

## **What is Emotional Logic? Information for parents and carers**

Life can be difficult, and we all struggle at times to know how to deal with the challenges we face. When this happens, Emotional Logic can help.

Emotional Logic is more than a coping strategy. It is a personal development tool used by people of all ages to improve emotional intelligence in difficult situations. It makes sense of unpleasant emotions. People can then harness that emotional energy to face life's challenges, build emotional resilience and embrace change.

Emotional Logic is not counselling or therapy. It is a conversation based skill that your child can learn, so they can plan their way through life. It is quite simple to learn the basics. We teach children and their families how to do this using a range of unique, age appropriate, kinaesthetic resources. Then we support them to make plans to improve their life and feel happier. Emotional Logic was designed by a British GP in the 1990s and Emotional Logic coaches are specially trained to teach people how to use it. It is now used across the globe in Education, Healthcare and many other areas.

We usually work one to one with children for about half a term but we can also work with extended family such as parents or carers if you think that would be helpful. We start our session by listening to the child to find out what is going well in their life and what aspects of their life they would like to change or have more of. Our sessions are confidential and we closely follow the school's safeguarding policy. We have more information about this on our website and the links appear at the end of this document.

People ask for our help for many different reasons. Our qualified Emotional Logic coaches are professionals from a range of backgrounds and are familiar with supporting children with all sorts of challenges, including anxiety, aggressive behaviour, self harm and depression. We promise to listen carefully to your child's point of view and we won't judge them. We will teach them how to make sense of their unpleasant emotions and how to make effective plans to move forward. Once they have learned how to do this they can pass on their skills to other friends and family, so please ask them about what they have been learning. For example, they may want to show you how the Stepping Stone cards work.

### **Exciting Education Limited**

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### **What might change in your child's life after they learn to use Emotional Logic?**

This varies from person to person. For instance, when your child learns effective, non-aggressive ways to negotiate with friends and adults, they may find that relationships at all levels improve, including family relationships.

The one thing everyone has in common is that they tell us that things improve! Here are some of the most common things people tell us have changed for the better:

- I feel much less worried now
- I am more confident
- I understand my anger now and get into less trouble at school
- I feel less anxious about going to school
- I feel listened to
- When things go wrong, I know what to do now
- I know how to say what I think without upsetting everyone
- I used to keep everything in but now I know how to talk about it
- My family life is happier
- I have more friends
- I get on a lot better with my parents now
- Since learning Emotional Logic I'm doing better at school

You may well be aware that scientists have shown that we all learn better when we feel safe and understood. Learning Emotional Logic will help your child to feel safe, heard and valued.

If you want to find out more, have a look at our website where we have a short animation and many frequently asked questions for children, carers and teachers.

We are happy to answer any questions you may have. Please feel free to contact us using the email address below and we will get back to you as soon as we can.

[info@excitingeducation.co.uk](mailto:info@excitingeducation.co.uk)

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