

Children's Emotional Wellbeing Coaching

8 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

Week 1 Introductions Sea of life Preparation for coming weeks	Week 2 EBT cycle The Fizz STOP skill
Week 3 Getting to know my Emotions	Week 4 Understanding Thoughts
Week 5 Behaviour How do I spend my time and how does that effect me?	Week 6 Regulation What is regulation and how do I do it?
Week 7 Relationships Clear communication, maintaining relationships.	Week 8 Recap Reflection Feedback Outro