different way to deal with your feelings?'**

**'What could you do differently next time?'**

**'Would you like to talk with someone about how you are feeling'**