



教育局
Education Bureau



香港教育大學
The Education University
of Hong Kong

Emotion Turnaround: How to Promote the EQ of Young Children

Dr. Ian Lam Chun Bun

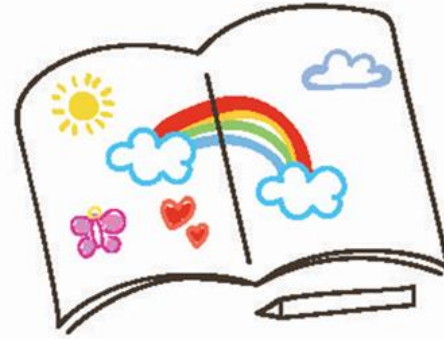
Co-Director,

**Centre for Child and Family Science,
The Education University of Hong Kong**

Techniques for Promoting Children's Positive Emotions



Active Constructive Response



Gratitude Journal



Descriptive Praise



Exercise and Nature

Promoting Positive Emotions: Active Constructive Response

✍️ “Dad, look! I drew a picture in school! All my teachers and classmates said I drew so well!”

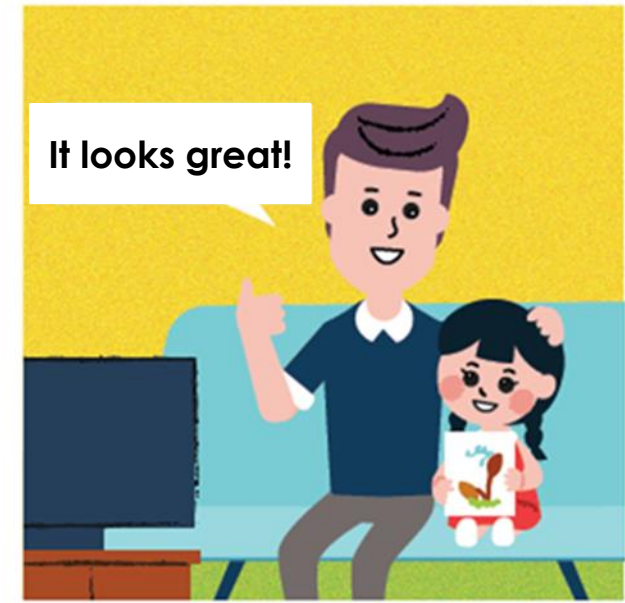
Response #1



Response #2



Response #3



Gable, S. L., Reis, H. T., Impett, E., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal effects of sharing positive events. *Journal of Personality and Social Psychology*, 87, 228–245.

Promoting Positive Emotions: Active Constructive Response

R “Dad, look! I drew a picture in school! All my teachers and classmates said I drew it well!”

Response #4



Gable, S. L., Reis, H. T., Impett, E., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal effects of sharing positive events. *Journal of Personality and Social Psychology*, 87, 228–245.

Promoting Positive Emotions: Active Constructive Response

	Active	Passive
Constructive	Parents think that the news is good . Therefore, parents ask many questions, praise their children, and express happiness, pleasure and care.	Parents think that the news is good , but they simply say “Great” or “Good job” , without any follow-up “actions” .
Destructive	Parents think that the news is not good . They consider that their children do not use time wisely and should not spend time and effort on the so-called “good news”.	Parents think that the news is unimportant . Therefore, they show a “I don’t care” or “Leave me alone” attitude.

Gable, S. L., Reis, H. T., Impett, E., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal effects of sharing positive events. *Journal of Personality and Social Psychology*, 87, 228–245.

Promoting Positive Emotions: Active Constructive Response

✍ What questions do we ask?

- ☐ Wh-questions
- ☐ Open-ended questions
- ☐ Distancing prompts




Gable, S. L., Reis, H. T., Impett, E., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal effects of sharing positive events. *Journal of Personality and Social Psychology*, 87, 228–245.

Promoting Positive Emotions: Descriptive Praise


 “You’re so smart!”

 “You work so hard!”

 “Well done!”

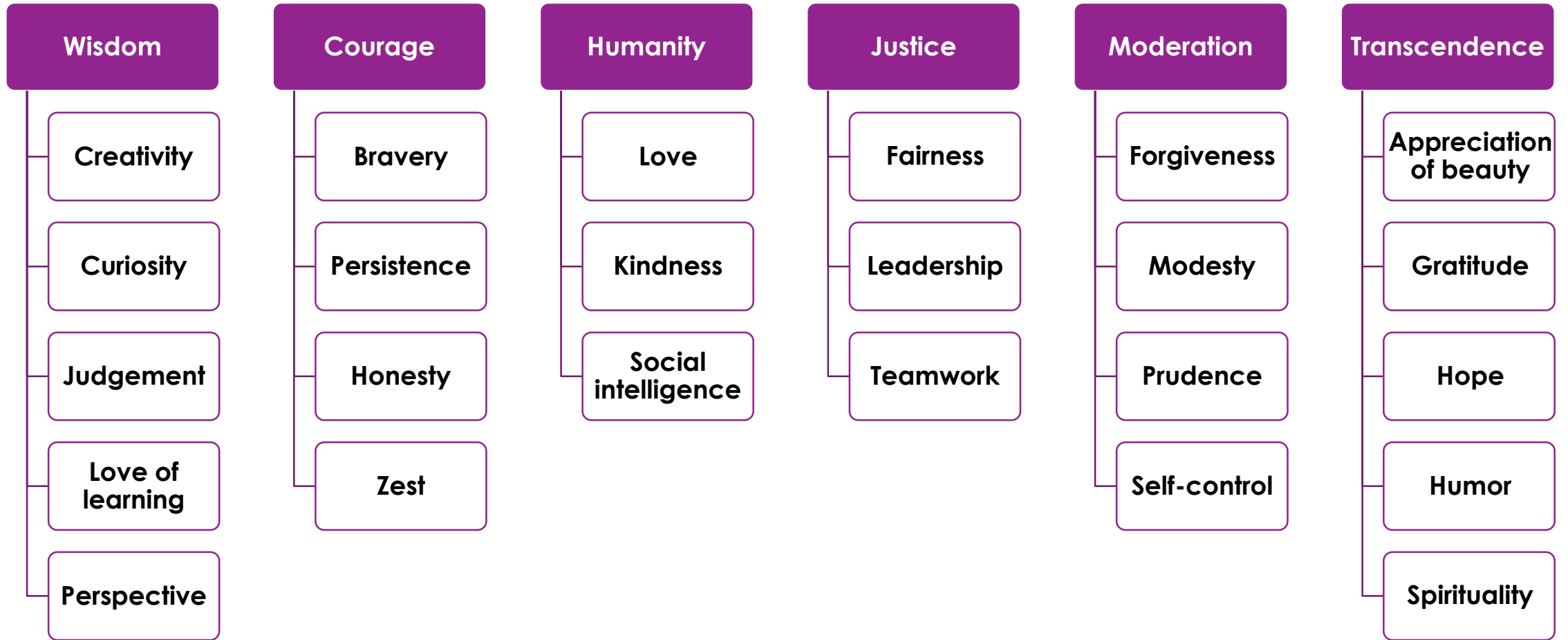
 “I really like that you drew the leaves one by one.”

