


# Supporting young people with big emotions

Mana Ake Workshop  
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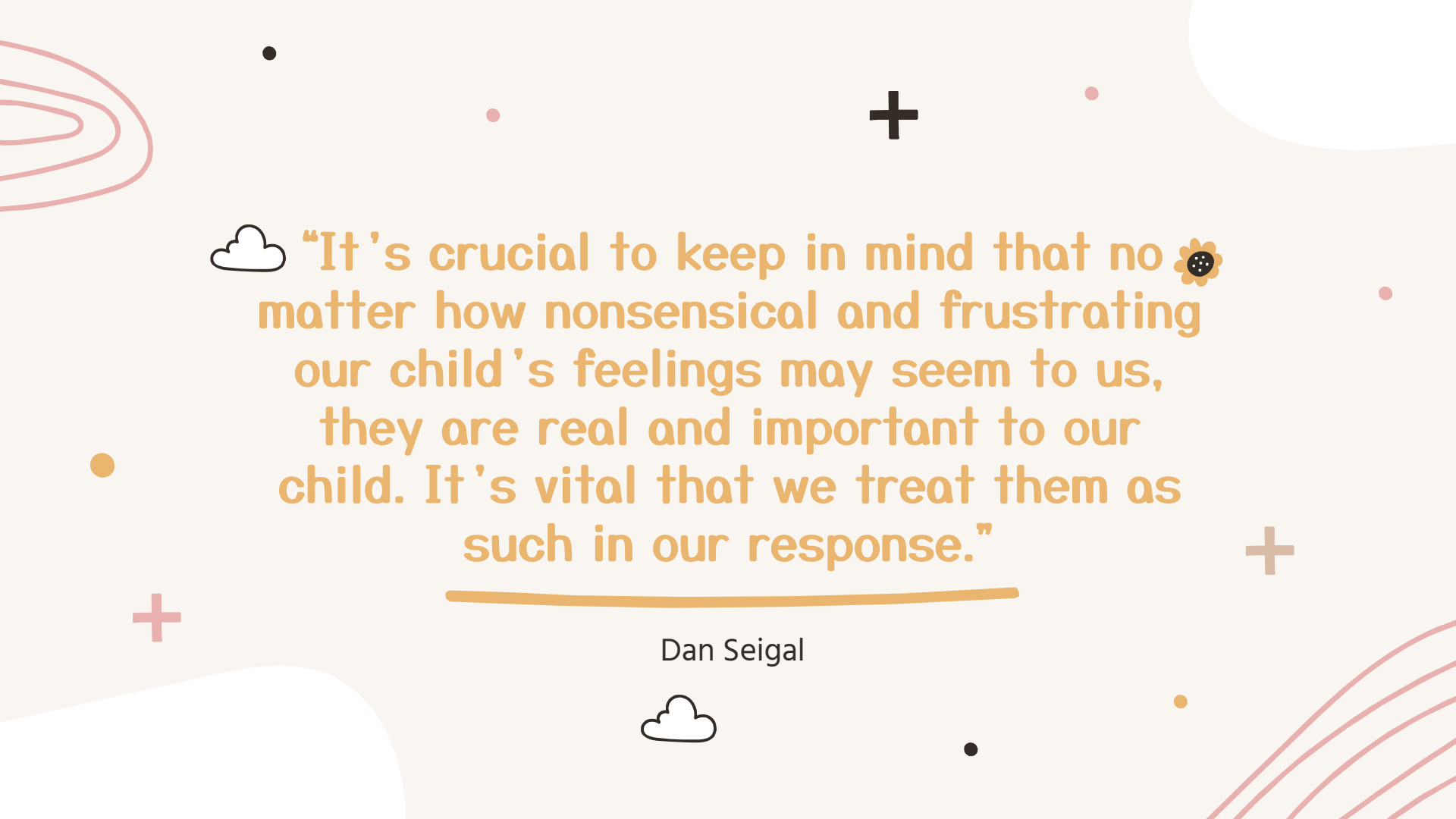
# Kia Ora!

A bit about ourselves...



# Plan of action...

1. Parenting Styles
2. Brain Development
3. Flipping the Lid
4. What is emotional intelligence & why is it important?
5. BREAK
6. Emotion Coaching
7. Looking after yourself - co-regulation
8. Te Whare Tapu Wha
9. Cuppa and a chat + questions!



“It’s crucial to keep in mind that no matter how nonsensical and frustrating our child’s feelings may seem to us, they are real and important to our child. It’s vital that we treat them as such in our response.”

