

# Emotion Coaching Bags

## Q and A

**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: Available bags are listed below. List will be updated as needed.**

- All About Me: For children ages 8 and older, typically up to age 12
- Biting
- Mad: For children ages 8 years and older, typically up to age 12
- 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



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3. Family Entrance: During an intake and/or discharge appointment

