

## Suggested Presentation Timeline: Emotion Coaching



This lesson outline is designed to be a teaching tool for early learning professionals who teach this information in a wide variety of settings. Therefore, please use the outline below as a guide and modify it as necessary to meet the needs of your audience and schedule.

### Minutes 0 - 10      Welcome and Introductions

- Begin your presentation or workshop by creating a comfortable environment.
- Introduce yourself to your group / audience and orient them to the environment (restrooms, important announcements).

### Minutes 10 - 40      Presentation of Topic

Provide your group with an overview of the topic you will be presenting. This brings all the participants together quickly as well as to engage the group in the learning. Here are some options for how to do this:

1. Tell a story that engages the audience.

*Your three year old is sitting at the kitchen table coloring with markers. She picks up the purple marker and tries to take the top off. You see her pull and pull at the top with no luck. Finally, she throws the marker on the ground and bursts into tears. What should you do to help her make sense of the situation?*

2. Provide a definition of the topic / terms that are being discussed.

*Definition of Emotion Coaching: Emotion Coaching is a five-step process that parents and caregivers can use to help their children learn how to identify, understand, and manage their feelings.*

3. Some educators find it helpful to begin with a general question. For example:

- How do you feel about emotions and feelings?
- How do you think children begin to learn about and understand their own emotions?

4. Provide an overview that introduces your audience to the research-based information about the topic.

*Emotion Coaching is a research-based tool that helps parents learn to value and guide the feelings a child experiences. This includes the sadness a child might feel over a friend moving away and the anger at an older brother who took a favorite toy. Being an Emotion Coach for a child can improve the relationship with that child while teaching the child how to respond to emotions.*





Review the goals of what you intend to teach, describe what tools/resources they can expect to gain by attending the event, and present the Parenting Counts Program Curriculum.

**Minutes 40 - 50      Applied Learning Activity**

- Most audiences are ready for a change in activity after 20-30 minutes of lecture. Consider the composition of your group and decide what type of activity best meets their needs.
- Some educators choose to have participants work in pairs to maximize comfort with the topic, others opt for a group discussion to allow a variety of opinions to be heard and validated.
- Parenting Counts offers multiple video options that can be used during this time to encourage discussion or to continue the learning experience.

**Minutes 50 - 60      Closure and Evaluation**

- Closure: Be sure to recap the key messages of the presentation as well as provide tools that incorporate the learning into parenting practices.
- Evaluation: Please distribute an evaluation form as part of your presentation. It is important to give participants an opportunity to comment on the presentation as well as to provide you with an assessment of their learning.

