

MODULE GUIDE

Module title	<i>Negative emotions and aggression (for parents and coaches)</i>
Aim of the module	<i>To learn how to regulate negative emotions and why it is important.</i>
Learning outcomes	<i>To gain an understanding of negative emotions in children and learn about effective strategies to address them.</i>
Learning activities	<i>Example scenario (comic), Settle your glitter, Cool Down</i>
Assessment activities	<i>Questions about a comic scenario testing the learner's understanding of the strategies discussed in the module.</i>
Further resources	<i>Useful publications are listed in the Sources.</i>
Duration	<i>1 hour</i>