



**FAMILY
LEARNING**

Understanding Emotions

Online course

(Microsoft Teams)

10am – 12pm

Thursday 26th May – 9th of June

Register online or scan the code on a phone/tablet:

<https://forms.office.com/r/r4M8jhcPyW>



Or email: repert@aberdeencity.gov.uk



Week 1 – Introduction to Emotions

- Gain a basic understanding of emotions
- You will learn through a variety of activities about how emotions are communicated by our children and ourselves.
- You will learn about a technique used to manage emotions called Emotion Coaching with the aim of getting families talking about emotions more.

Week 2 – Emotions and the Brain

- This session will take you through the different parts of the brain, how they control our emotions and how they develop.
- You will discuss how your children currently display and understand emotions and how this may be changed.

Week 3 – Tantrums

- This session allows you to combine the knowledge gained in the first two weeks to better manage tantrums.
- You will reflect on the example you are setting as parents in terms of emotion control and consider if you can improve this.
- This session aims to increase your confidence as a parent when managing tantrums to ensure you adopt the approach where possible with your children.