

Emotional Literacy Scripts

STEP1: Recognise, understand, validate and LABEL the feeling:

'I can see that you are (angry). I would be (angry) if that happened to me'

OR *'I understand why you are (angry)'*

MAYBE *'Tell me what happened.'*

Calming time

(if needed)



STEP2: When the pupil is calm, explain to them the consequence of the behaviour– focus on the behaviour not the child e.g.

'Throwing stones is not acceptable because.....'



STEP3: Problem solve with the child e.g.

'What could happen differently next time? How would this make a difference?'

angry frustrated upset sad excited scared