 “You did great in the examination this time—I’m going to take you to the theme park!”

 “You did great in the examination this time—I really think you like Math!”

Henderlong, J., & Lepper, M. R. (2002). The effects of praise on children's intrinsic motivation: A review and synthesis. *Psychological Bulletin*, 128, 774-795.

Promoting Positive Emotions: Descriptive Praise



Park, N., Peterson, C., & Seligman, M. E. (2004). Strengths of character and well-being. *Journal of Social and Clinical Psychology*, 23, 603-619.

Promoting Positive Emotions: Descriptive Praise

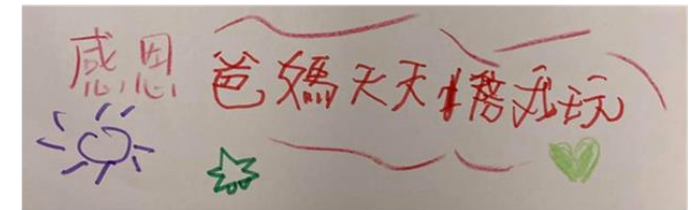
- ✍ Link children's strengths to specific behaviors:
 - ❑ "Daddy saw you led other children to tidy up the toys, you really acted like a leader!"
 - ❑ "I like that you frequently show your appreciation by praising others!"
 - ❑ "Mommy appreciates your curiosity so much for always asking questions!"

Promoting Positive Emotions: Descriptive Praise

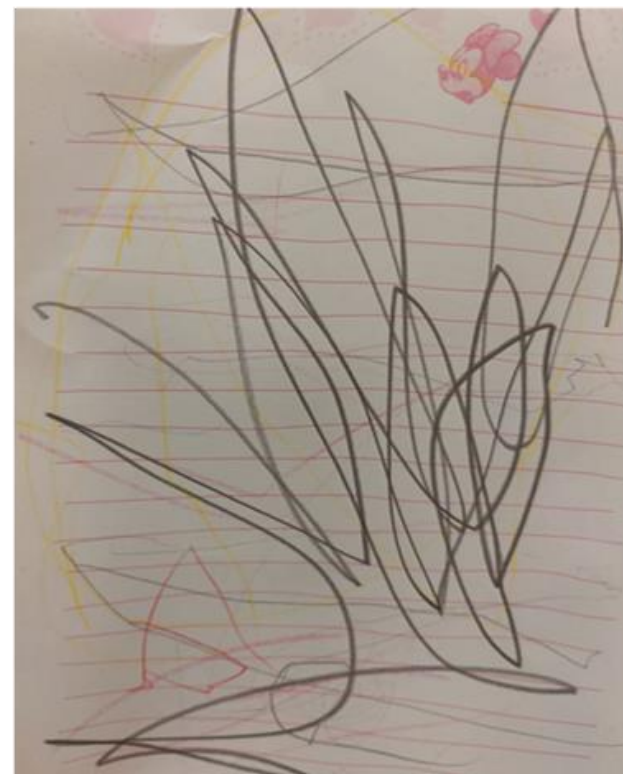
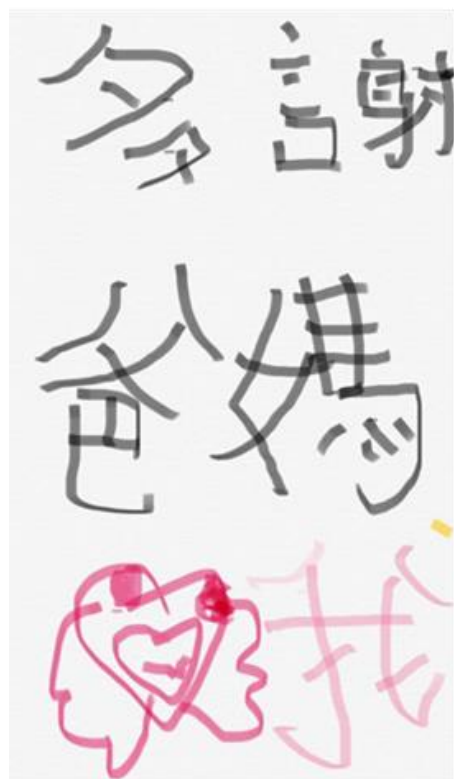
- ✎ Link children's strengths to specific behaviors:
 - ❑ "You practice singing everyday—that's what we call self-discipline!"
 - ❑ "Thanks for telling me what happened—Daddy appreciates your honesty."
 - ❑ "Daddy and Mommy noticed that you had let your younger sister play first. That was really kind of you."

Promoting Positive Emotions: Gratitude Journal

- ✎ Write down someone or something that you are grateful for:



Froh, J. J., Bono, G., Fan, J., Emmons, R. A., Henderson, K., Harris, C., Leggio, H., & Wood, A. M. (2014). Nice thinking! An educational intervention that teaches children to think gratefully. *School Psychology Review*, 43, 132-152.



