

# Emotion Coaching Bags

## FAQ

**Q: What are Emotion Coaching bags?**

**A:** Teaching children how to regulate emotions is a skill they will use for a lifetime. Our Emotion Coaching bags offer helpful information, tips and tools to support you in teaching your child about feelings. Bags are generally intended for developmental ages 2-8 years old unless otherwise specified.

**Q: What kinds of bags do you have?**

**A:** Bags are listed below:

- All About Me (Ages 8 and older)
- Biting
- Mad-Two Options:
  - Under age 8
  - Ages 8 and older
- Missing Someone
- I Am Resilient (Self-Esteem)
- Sad
- Scared
- Sharing
- Sleep Time
- Worried

**Q: How do I choose a bag?**

**A:** The bag topic can be chosen based on something you feel yourself or your child could use that extra support in. We have bags for many of those big emotions!

**Q: How long do we keep the bag?**

**A:** Bags are typically checked out for 1-2 weeks.

**Q: Where can we check out and/or return the bag?**

**A:** There are three options to choose from:

1. Stay, Play & Learn place space: During open hours
2. Reception area: Monday-Friday from 8:30am-4:30pm
3. Family Entrance: During an intake and/or discharge appointment

