

Name: _____

You are an emotion coach. Just as an athletic coach teaches skills, encourages, and gives feedback to athletes, you will need to do the same thing with your “emotion athletes.”

The “emotion athlete” you’ll be coaching today is an adult family member. First, explain the Steps for Staying in Control. Use the poster to guide you. Next, ask the questions and go through the checklist here. Make sure you encourage and give feedback to the adult as he or she responds. Remember – you are the coach!

Staying in Control

Notice. Recognize your physical and mental signs.

Pause. Use your signal.

Think twice. Use your brain.

Calm down if necessary. Use your calming-down strategies.

Reflect. How did you do?

Describe a situation in which you often feel angry.

When you get angry, what are your physical and mental signs?

- | | |
|--|---|
| <input type="checkbox"/> Heart beats faster | <input type="checkbox"/> Stomach hurts |
| <input type="checkbox"/> Breathing gets more rapid | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Hard to think straight | <input type="checkbox"/> Muscle tension |

Other:

What different things do you do to stay in control when you feel angry? (As a coach, you will have to explain these.)

- | | |
|---|---|
| <input type="checkbox"/> Use a signal to pause the action | <input type="checkbox"/> Physical activity |
| <input type="checkbox"/> Think twice | <input type="checkbox"/> Think about something else |
| <input type="checkbox"/> Positive self-talk | <input type="checkbox"/> Do something relaxing |
| <input type="checkbox"/> Centered breathing | |

Other:

Write a brief comment on what your athlete knows about managing his or her emotions. Give suggestions if he or she needs more practice!

Comments and suggestions:

This homework assignment was completed on _____ (date).

_____ [adult] signature