 **How: Parents can together with children be grateful for the environment, for the people around, and for the everyday activities**

Environment

- Beautiful nature
- Clean air
- Clear sky
- Singing birds
- Colorful flowers
- Comfortable home

People

- Care of family members
- Support of friends
- Teaching of teachers
- Others' smiles, comfort, and help (e.g., domestic helpers, neighbors, security officers, strangers)

Everyday activities

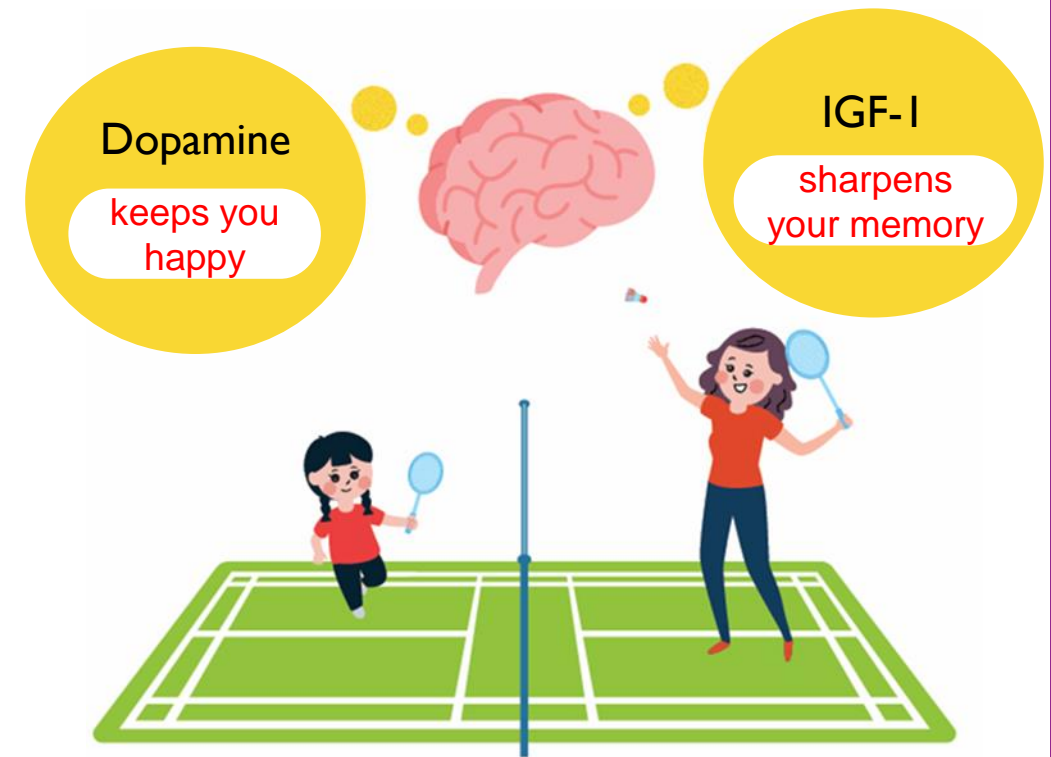
- Healthy body
- Safe trip
- Happy experience
- Good sleep
- New learning
- Good book
- Great dinner



Download our gratitude journal

Promote Positive Emotions: Exercise Every Day

		
Play and Dance	Aerobics at home <i>(Chinese version only)</i>	Doing physical activities at home—online teaching resources



Godwin, D (2015). Exercise gets the brain in shape. *Scientific American Mind*, 26, 76.

Promote Positive Emotions: Embrace the Nature



Hiking for 2 hours
at a time



Jogging 4 times;
each time for 30 minutes



Biking



Walking



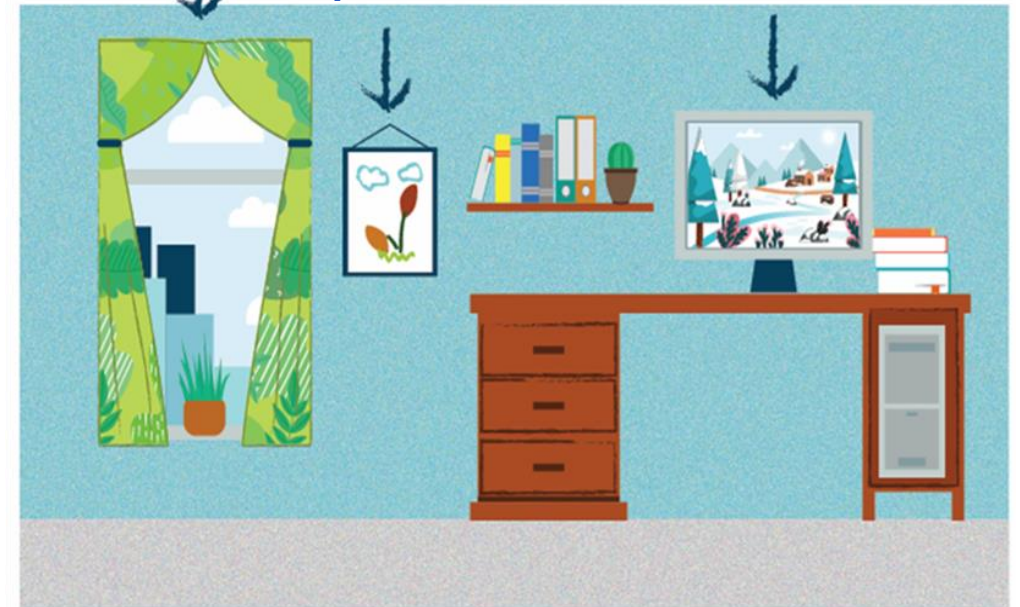
Boating

Feel higher life satisfaction

Nature view

Nature
picture

Nature
screensaver



More able to deal with stress

- van den Berg, M., Maas, J., Muller, R., Braun, A., Kaandorp, W., van Lien, R., ... & van den Berg, A. (2015). Autonomic nervous system responses to viewing green and built settings: differentiating between sympathetic and parasympathetic activity. *International Journal of Environmental Research and Public Health*, 12, 15860-15874.
- White, M. P., Alcock, I., Grellier, J., Wheeler, B. W., Hartig, T., Warber, S. L., ... & Fleming, L. E. (2019). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific Reports*, 9, 1-11.

