



**FAMILY
LEARNING**

Understanding Emotions

1st Session: Tues 26th April (6:30-8:30pm)

2nd Session: Tues 3rd May (6:30-8:00pm)

3rd Session: Tues 10th May (6:30-8:00pm)

4th Session: Tues 24th May (6:30-8:00pm)

Where: Online sessions through MS Teams

To book: email familylearning@aberdeencity.gov.uk



Course Overview

Week 1: Introduction to Emotions

- Gain a basic understanding of emotions
- Learn how emotions are communicated by our children and ourselves
- Learn about a technique used to manage emotions called Emotion Coaching

Week 2: Emotions and the Brain

- Explore different parts of the brain, how they control our emotions and how they develop
- Discuss how children display and understand emotions and how this may be changed

Week 3: Tantrums

- Combine the knowledge gained in the first two weeks to better manage tantrums
- Reflect on the example we are setting as parents in terms of emotion control
- Increase your confidence as a parent when managing tantrums

Week 4: Catch up and Review

- Will take place a few weeks after week 3 to allow you time to try the new approach to emotions and tantrum management at home
- Share how you've been getting on with the approach and get advice on how to overcome any problems
- Explore some examples and develop our responses using the acquired techniques