Practical Preschool Classroom Strategies for Teaching Emotion Regulation and Understanding

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Emotion Regulation

How?

Direct teaching:

Cozy Corner with Calm Down Box

- keychain of coping behavior options
- breathing buddy/pinwheel
- board books to read
- sensory balls/empty spray bottle
Emotion Regulation

How?

In vivo coaching:

You are feeling _____. Do you want to _____ or _____? (ex. You are feeling mad because your friend took your toy. Do you want to find another toy or ask your friend to give it back?)

You are feeling ______. Let’s go look [at the visuals] for something we can do when we are feeling _____.

You are feeling ______ what can we do when we’re feeling ______.

What did you do yesterday when you were ______?
Including Parents

Teachers can:

- Use emotion language when discussing the child
- Talk about the emotion lessons with the parents
Including Parents

Psychologists/counselors can:

• Provide group trainings for interested parents about how to scaffold their children’s emotional development
• In-home coaching for how to respond to emotional outbursts
• Individual school-based consultation with parents of children with emotion regulation difficulties
Including Parents

Parents can: (when faced with any uncomfortable child emotion)

1. Pause
2. Ask or label (vaguely) – Describe what happened. Then ask, “I wonder how that made you feel.”
3. Validate.
4. Feel your feelings too.
5. Calm.
6. Coach Emotion regulation....
Including Parents

Parents can: Coach Emotion regulation

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You are feeling ______. Let’s go look [at the visuals] for something we can do when we are feeling _____.

You are feeling ______. What can we do when we’re feeling _____?

What did you do yesterday when you were ______?


References


References for materials


http://koriathome.com/category/parenting-tips/printable-packs/