



Ways to Create Connection with Your Younger Child

Step Two of Emotion Coaching described how to recognize your child's emotion as an opportunity for connection. How do you move forward from there? Once you have seen your child express an emotion, you can then begin a conversation about what you saw to help you deepen your understanding. These conversations can be awkward at first, but with practice, they will come naturally. Here are some questions and statements that will help get you started.

Questions for Children Under 8 Years Old

1. Are you feeling _____ (then give 2 choices: sad or mad? mad or scared? Afraid or sad?)
2. What kind of day are you having? A sad day? A happy day?
3. Are you feeling scared right now?
4. Did somebody make you _____ (insert emotion) Mad? Sad? Happy?
5. Did somebody hurt your feelings? What happened?
6. What was the best thing that happened for you today?
7. (With a doll or toy animal) Did something bad happen to (name of animal)? Can you tell me what he is feeling? What happened to him?
8. What are you scared about?
9. What is making you _____ Mad? Sad? Happy?
10. What do you need right now?
11. Do you need a hug? A high five?
12. Would you like to sit with me?
13. What can I do to make you feel better?
14. Do you need a break right now?

Statements for Children Under 8 Years Old

1. Tell me what happened.
2. I want to know what happened so I can help you.
3. Let's talk about this.
4. I am interested in how you are feeling.
5. That seems like it was hard for you.
6. Tell me more.
7. Your feelings mean a lot to me.
8. Tell me your story.
9. What were the highs and lows of your day?
10. Share your thoughts about that.