



# Project DITEAM12

## Diverse and Inclusive teams for children under 12

Managing negative emotions and aggression: 'COOL DOWN as a consequence for aggressive behavior'



Asociación  
Mi Hijo y Yo



European  
Paralympic  
Committee

PEDAGOŠKI INŠTITUT



SCHOLA EMPIRICA

NEOMA  
PSICOLOGIA Y DEPORTE



# What will you learn today?



- What is the ability to regulate the negative emotions?
- How could children/parents/coaches benefit from ability to regulate negative emotions?
- How can we help to deal with negative emotions?



# What is the ability to regulate the negative emotions?

COOL DOWN  
as a consequence for  
aggressive behavior

The COOL DOWN as a consequence for aggressive behavior is a new strategy that parents can use to help manage their children's aggressive behaviour.

Cool Downs are opportunities to calm down. They are not punishments.

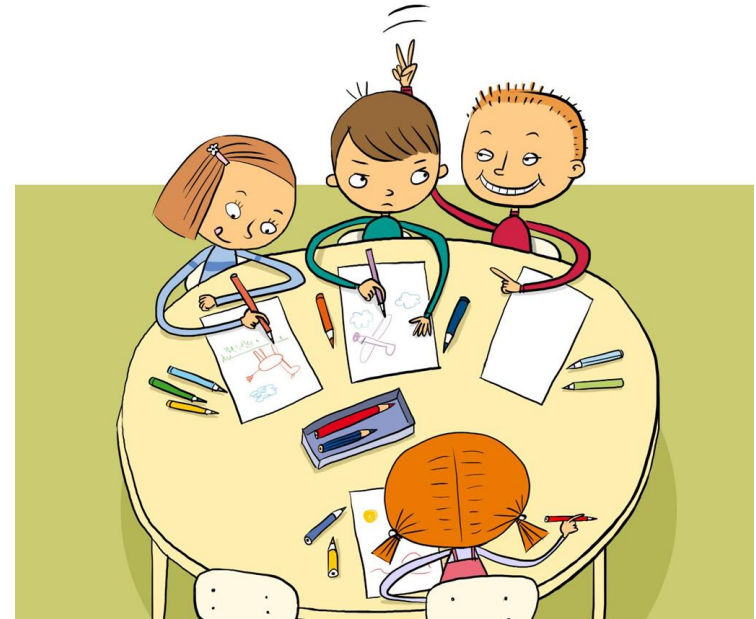
Everyone loses control sometimes. It is helpful to think of a Cool Down as an opportunity for a child to take a pause, calm down, and reflect about one's actions.



What is the ability to deal with the negative emotions?

How could children/parents/ coaches benefit from the ability to regulate negative emotions?

Children who feel disconnected, and emotionally insecure tend to misbehave. The children also have difficulties to concentrate and follow instructions.

