Emotion Coaching Phrases
--For Parents--

1. It’s okay to be upset--- It’s good to let it out.
2. I hear you--- I’m here for you--- I’ll stay with you.
3. It’s okay to feel how you feel. It is not okay to _____.
4. How you feel right now won’t last forever. It’s okay to feel how you are feeling. It will pass and you will feel better again soon.
5. Let’s take a breath, take a break, sit down, pause for a minute...
6. You are good and kind.
7. I’ll be over here when you need me.
8. Let’s have a Do-over!
9. What can we learn from this? What is the lesson in this? What is this emotion trying to tell us?
10. You’ll remember next time!