Techniques for Dealing with Children's Negative Emotions



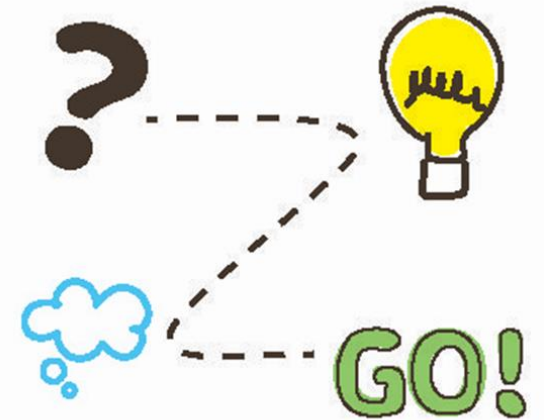
Active
Listening



Positive Reappraisal



Deep
Breathing



Four Steps to
Problem Solving

Dealing with Children's Negative Emotions: Active Listening

- ✎ Skills: Use emotion vocabularies; point out the reasons behind
- ✎ Key: Be accurate; paraphrase rather than repeat; avoid judgement before listening to what the child has to say
- ✎ Advantages: Express empathy; children will also understand their feelings

Eisenberg, N., Fabes, R. A., Shepard, S. A., Guthrie, I. K., Murphy, B. C., & Reiser, M. (1999). Parental reactions to children's negative emotions: Longitudinal relations to quality of children's social functioning. *Child Development*, 70, 513-534.

Scenario #1

Tommy cannot attend my birthday party! I am so unhappy!



Scenario #2

I am afraid that I'd mess up the verbal report tomorrow.



Scenario #3

Brother hit me!



Use Accurate and Diversified Emotion Vocabularies

Joy :



Happy



Excited



Grateful



Contented



Peaceful



Proud



Optimistic

Sadness :



Upset



Disappointed



Lonely



Guilty



Exhausted



Confused



Frustrated

Plutchik, R., & Conte., H. (1997). *Circumplex models of personality and emotions*. Washington, DC: American Psychological Association.

Use Accurate and Diversified Emotion Vocabularies

Anger :



Outraged

Hostile

Discriminated

Offended

Threatened

Criticized

Hurt

Fear :



Frightened

Nervous

Worried

Restless

Anxious

Petrified

At a loss

Plutchik, R., & Conte., H. (1997). *Circumplex models of personality and emotions*. Washington, DC: American Psychological Association.

Dealing with Children's Negative Emotions: Active Listening

Help children verbally express their emotions and the reasons behind

- ☐ I feel...
- ☐ Because...



Torre, J. B., & Lieberman, M. D. (2018). Putting feelings into words: Affect labeling as implicit emotion regulation. *Emotion Review*, 10, 116-124.

Active Listening under the Pandemic



Children may have different feelings under the pandemic

Help children to understand the intensity of their feelings by using numbers



Active Listening under the Pandemic

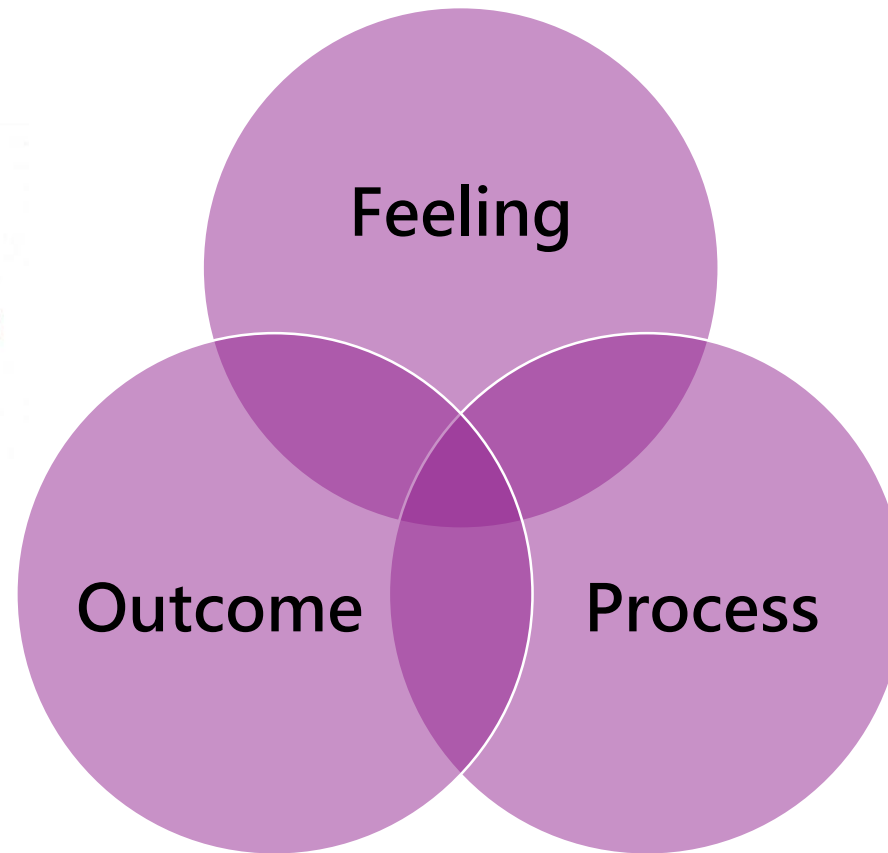
- ✍ "I know that you're bored because you can't go to school."
- ✍ "It's normal to feel scared because we have never seen this virus before!"
- ✍ "Having heard from Mommy that we have to cancel in the last minute, perhaps you will feel a bit mad?"

Dealing with Children's Negative Emotions: Positive Reappraisal

- ✎ Skills: Help children look at things from different angles
- ✎ Key: Accept children's views; understand children's feelings; provide new views
- ✎ Advantages: Help children deal with emotions and derive meanings from negative events

Rood, L., Roelofs, J., Bögels, S. M., & Arntz, A. (2012). The effects of experimentally induced rumination, positive reappraisal, acceptance, and distancing when thinking about a stressful event on affect states in adolescents. *Journal of Abnormal Child Psychology*, 40, 73-84.

