EMOTION COACHING AND DE-ESCALATION

Emotion coaching focuses on regulating the student by addressing their emotions before addressing the behaviour.

All emotions are acceptable, but not all behaviour.

How do I use emotion coaching to de-escalate situations?

1. Connect before correcting
2. Set limits
3. Problem solve
4. Explore
5. Solutions



How do I use emotion coaching to de-escalate situations?

1. *"You seem frustrated at the moment…", "Is everything okay?"*
2. *"I understand that you are angry that … however you need to listen to the words I am saying…"*
3. *"Can you tell me more about... How did that feel?"*
4. *"What might have been a better reaction?", "What might have happened if you said x or y?"*
5. *"Next time, let's try…", "Do you see how it might be better to…"*

- Put your own mask on first! Make sure you are regulated before approaching
- Avoid using threats
- Try to make the student feel as though you are on the same team
- The goal is to help students find ways to regulate and make better choices next time

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