Dan Seigal



# Parenting Styles

From Gottman et al 1996/97 research:  
Parents have different attitudes/responses to emotions, and  
this influences their parenting style



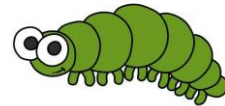
**ROCK**  
**(Authoritarian)**  
judge and disapprove of  
emotions, 'sargeant  
major', sense of control



**TREE**  
**(Authoritative)**  
nurturing, supportive, in  
tune with child needs



**LEAF**  
**(Permissive)**  
Rules/ expectations  
rarely set, little  
guidance how to  
process emotions



**CATERPILLAR**  
**(Uninvolved)**  
Little nurture,  
guidance, or attention,  
'fend for yourself'

# Brain Development/ What's normal?

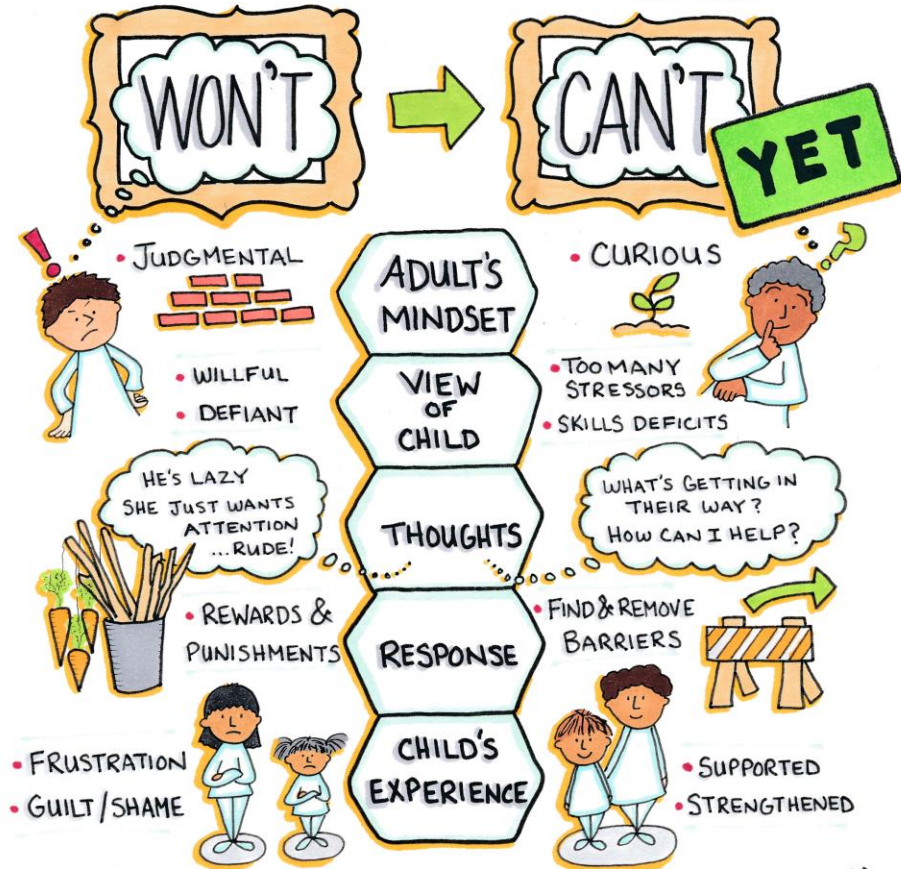


*Children's brains develop according to their age and stage of maturity. Young children (5-12 years old) tend to:*

- Be self-focused
- Have trouble seeing another person's point of view
- Have difficulty consistently understanding the concept of sharing
- Often believe what others tell them, bad/shy/silly/naughty
- Have trouble understanding that some things are permanent — such as death or parents separating
- Often misinterpret words due to their limited knowledge and language skills
- Have difficulty with the concept of time — they might not be able to monitor what five minutes or an hour means. Concepts such as next week or next year are often meaningless to them
- Behaviours are less consistent when they are tired, sick or hungry
- Are still maturing and have a growing desire for an ability to negotiate friendships.

# REFRAME THE BEHAVIOUR

"KIDS DO WELL IF THEY CAN"  
~ ROSS GREENE



"See a child differently,  
you see a different child"  
- Dr Stuart Shanker

When kids exhibit challenging  
behaviour we can be "Stress  
Detectives" finding and removing  
barriers.