Dealing with Children's Negative Emotions: Positive Reappraisal



Rood, L., Roelofs, J., Bögels, S. M., & Arntz, A. (2012). The effects of experimentally induced rumination, positive reappraisal, acceptance, and distancing when thinking about a stressful event on affect states in adolescents. *Journal of Abnormal Child Psychology*, 40, 73-84.

Dealing with Children's Negative Emotions: Positive Reappraisal



When you feel stressed and nervous, your body is telling yourself to be focused and to do your best!

**Feeling
reappraisal**



I think you have learned how to be persistent and self-regulated this time, which will help you to do better in future!

**Outcome
reappraisal**

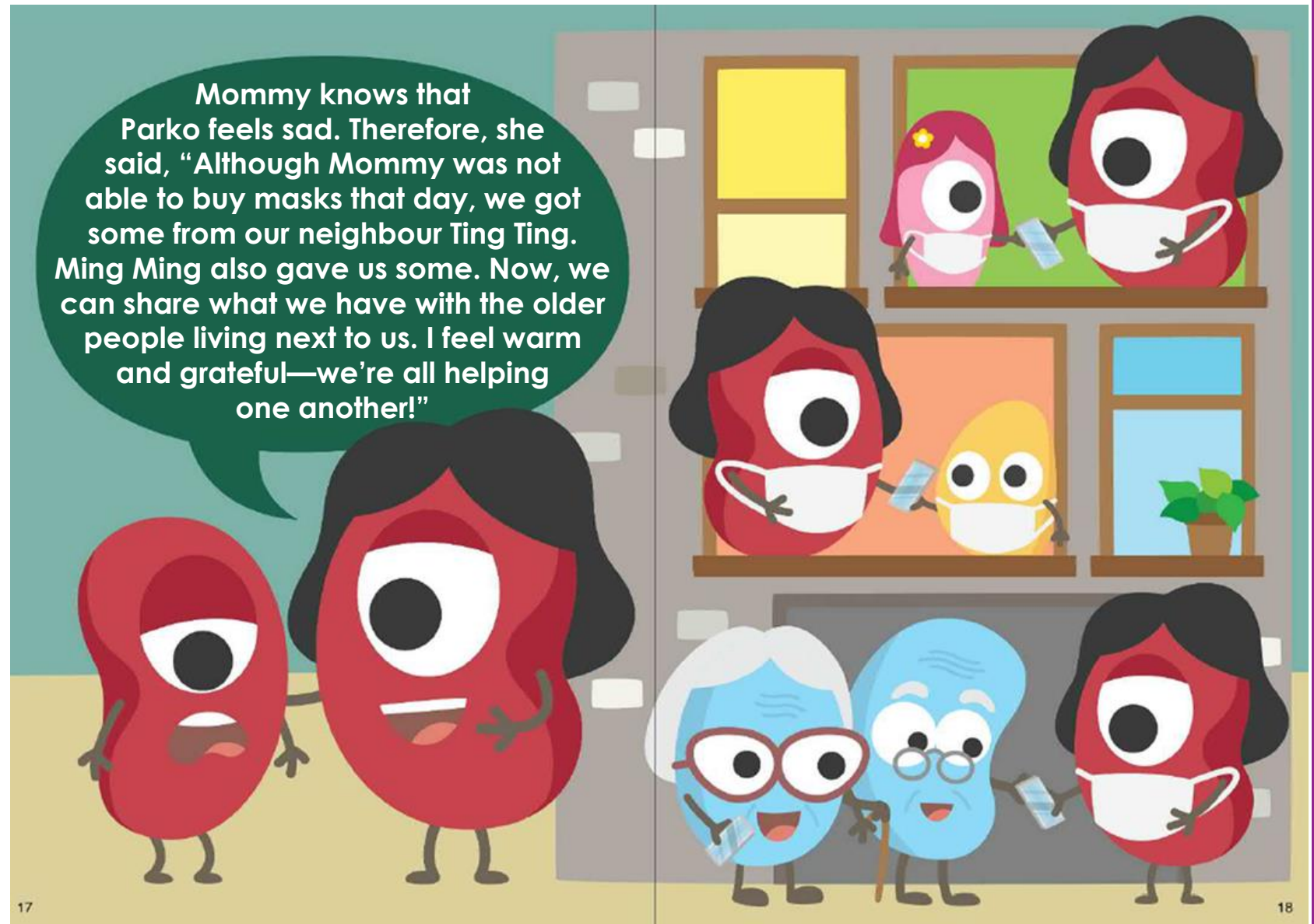


Why don't we think about—during the process between the preparation and actual performance—what has helped you grow?

