

Emotion Coaching Scripts Step 2: Setting Limits

*'I understand that you are feeling.....
However, you can not behave like that as it
is unsafe'.*

*'My job is to keep you safe and that is not a
safe choice you are making'.*

*'These are the rules that all students have
to follow – we have to help you to follow
these rules. Let's talk about how I can help
you'.*

Emotion Coaching Scripts Step 3: Problem Solving

*'This isn't a safe place to feel angry. Let's
go to a safe place and then we can talk and
work something out'.*

*'Next time you're feeling like this, what
could you do?'*

*'How do you think you will react if this
happens again?'*

*'Here are your choices – you can either
do..... or What choice would you like to
make?'*