FIND STRESSORS → REDUCE THEM  
FIND UNMET NEEDS → MEET THEM  
FIND SKILLS DEFICITS → TEACH THEM

# Red Zone

Mad  
Sad  
Crying



<https://www.youtube.com/watch?v=V0BYs-LN5bY>






**1. What did you think about the video?**



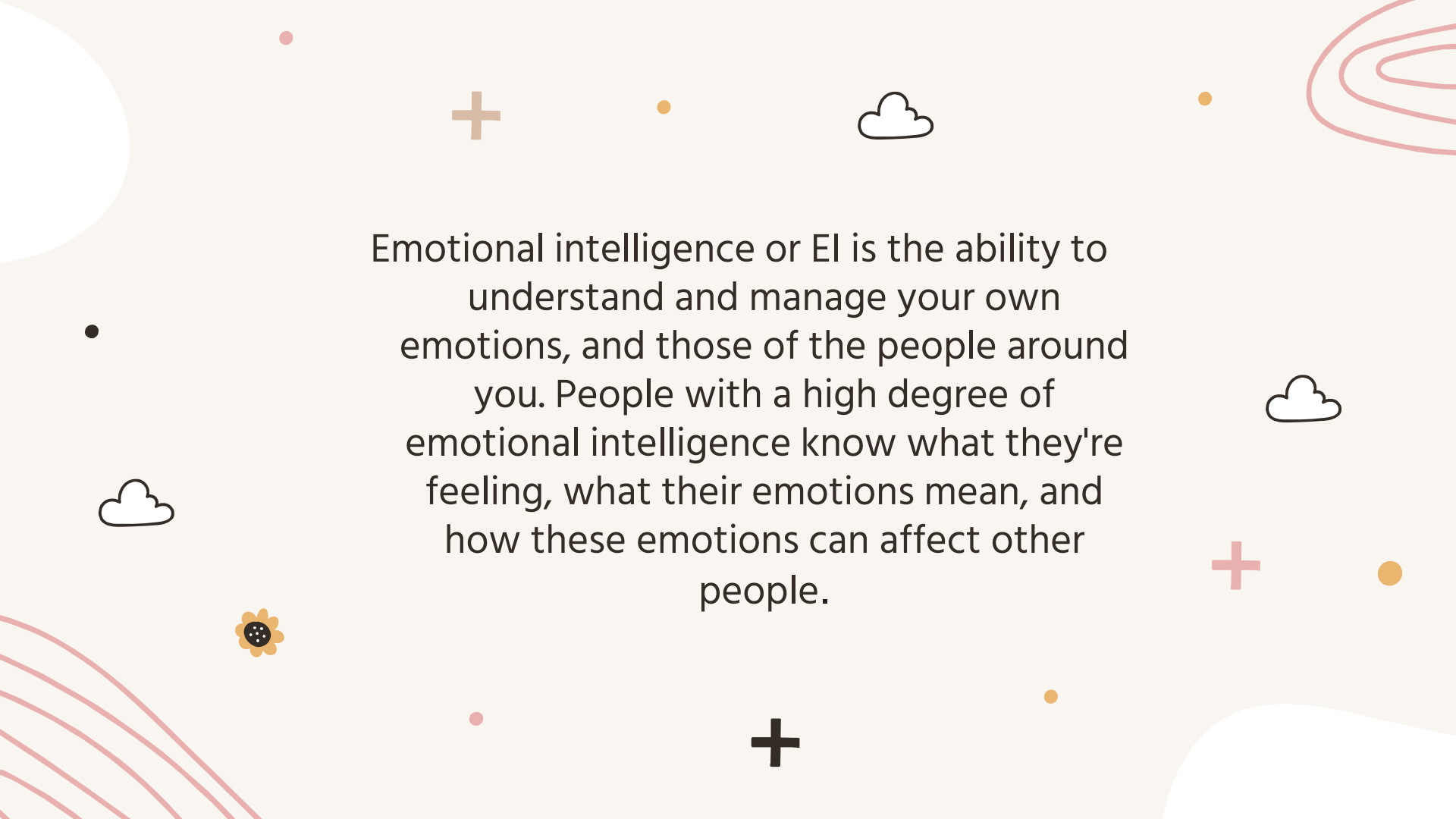
**2. What are some signs you notice when your child has ‘flipped their lid’**

**3. What do you think could help get them back to the ‘green zone’ and their thinking brain?**





**What is  
emotional  
intelligence?**



Emotional intelligence or EI is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people.