**Process
reappraisal**

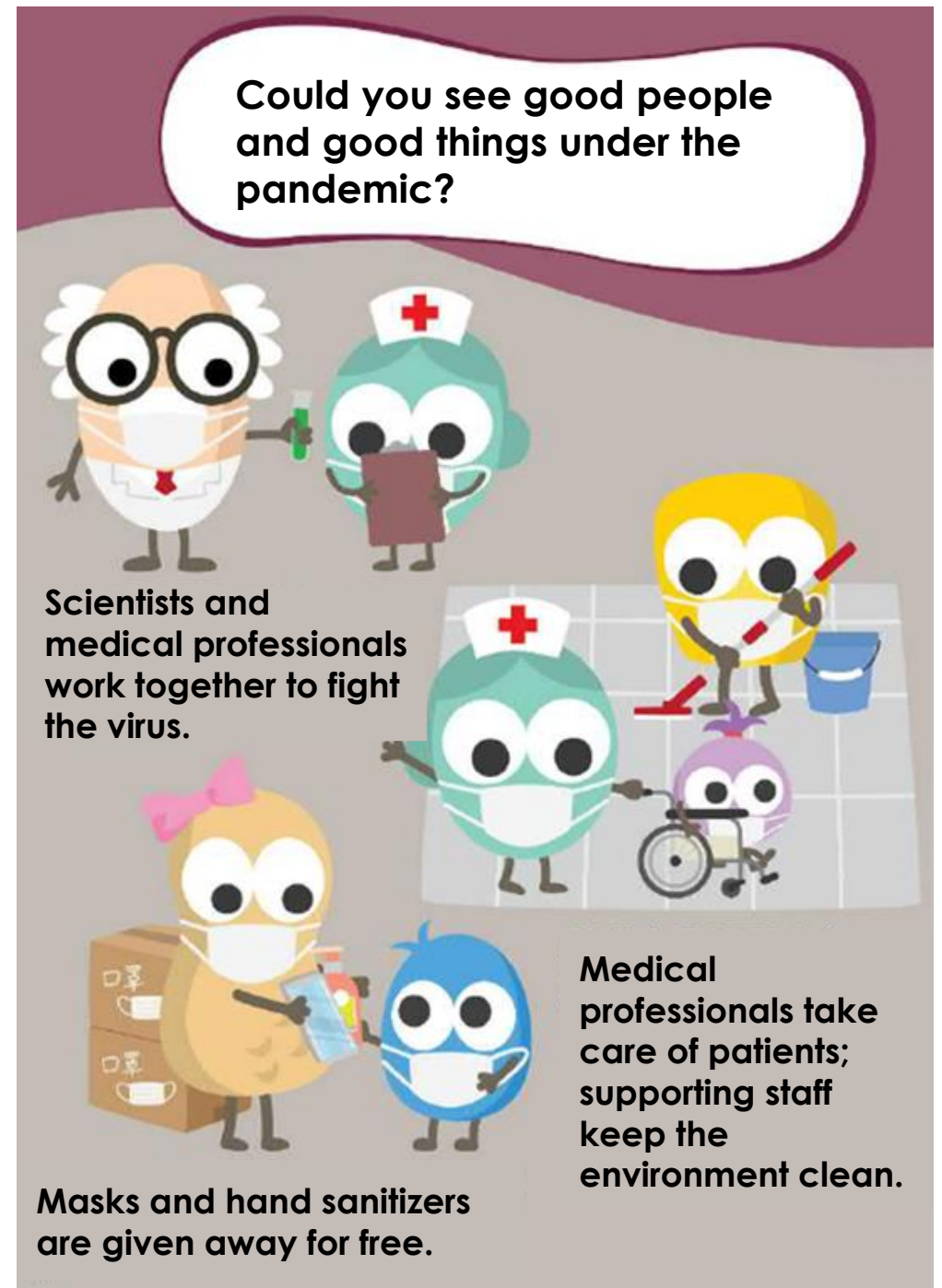
Rood, L., Roelofs, J., Bögels, S. M., & Arntz, A. (2012). The effects of experimentally induced rumination, positive reappraisal, acceptance, and distancing when thinking about a stressful event on affect states in adolescents. *Journal of Abnormal Child Psychology*, 40, 73-84.

Use Positive Reappraisal under the Pandemic



Use Positive Reappraisal under the Pandemic

3Es情+社同行計劃 (2020) 。 「 3Es 抗疫同行故事書 」 。 摘自：
<http://3esproject.eduhk.hk/tc/newsdetail.php?id=14>



Dealing with Children's Negative Emotions: Deep Breathing

Breathe in
(for 3 seconds)



Hold the air
(for 1 second)



Keep the air out
(for 1 second)



Breathe out
(for 3 seconds)



Dealing with Children's Negative Emotions: Other Ways to Relax

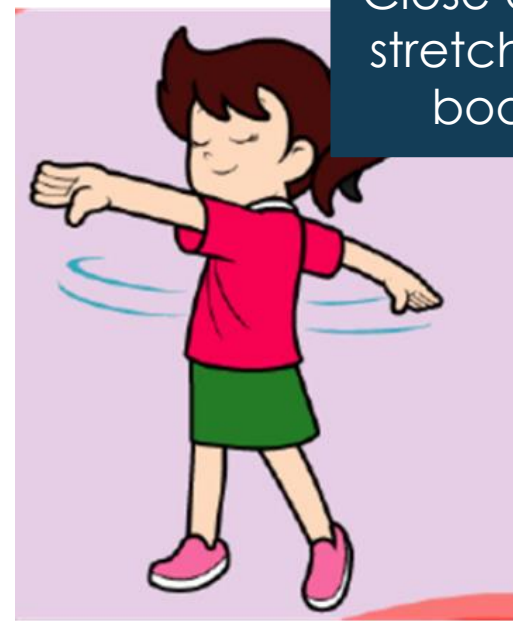
Wash face;
drink water;
calm down



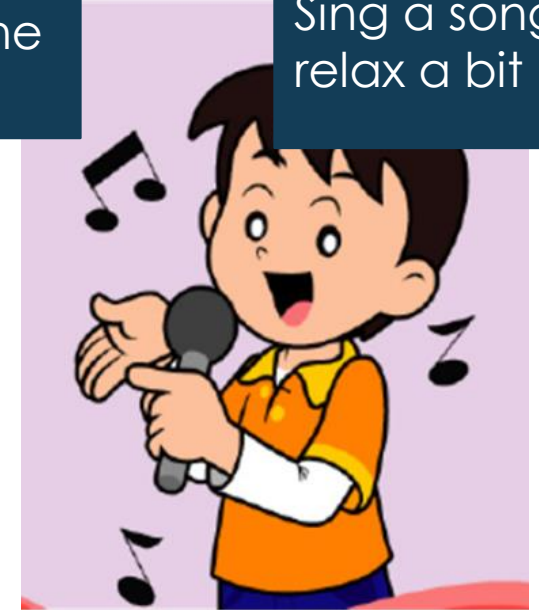
STOP and
THINK



Close eyes;
stretch the
body



Sing a song;
relax a bit



Dealing with Children's Negative Emotions: Other Ways to Relax

Self talk and say:
"Relax; relax now"



