



# Understanding Emotions

**Community Room Crathes  
Kaimhill Community Centre**

**Thursdays 1pm – 3pm**

**9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> of February**

**To register your interest –**

**<https://forms.office.com/e/f9mJ8fmCH8>**



**Or email:**

**[repert@aberdeencity.gov.uk](mailto:repert@aberdeencity.gov.uk) or [RaFraser@aberdeencity.gov.uk](mailto:RaFraser@aberdeencity.gov.uk)**



## **Week 1 – Introduction to Emotions**

### **We Will**

- 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**

### **We Will:**

- Look at different parts of the brain, how they develop and how they control our emotions.
- Reflect on the example you are setting as parents in terms of emotion control and consider if you can improve this.
- Discuss how your children currently display and understand emotions and how you can support them.

## **Week 3 – Emotions & Language**

### **We will:**

- Look at how your use of language and choice of words have a part to play in your child's ability to express themselves and their emotion
- Put what you've learned into practice using your own and example scenarios