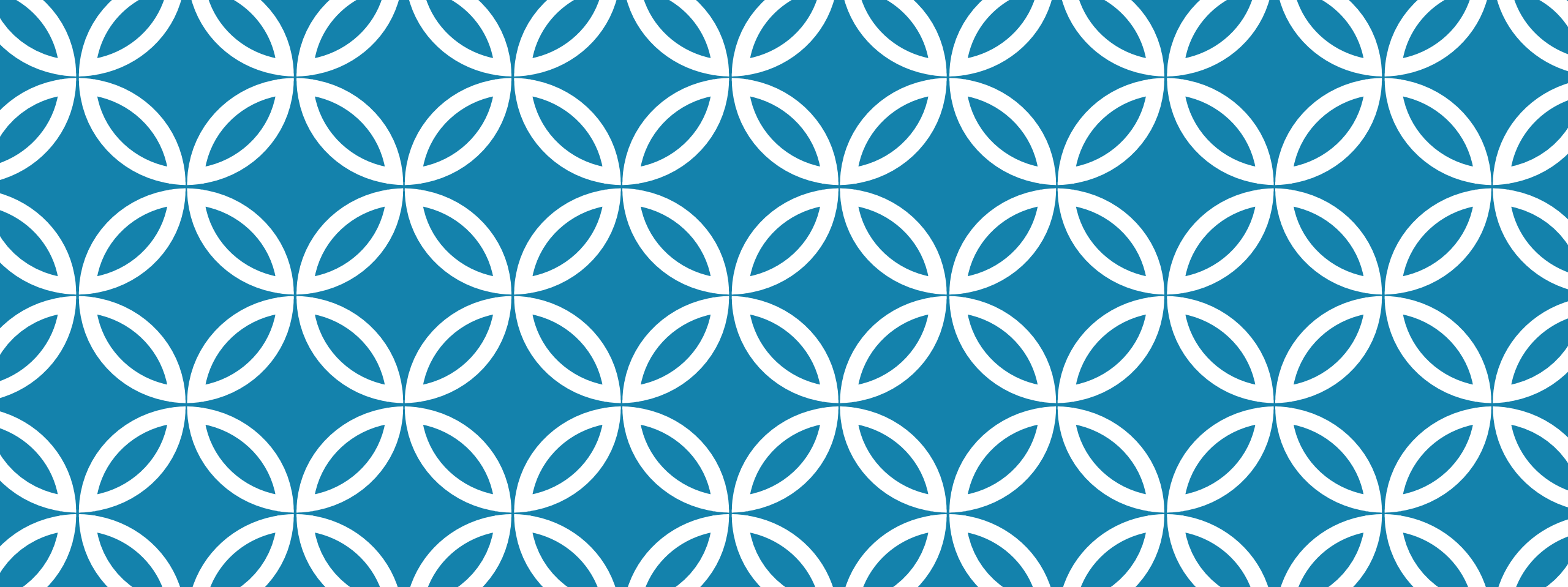


SCHOOL COUNSELLOR – KRISTY DEAN

- ❖ Qualified teacher and psychologist
- ❖ Work with students, parents/carers in a variety of ways:
 - counselling students
 - assist parents/carers to make informed decisions about child's education
 - assess child's learning and behaviour
 - assist schools to identify and address disabilities that affect learning
 - liaise with other agencies concerned with child's wellbeing
- ❖ Consent is required from parents before school counsellor involvement, if child is under 15 years of age.



EXPERIENCING EMOTIONS THROUGH QUESTIONING

Presented by Kristy
Dean, School Counsellor

WHY DO EMOTIONS MATTER?

- ❖ How children respond to their emotions can have a big impact on their choices and behaviour.
- ❖ Children will reach their potential if they can experience strong emotions and continue to function.

HOW CAN ADULTS HELP?

- ❖ As adults, it is our job to teach children about *experiencing* emotions
- ❖ Be an example to your child about experiencing emotions. Show them it is ok to feel sad or mad sometimes and how to function despite strong feelings.

COMPLEX EMOTIONS

- ❖ Children in primary school are beginning to learn about more complex emotions in themselves and others.
- ❖ This includes identifying physical responses and thoughts linked to those emotions.
- ❖ Examples of physical responses to emotions?
- ❖ Examples of thoughts linked to

QUESTIONS AS A TOOL

- ❖ Avoid closed questions, which only require a yes or no response.
- ❖ Use open questions – they encourage longer responses and allow more room to explore emotions.
- ❖ Examples:
 - How did that fight between you two start?
 - What is it like to have a best friend?
 - What is it like to be a student in your class?

PLAYING IS MORE THAN 'JUST PLAYING'

- ❖ Play is how children develop vital skills, such as language, emotional maturity and problem solving skills.
- ❖ Play is how children learn and communicate, particularly when language is still developing.
- ❖ Playing can be a non-threatening (and FUN!) way to explore emotions.
- ❖ Use puppets and figurines to ask open ended questions, or role play scenarios – this takes the focus off the child.
- ❖ *Show video "Pig and bear"*

OPEN ENDED QUESTIONS FOR OLDER CHILDREN

❖ Ask questions that encourage children to think about their life and values:

What advice would you give to your 5 year old self?

How would you like to be remembered?

❖ In groups, create a list of open ended questions you could ask your child.

THE MIRACLE QUESTION

- ❖ Created by psychologist Steve de Shazer
- ❖ It is the ultimate open ended question! It helps people focus on a desired future, rather than the problems of the present.
- ❖ *Show video of “The miracle question”*
- ❖ In pairs, take turns asking the miracle question.

REVIEW

- ❖ Appropriately experiencing emotions is a key learning experience.
- ❖ Be an example to your child when experiencing strong emotions – it is ok to be mad or sad.
- ❖ Playing is how children learn social, emotional and language skills.
- ❖ Use open ended questions when exploring emotions to encourage longer responses.

FURTHER INFORMATION

Go to:

<http://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/emotional-development>

This website has excellent information about the emotional development of children.