

Chapter 6—The Emotional Classroom Dance

Questions for Parents and Students to Address Emotional Issues

| Step | Question for students | Questions for parents |
|---|---|---|
| 1 Problem | <ul style="list-style-type: none"> ▪ What happened? ▪ What is bothering you? | <ul style="list-style-type: none"> ▪ What do you know about what happened? ▪ What is your understanding? |
| 2 Safety/bonding | <ul style="list-style-type: none"> ▪ What about this makes you feel unsafe? ▪ Who cares the most about you? ▪ Who do you care the most about? | <ul style="list-style-type: none"> ▪ Are you concerned for the safety of your child? ▪ Can you name an adult at the school that you feel cares about your child? |
| 3 Fears (behind anger is fear) | <ul style="list-style-type: none"> ▪ What is the worst thing that could happen? ▪ On a scale of 1–10 (10 being high), is it worth the energy you are giving it? | <ul style="list-style-type: none"> ▪ What is the worst thing that could happen? ▪ What are the “what if” questions you are asking yourself? |
| 4 Satiating | <ul style="list-style-type: none"> ▪ When this kind of thing happens, what do you do to feel better about it? (Talk to a friend, get high, quit working ...?) | <ul style="list-style-type: none"> ▪ If you were king or queen of the world, how would you address or “fix” this? ▪ What would make you feel better as a parent in this situation? |
| 5 Personal contribution | <ul style="list-style-type: none"> ▪ What did you do to make the situation better or worse? | <ul style="list-style-type: none"> ▪ In this situation as a parent, do you feel you helped your child or hurt your child? Did your child act on your advice? Have you had similar reactions? |
| 6 What was lost? | <ul style="list-style-type: none"> ▪ What about this situation makes you feel “less than?” ▪ Has this kind of situation happened before? | <ul style="list-style-type: none"> ▪ Do you believe this situation is a reflection on your parenting? ▪ What do you think your child has “lost” in this experience? |

Questions for Parents and Students

(continued)

| Step | Question for students | Questions for parents |
|--|---|---|
| <p>7 Acceptance</p> | <ul style="list-style-type: none"> ▪ What is the reality—brutal facts—about what happened? ▪ Do you resent the consequences? | <ul style="list-style-type: none"> ▪ What must we accept in this situation? ▪ Did your child “lose” anything as a result of this situation? ▪ Do you think the consequences will achieve a change in behavior? |
| <p>8 Validating Experiences</p> | <ul style="list-style-type: none"> ▪ Tell me about a time when you were successful in dealing with a situation like this? ▪ Tell me about any situation that you think you do really well. | <ul style="list-style-type: none"> ▪ Tell me about the situations and things that your child does well. |
| <p>9 Reclaiming self</p> | <ul style="list-style-type: none"> ▪ What about that successful experience could we use in this situation? ▪ What are other choices that could be used to “win” in this situation more often? | <ul style="list-style-type: none"> ▪ How will we help your child be more successful—i.e. win more often—in this situation? |
| <p>10 Change, momentum, practice</p> | <ul style="list-style-type: none"> ▪ What will you do next time? ▪ What cues you to do this? ▪ How can you change that cue? ▪ How will you practice that? | <ul style="list-style-type: none"> ▪ How will you support your child in this situation? |