

Life Coaching for kids.  
**Knowing my emotions**



### 01. Emotion Wheel

The Emotion Wheel is a helpful tool for children to identify and express their emotions; starting with basic ones and branching out to more complex feelings.



### 02. Emotion Zones

The Zones of Regulation provides an easy way to think and talk about how we feel on the inside and sorts emotions into four colored Zones, all of which are expected in life.



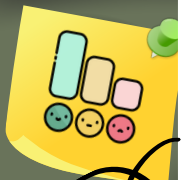
### 03. I'm in Control of me

A tool to help your child to self-regulate and knowing when they need extra help with their big emotions. Give them the tools to control their own emotions.



### 04. My Temperament

Temperament is the way kids react to the world. It influences the way kids handle emotions, regulate behaviour, feel around people and adapt to new situations.



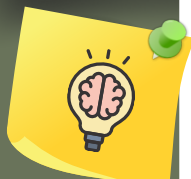
### 05. Emotion Regulation

The ability to respond to stressful experiences with a range of emotions that are socially acceptable and flexible enough to allow and delay spontaneous reactions as needed.



### 06. What have I learned?

How many emotions do I know? Can I identify and regulate my emotions? Can I identify my families emotions and regulate how they influence me? Revision of sessions.



CONTACT ME NOW!  
**061 216 4375**

### Why use Emotion Coaching?

Repeated emotion coaching helps children develop skills and language to identify emotions, and tools to feel and respond to strong emotions. It aids in the formation of self-regulation skills and directs negative responses (eg. temper tantrums) into more appropriate, productive ones (eg. feeling an emotion, followed by problem-solving). Furthermore, learning how to utilise emotion coaching with your child will also help you build skills to cope with emotions.

<https://emmerlingspsychology.com>

### More Information

[www.renehudson.co.za](http://www.renehudson.co.za)

[info@renehudson.co.za](mailto:info@renehudson.co.za)

[@coachrenehudson](https://www.instagram.com/coachrenehudson)

# Emotion Coaching

Teaching children (and parents) about the world of emotions "in the moment"



Rene Hudson  
LIFE COACH



[www.renehudson.co.za](http://www.renehudson.co.za)



061-216-4375



## What is... Emotion Coaching?

Teaching children to understand the different emotions they experience, why they occur, and how to handle them.

It involves teaching coping strategies for better self-esteem and emotional regulation.

In the simplest terms, helping your child by listening and understanding their thoughts and feelings, and helping them understand themselves.

## Benefits of Emotion Coaching.

- Children are more aware of their emotions and have better self-regulation.
- Children are better at problem-solving.
- Helps to build confidence and self-esteem.
- Children are more resilient.
- Children have fewer academic challenges.
- Children have better social skills and relationships with others.

<https://theconversation.com>

## Our Programs...

### One-on-One Life Coaching. Intentional Parenting R450.00

Assisting parents to raise their kids with chosen family values, expected behaviour, and communicating emotions / feelings in an effective way by teaching and being positive role models.

- How do you see yourself as a parent?
- Choosing Family Values.
- Family Rules and behaviour.
- How Temperament affects our world.

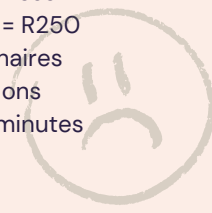
### Life Coaching for Kids. Knowing my emotions R1 900.00

Identifying emotions can be difficult for kids.

- Child: 1x Online assessment = R150
  - Parents also give responses
- Child: 1x "I'm in control" kit = R250
- Parents: 2x Online questionnaires
- Child: 6x customised sessions
  - Session duration = 45 minutes
  - Online / In-person

### Calming down kit for kids. "I'm in control" kit R250.00

The box will help your child to self-regulate and knowing when they need extra help with their big emotions. This will give them the ability to recognise that they are able to control their emotions on their own.



## Intentional Parenting

### 01 Reflections

How do you see yourself as a parent?

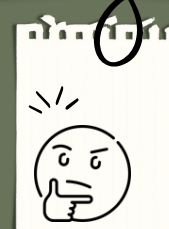
Understanding how both parents view each child and how their own upbringing influences their individual parenting skills. Finding common ground to parent better together.



### 02

### Family Values

Family values help us determine what is right and what is wrong. Thinking about what your family values are and instilling them in your children early, can teach your kids how you expect them to behave when you're not around. Children learn by what you do and say.



### 03 Family Rules

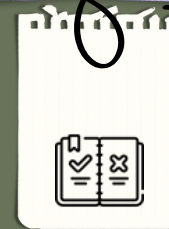
Family rules help children understand what behaviours are okay and not okay. It is normal for children to break rules and test limits. Consistent follow through with consequences when rules are broken help your child have a clear understanding about the importance of rules.



### 04

### Temperament

Temperament is how children react to the world. It influences the way children handle emotions, regulate behaviour, feel around people and adapt to new situations. This can help parents in understanding behaviour better and use this in understanding to support their healthy development.



LIFE TO THE FULLEST  
Rene Hudson  
LIFE COACH