

# My Future Session Report



chance uk

Mentor / Child's name Alex + Lesley  
D

Date of Session

Feb 25/19,

## Activity:

Finding songs that make us feel Happy /  
Calm /  
Angry.

## Objective (please tick)

- Establishing best hopes for mentoring
- Having fun and exploring
- Making a plan for how to reach your child's goals

## Which SE Skills are you working on in this session? Please tick

Child's ability to recognise and name their emotions

Child's ability to identify and manage triggers

Child's ability to set and achieve goals

Child's ability to name their own strengths

Child's ability to keep going when things are tough (resilience levels)

## What potential challenges could arise in the activity?

Can't think of songs / D gets bored / agitated / won't engage  
"Angry" could be a trigger.

D wants to run around / play sport.

D unable to associate songs w/ emotions → not ready  
to share / be vulnerable.

## How will you adapt your session if the child is unable to engage? How could you incorporate an element of choice for the child?

Use physicality (ie throw a ball in a "happy way")

Not do all at the same time.

Choose your own emotions ← "Kid could"

Play a game & come back to it.

Sing and ask about emotions (ie reverse it)

Which Solution-focussed tools are you planning to incorporate into the session?

Coping questions      Finding exceptions.  
Instead questions  
Scaling.

How could you be an emotions coach (what could you say) at the start of the session just after meeting your child?

I've just heard a song that made me feel really happy. Do you know what I mean? What songs make you feel happy?

What could you say/model during the journey to your activity?

Name feelings / write them down / talk about favourite emotions / emoji time.

How could you include emotions coaching during the session?

Talking about physical symptoms of nervousness → anxiety → frustration.  
→ disappointment.

Bring in bits / resilience. What can he do to help him through tough times.

Finally, when dropping off your child with the parent/carer how could you incorporate emotions coaching? How might you feed back to the parent?

Share choice of songs.  
Get D to talk about his songs.  
Asked him to find two more songs that make him feel calm.