TAKE A

**BREAK!**

IT'S **NOT**  
ABOUT  
THE  
NAIL



<https://youtu.be/-4EDhdAHrOg>



# • Emotion coaching...



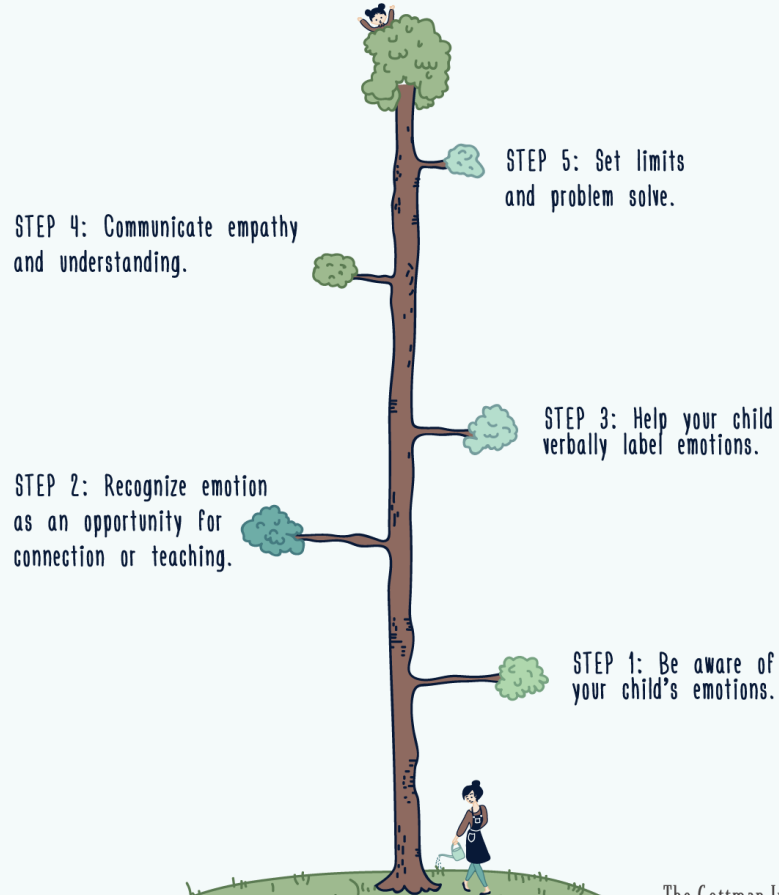
'Always Open Up Doors Please'

1. **Aware:** Be aware of your child's emotion - *notice the visual and verbal cues from your child*
2. **Opportunity:** View their emotion as an opportunity for closeness - *a time to parent rather than ignore*
3. **Understanding:** Acknowledge and accept your child's emotion - *show your child you understand, are present and engaged. "You look really frustrated, do you want to talk about what's going on?"*
4. **Describe:** Help them to describe what they feel - *shows your child a further level of empathy "I would feel really frustrated too and sad if I'd lost my Ted"*
5. **Problem solve:** If necessary, help them to solve problems *empowers and teaches your child to work through their own options and responses - "What do you think we could do to find Ted again?"*



# Five Steps of Emotion Coaching

Dr. John Gottman



The background is a light beige color with various decorative elements. There are several small dots in black, orange, and pink. There are also simple line-art icons of clouds and flowers. Large, wavy, abstract shapes in white and light orange are scattered across the page. A large white rounded rectangle on the right side contains the main text.

# Role Play..

How does this look in action?



# Dismissive

- Dismissed the emotion  
“I’m scared”
- Offered solutions instead  
“we looked last night and there weren’t any there”
- Got frustrated quickly
- Expectation was that she should be able to handle it “You’re a big 4 year old now!”
- Emotions rising as frustration was building!

# Emotion Coaching

- **Aware:** Noticed Georgia had an emotion rising
- **Opportunity:** “sounds like something is going on..” Felt it was a good time to emotion coach
- **Understanding:** Use of tone and voice was caring and curious
- **Describe:** “You feel scared” Validated the feelings: “Those shadows really do look scary!”
- **Problem Solve:** “What do you think we could do to make these shadows seem less scary?”

# How to reflect feelings: helpful sentence starters

- It looks like you're really happy
- You seem a bit sad
- I can see you're very frustrated
- Are you feeling fed up?
- You look really angry
- It sounds like you were really scared
- What were you feeling?
- It seems like you are a bit anxious
- How did you feel when your toy was taken?
- Maybe you felt frustrated when your teacher told you to share your favourite book?
- I bet you felt pretty grumpy
- I wonder if you feel a little jealous?

