



## ACTIVITY

### Emotion Coaching Teens

After watching *Emotion Coaching Teens* and reading the information on the website, you may be interested in trying one or more of the following activities.

Feel free to print this PDF and write on it, type notes on your phone, or just take a few moments to quietly reflect on the questions.

**Observe your teen when they are experiencing emotions. Notice their facial expressions and body language.**

- ▶ How do they express happiness, sadness, anger, and fear?
- ▶ How do these emotions affect their voice, either in tone or volume?
- ▶ Do your teen's emotions change quickly? Do they sometimes experience several different emotions at the same time?
- ▶ Is it easy or hard for you to tell when your teen is experiencing emotions? What emotions are the hardest for you to become aware of in your teen?



## Think about and practice pausing, taking some time to manage your emotions before responding (instead of reacting) in an emotional or upsetting situation.

- Can you remember a time when someone lost their temper with you?
  - *How did you feel?*
  - *How could pausing have changed that experience?*
- Why is it important to take some time to be present, aware, and calm before responding to your teen?
  - *How will this benefit your relationship with your teen?*
- Can you think of situations when it would be helpful to pause and get calm?
- What could pausing realistically look like when talking with your teen?
  - *Imagine they walk into the room while you are watching a TV show and say something that sets you off emotionally. How could you pause before responding (instead of reacting)?*



Remember that pausing is not always an easy or simple thing to do, especially when emotions are involved. You will still feel frustrated or angry with your teen at times. You might even lose your temper. But, you can apologize to your teen and show them that it's okay to make mistakes. There is no such thing as the perfect parent. Be kind to yourself and keep trying.



**Section Continued...**

■ Which suggestions below seem most useful for you and your teen? How could you try one or more of these ideas for pausing?

- *Stand or sit still and take 3 to 5 deep breaths.*
- *Count to 10 before saying anything.*
- *Look away or close your eyes and relax the space between your eyebrows.*
- *Shift your attention to think about something else.*
- *Leave the room and walk around your home or go outside.*
- *Go to the kitchen or bathroom sink and wash your hands. Focus on the feel of the water and soap on your skin to bring you back into the present moment.*
- *Slowly sip a glass of water or eat some food.*

■ How can you remember that taking a moment to pause is an option?



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## Think back to a time when you and your teen disagreed or had an emotional or upsetting conversation.

- ◆ Describe the setting, the body language, and the emotions you observed in your teen and yourself.
- ◆ Did you have reactions to your teen's emotions?
  - ◇ *What kind of reactions?*
- ◆ Were you able to take a moment and pause before responding to your teen?
- ◆ Would pausing have helped you respond better?
- ◆ Given how you were feeling, would this situation have been a good opportunity for emotion coaching? Why or why not?



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