Count down
from 20 to 1



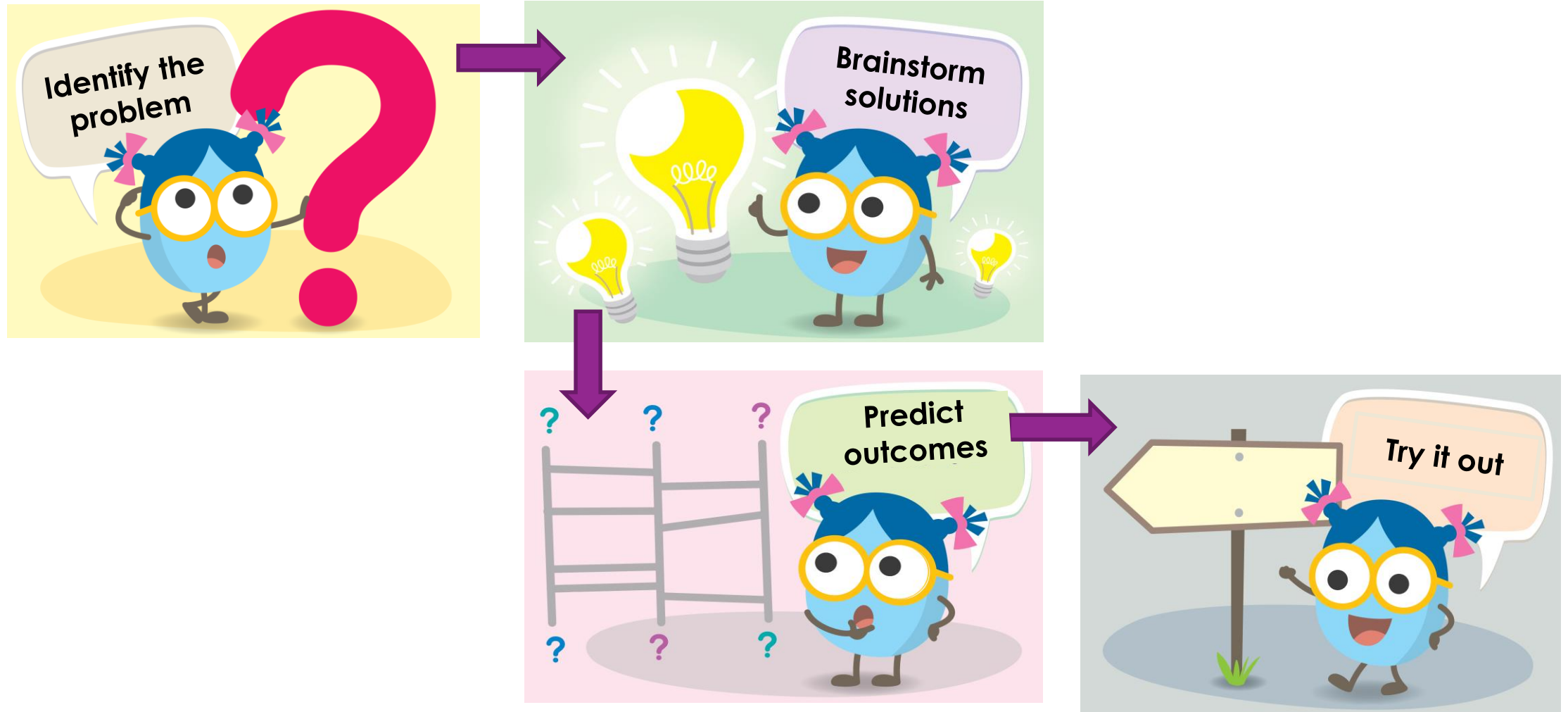
Self talk and say:
"It's not that bad"



Express oneself
through writing and
drawing



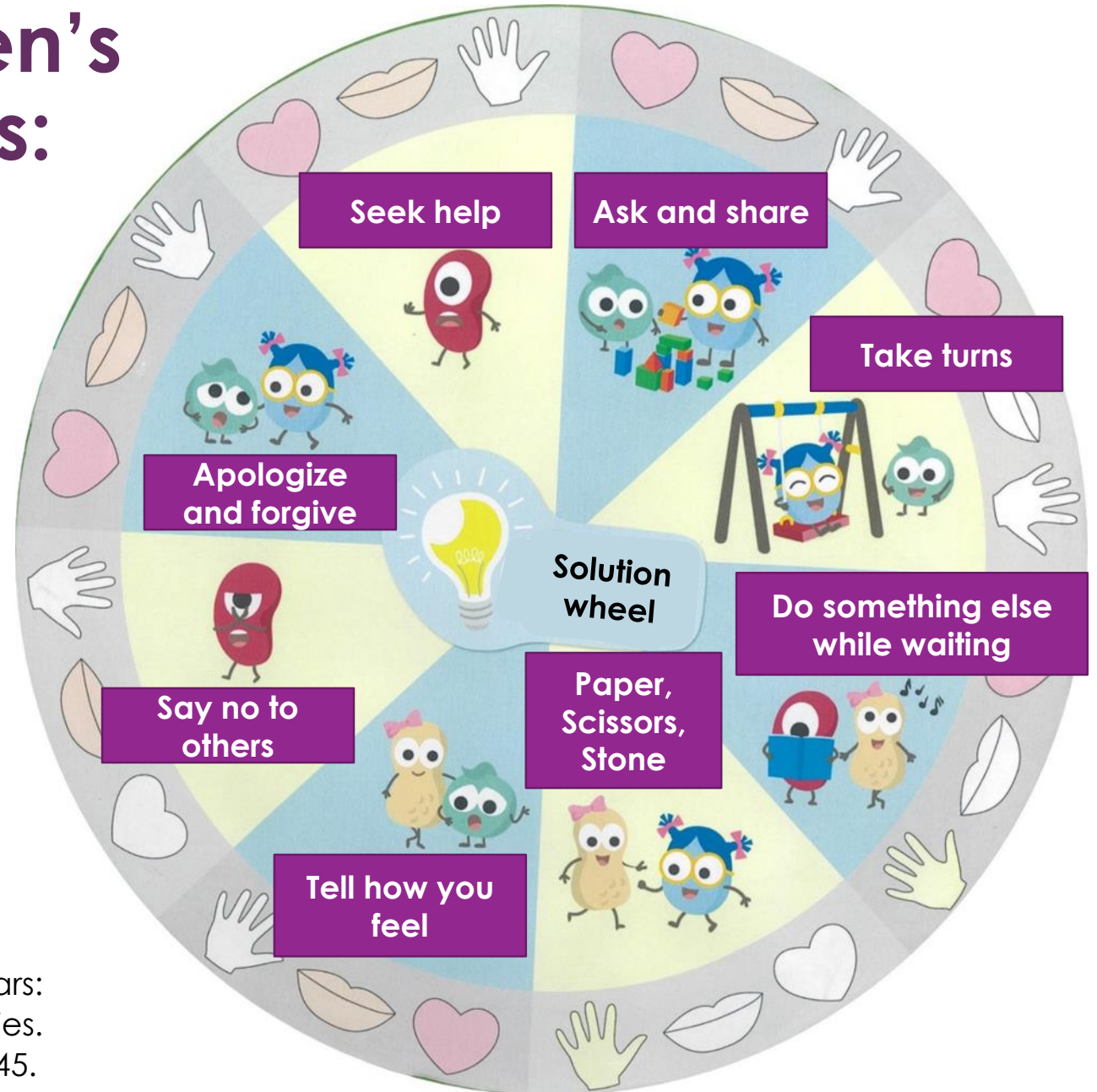
Dealing with Children's Negative Emotions: 4 Steps to Problem Solving