The background is a light beige color with various decorative elements. There are several small dots in black, orange, and pink. There are also icons of a white cloud with a black outline, a pink flower with a black center, and a yellow flower with a black center. There are large, abstract, rounded shapes in white and light beige. There are also some thin, curved lines in orange and pink. A large black plus sign is on the left side, and a smaller brown plus sign is on the right side.

Emotion Coaching practice..

Try an inversion

Visualize a quiet place

Talk it out

Blow out a candle

Breathe into your belly

Drink water

Sing out loud

Do the "Downward Facing Dog" pose

Jump high

Watch fish

Shake a glitter jar

Write a letter

Blow on a pinwheel

Envision your best self

Go for a run

Take a hot bath

Take a cold shower

Count backwards from 100

Walk in nature

Have a cozy drink

Blow bubbles

Give a bear hug

Decorate a wall

Count to 5

Paint

Create a vision board

# Calm Down Coping Skills

by gozen.com

# FEELINGS



good



bad



happy



sad



angry



tired



surprised



energetic



hungry

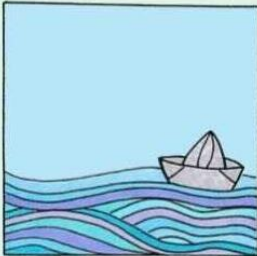


thirsty

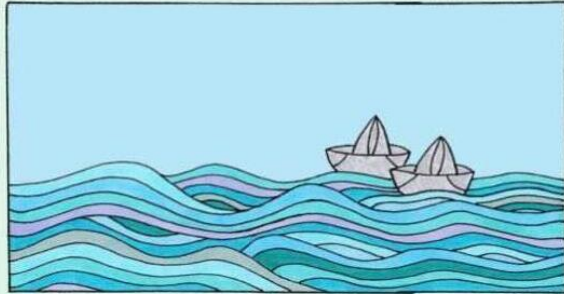
WHEN THEIR STORM



MEETS OUR CALM



CO - REGULATION OCCURS



@kwiens62



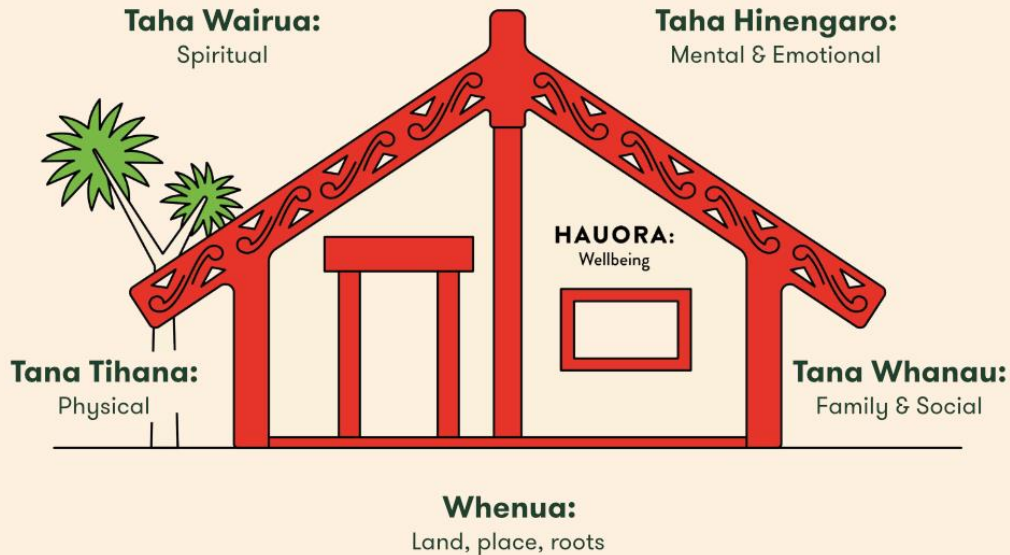
# Co-regulation

“As you co-regulate with someone, the mirror neurons in their brain are activated, and this enables the person in the deregulated state to literally ‘mirror’ your calmness.”

