

# Emotion Coaching using the CALM approach



## Connect

Connect with the child by acknowledging their emotions. This involves being present, empathetic and attentive, helping the child feel understood and supported. Adults should connect to own emotions to help stay calm

## Acknowledge

Validate the emotions the child is experiencing. This step involves naming the emotions, which helps the child to identify and understand what they are feeling. Eg. "I can see you're feeling really frustrated right now."



## Limits

After connecting and acknowledging emotions, it is important to set appropriate limits. This means clearly stating what behaviour is socially acceptable and what is not, while still validating the child's feelings. Eg. "It's OK to feel angry, but it's not OK to hit. Let's find another way to express how you are feeling." Setting limits helps a child understand the impact of their actions while still feeling supported.

## Make a plan

Work with the child to make a plan for how to handle the situation or similar situations in the future. This could involve problem solving together, discussing alternative behaviours, coping strategies the child can use next time they feel a strong emotion.

By making a plan, the child is empowered with tools and strategies to manage their emotions more effectively.