Webster-Stratton, C. (2001). The incredible years: Parents, teachers, and children training series. *Residential Treatment for Children and Youth*, 18, 31-45.

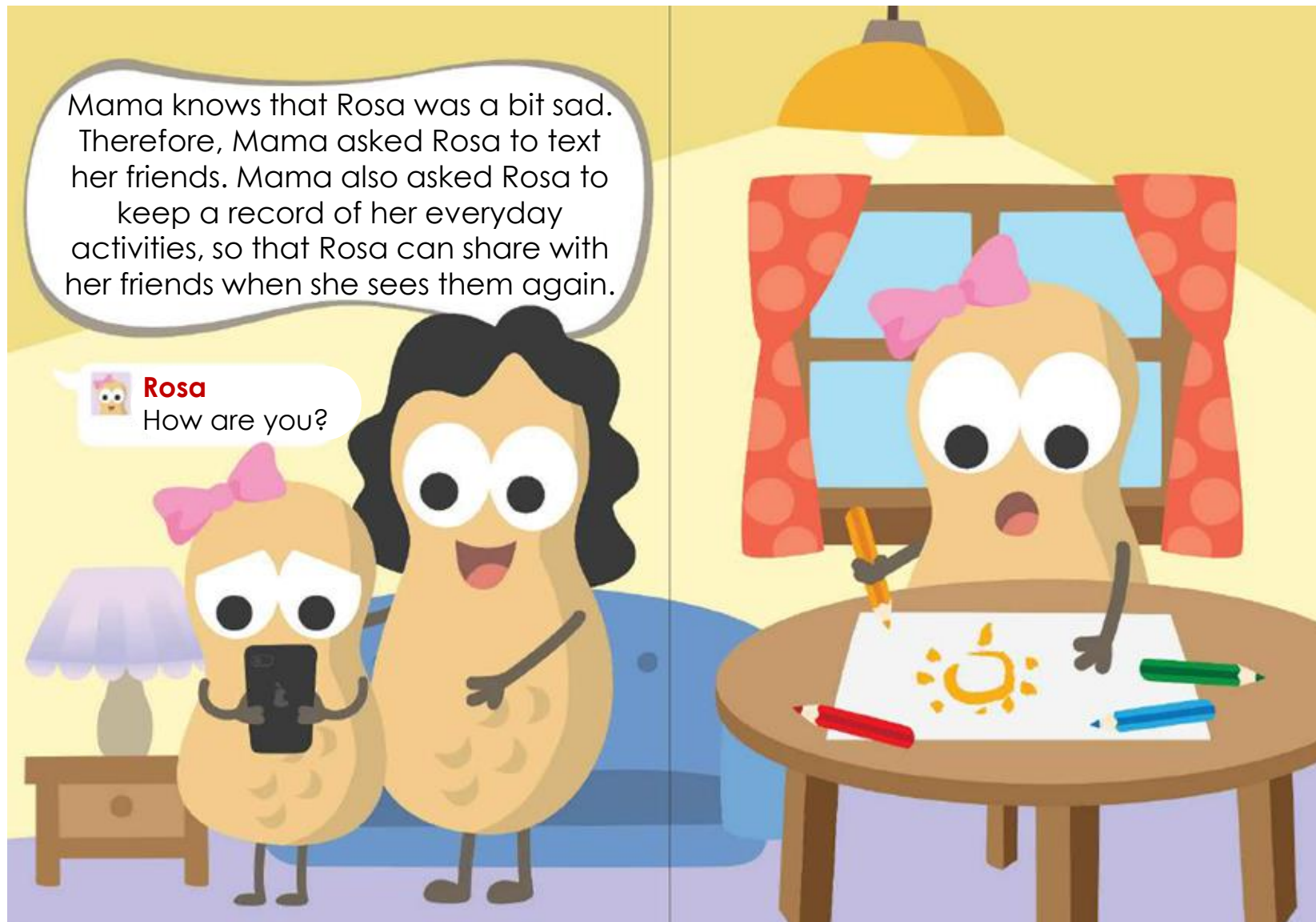
Dealing with Children's Negative Emotions: Solution Wheel

- Help children solve problems by using different solutions
- Use visual aids to help children apply these solutions to everyday life



Webster-Stratton, C. (2001). The incredible years: Parents, teachers, and children training series. *Residential Treatment for Children and Youth*, 18, 31-45.

Solve Problems under the Pandemic



3Es情+社同行計劃（2020）。
「3Es 抗疫同行故事書」。摘自：
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Solve Problems under the Pandemic

Grandma knows that Gigi feels scared. Therefore, Grandma told Gigi that “There are things we can do to prevent COVID-19: We can wear masks, wash hands frequently, and maintain good personal hygiene to keep virus from getting into our bodies. We can also sleep and get up early, exercise everyday, and eat more vegetables and fruits to make our bodies stronger!”



3Es情+社同行計劃（2020）。
「3Es 抗疫同行故事書」。摘自：
<http://3esproject.eduhk.hk/tc/newsdetail.php?id=14>

Questions and Answers

Q How to develop children's ability to deal with failure and negative emotions?

Questions and Answers

Q How to help children use cellphones in a disciplined manner?