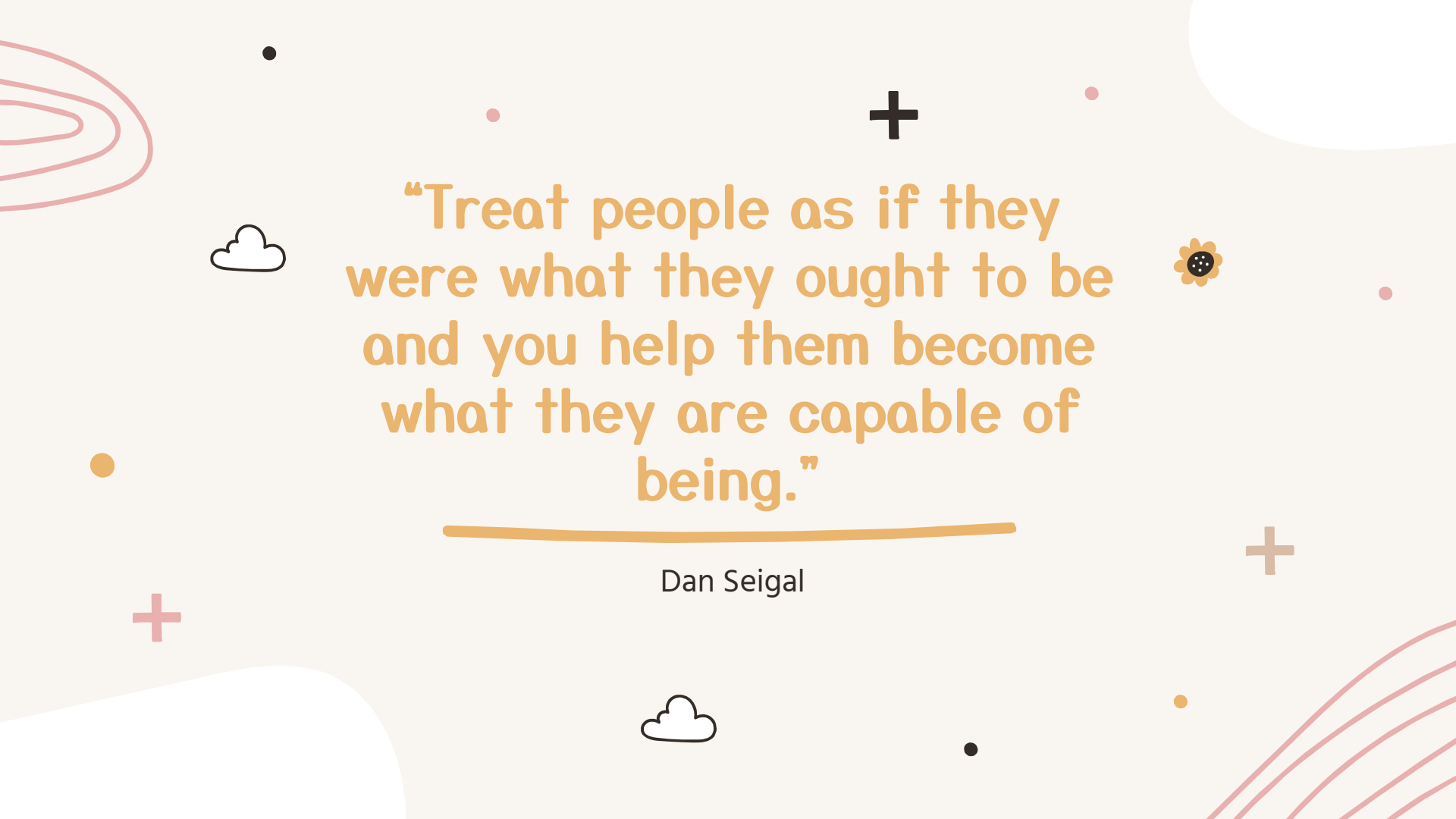
—Caroline Leaf, PhD +



# The 4 Pillars of Our Hauora



1. What area of your whare is already strong?
2. What area would you like to strengthen?
3. What could you commit to this week?



“Treat people as if they  
were what they ought to be  
and you help them become  
what they are capable of  
being.”

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Dan Seigal





[manaake.health.nz](http://manaake.health.nz)

[sparklers.org.nz](http://sparklers.org.nz)

[parentingplace.nz](http://parentingplace.nz)

[biglifejournal.com](http://biglifejournal.com)

[www.takai.nz](http://www.takai.nz)



[www.skylight.org.nz](http://www.skylight.org.nz)

# Thanks!

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Grab a cuppa and have a chat!  
Find a Mana Ake  
staff member, check out the  
resource tables, mix and  
mingle.

