

STRATEGIES TO REDUCE THE IMPACT AND INCIDENCE OF BULLYING ON VULNERABLE LEARNERS

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Emotion Coaching

Emotion coaching is about helping children to become more aware of their emotions and to manage their own feelings and behaviour. It is helpful for supporting victims of bullying as well as for engaging with bullies and helping them to moderate their behaviour.

It entails validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective strategies for coping with difficult situations or misbehaviour. In effect, emotion coaching techniques instil the tools that will aid children's ability to self-regulate – whether they are bullying or being bullied.

Emotion coaching provides a value-added dimension to behaviour management strategies and creates opportunities for longer-term solutions to children's well-being and resilience. It is helpful for all children but can be of particular benefit for children with SEND.

LINK TO RESOURCES

[Bath Spa Emotion Coaching Home Page](#)

[Emotion Coaching](#)

For more information, contact Dr Janet Rose:

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ATTACHMENT AWARE SCHOOLS A great resource, also from the team at Bath Spa University,, with downloadable free resources prepared in collaboration with NCTL

[Article on Emotion Coaching by Secondary Ed](#)

ANTICIPATE

ANTICIPATE- raise awareness and level of social skills

QUICK WIN or MEDIUM / LONG TERM?

MT- medium term

M/LTG

SOCIAL CONTEXT

VB- impact on CYP who are being bullied and CYP who show bullying behaviours

PHASE

ALL

ALL

VB



WHAT YOUNG PEOPLE SAY

"When people, like, take the mick out of me, like, in class I'd just get angry and I just hit 'em. Now the teacher talks to me and it calms me down – the other kids don't really pick on me now 'cos they know that I don't react." (13 year old boy)

"It helps you to comfort other people when they're upset and know what they're feeling. It makes everyone be nicer to each other and not be a bully" (10 year old girl)

WHAT PARENTS SAY

"I think emotion coaching has changed completely how I parent." (Parent of boy with global delays)

"It's consistent, easy to use and brings you closer to your child which makes you feel better. It makes me feel like a good parent." (Parent of girl with additional needs)

WHAT RESEARCHERS SAY

"Much of today's popular advice about children's behaviour ignores the world of emotions. Instead, it relies on child-rearing theories that address the children's behaviour, but disregard the feelings that underlie that behaviour" (John Gottman, 1997)

COST RESOURCE

Similar to SEAL, and, like SEAL, will need specific staff training and development

RELATED STRATEGIES

Restorative Approaches



For more information on the programme, visit the [Anti-Bullying Alliance](#) information hub. These resources are hosted and developed by [Achievement for All](#)

