

<p align="center"><u>Emotional Literacy Scripts</u></p> <p align="center">STEP1: Recognise, understand, validate and LABEL the feeling:</p> <p>‘I can see that you are (angry). I would be (angry) if that happened to me’</p> <p>OR ‘I understand why you are (angry)’</p> <p>MAYBE ‘Tell me what happened.’</p> <p align="center">STEP2: Set limits on behaviour (if needed)</p> <p>‘However, you have chosen to and that is unacceptable because.....’</p> <p align="center">STEP3: Problem solve with the child</p> <p>‘What could you do differently next time? Why?’</p> <p>angry frustrated upset sad excited scared</p>	<p align="center"><u>Emotional Literacy Scripts</u></p> <p align="center">STEP1: Recognise, understand, validate and LABEL the feeling:</p> <p>‘I can see that you are (angry). I would be (angry) if that happened to me’</p> <p>OR ‘I understand why you are (angry)’</p> <p>MAYBE ‘Tell me what happened.’</p> <p align="center">STEP2: Set limits on behaviour (if needed)</p> <p>‘However, you have chosen to and that is unacceptable because.....’</p> <p align="center">STEP3: Problem solve with the child</p> <p>‘What could you do differently next time? Why?’</p> <p>angry frustrated upset sad excited scared</p>
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