

# Children's Emotional Wellbeing Coaching

## 6 week plan

### Preteen

#### General session plan:

Intro  
How are you?  
Scale  
Recap and hometask review  
Learning  
Regulatory technique  
Set hometask  
Outro

All content will be tailored and adapted to your child's age, emotional development and individual needs.

The sessions may not follow this plan if content/pace is adapted.

Please note that this is a brief overview of the content

<b>Week 1</b> Introductions Sea of life Preparation for coming weeks	<b>Week 2</b> EBT cycle The Fizz Getting to know my Emotions
<b>Week 3</b> How do my Emotions effect me? STOP regulation skill	<b>Week 4</b> Understanding Thought and Emotions
<b>Week 5</b> Behaviour, Emotions and Thoughts How do I spend my time and how does that effect me?	<b>Week 6</b> Consolidation of learning Reflection Feedback Outro