

Emotion Management Training

Caregiver Handout



Your student is participating in emotion management training at school.

What is Emotion Management Training?

Emotion management training is an intervention that teaches students how to communicate and use **emotion regulation skills** when they are feeling strong emotions such as stress, disappointment, anxiety, frustration, sadness, or anger.

Skills your student will be learning:

- Identifying and naming feelings
- Noticing how the body feels during different emotions
- Recognizing patterns in emotions
- Using healthy ways to cope and stay calm

How can caregivers help?

To improve their emotion regulation skills, students need time, practice, and encouragement from adults in their lives. There are many ways caregivers can help their student build these skills. See the back for some helpful tips.

EMOTION REGULATION SKILLS CAN HELP YOUR STUDENT:

Manage stressful and frustrating situations

Better communicate with peers, teachers, and family members

Improve academic performance

Succeed in school, work, and life

Tips for Supporting Emotion Regulation Skills at Home

- **Pay attention to your student's emotions when you notice something is wrong.** Noticing changes in their behavior, tone, or body language can be a cue that something is bothering them.
Example: *"What's going on? It seems like something is bothering you. Would you like to talk about it?"*



- **Help your student figure out what emotion(s) they are feeling.** Students often have a hard time naming their emotions. (You can use the emotion words on the right to help).
Example: *"You seem really disappointed, am I getting that right?"*

- **Listen and show that their feelings matter.** Even if you don't agree with how your student is feeling, let them know their emotions are valid and that you're truly listening. This helps them feel understood and supported.
Example: *"I can tell that you are feeling sad right now, it is ok to feel sad. I would be sad if someone said that too. Can you tell more about what happened?"*

- **Encourage your student to use the coping skills they have been learning about at school.** Like when learning any other new skill, students need encouragement and guidance.
Example: *"I can tell you are really stressed. What do you think might help you feel a little better? What coping strategies that you've learned at school might help right now?"*

- **Show your student how to manage emotions by using these skills yourself.** When you handle your own feelings in a healthy way, your student learns by watching you.
Example: *"I am feeling very frustrated because traffic was bad, and I am late getting home. I am going to take some deep breaths and get a drink of water and then I want to hear about your day."*
- **Acknowledge when your student tries to use emotion regulation skills.** This helps them feel good about their efforts and encourages them to keep using those strategies.
Example: *"You did a really great job of taking deep breaths when you got frustrated during the game today."*

Angry	Sad	Anxious
Grumpy Frustrated Annoyed Defensive Spiteful Impatient Disgusted Offended Irritated	Disappointed Mournful Regretful Depressed Paralyzed Pessimistic Tearful Discouraged Crushed	Afraid Stressed Vulnerable Confused Bewildred Skeptical Worried Cautious Nervous
Hurt	Embarrassed	Happy
Jealous Betrayed Isolated Shocked Deprived Abandoned Rejected Criticized Degraded	Isolated Self-Conscious Lonely Inferior Guilty Ashamed Pathetic Confused Humiliated	Thankful Trusting Comfortable Content Excited Pleased Relieved Elated Confident