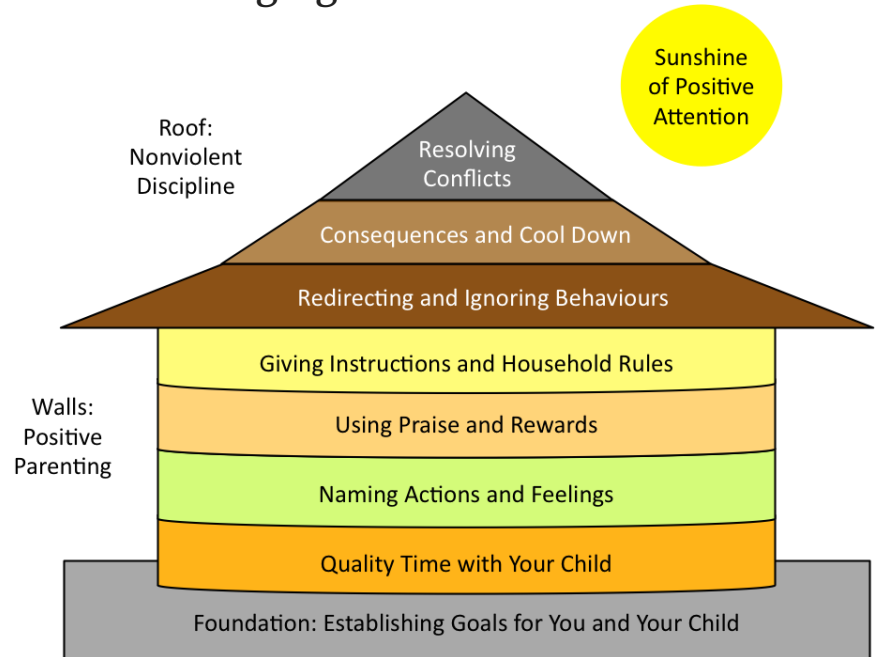




What is the ability to deal with the negative emotions?

How could children/parents/ coaches benefit from the ability to regulate negative emotions?

When parents spend more time building positive relationships with their children, they often need to spend less time managing difficult behaviours.





What is the ability to deal with the negative emotions?

How could children/parents/ coaches benefit from the ability to regulate negative emotions?

Sometimes children lose control of their emotions and act in an aggressive or dangerous way.

This often happens when:

- Children are not able to communicate how they feel

OR

- Have seen others acting in a violent way about something they do not like and learned that this is an appropriate reaction.



What is the ability to deal with the negative emotions?

How could children/parents/ coaches benefit from the ability to regulate negative emotions?

Although parents could use a consequence for aggressive behaviours such as stopping the play altogether or confiscating a toy, they can also remove the child from the situation and give him/her an opportunity to calm down (COOL DOWN).



What is the ability to deal with the negative emotions?

How could children/parents/ coaches benefit the ability to regulate negative emotions?

Just like we, adults, need to Take a Pause when we get angry or stressed, so do our children when they become aggressive, destructive, or emotionally disturbed.

The Cool Down strategy also offers a solution to stop and take a time to think about the negative behaviour itself.

The Cool Down strategy is recommended for 4-8 old year children.

If parents use **the Cool Down** properly and consistently, they may see a very positive improvement **within a month** following setting up a Cool Down routine.





# How can we help to deal with negative emotions?

## Step 1 Set the rule



Setting down the rule with the coincidence of a A Cool Down.

For example it is very important to lay down rules within swimming courses. The coach write down and explain the rules at the beginning of the sports activity and then again repeat the rules during the course.



# How can we help to deal with negative emotions?

## Step 1 Set the rule



A Cool Down strategy should only be used for an aggressive or dangerous behaviour.

For example, a child could receive a Cool Down if there is a family rule to play gently with others and the child hits a sibling, parent or another person.

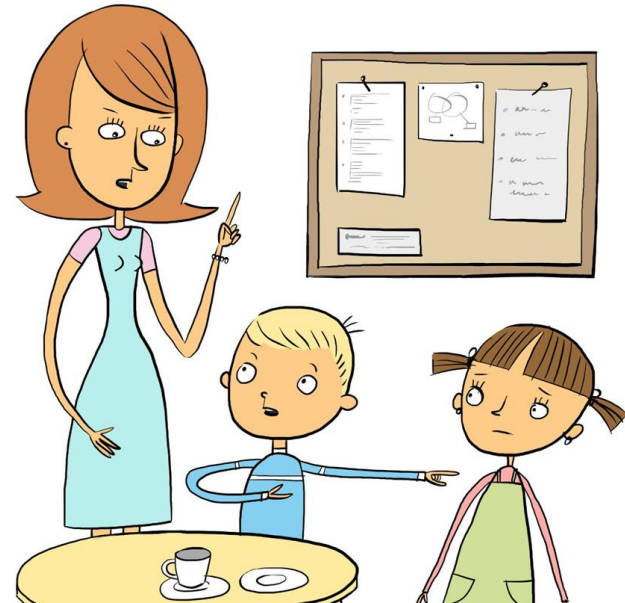
For more information on... see the sources



# How can we help to deal with negative emotions?

## Step 2 Explain

It is very important that parents explain Cool Down strategy to their children before using it.

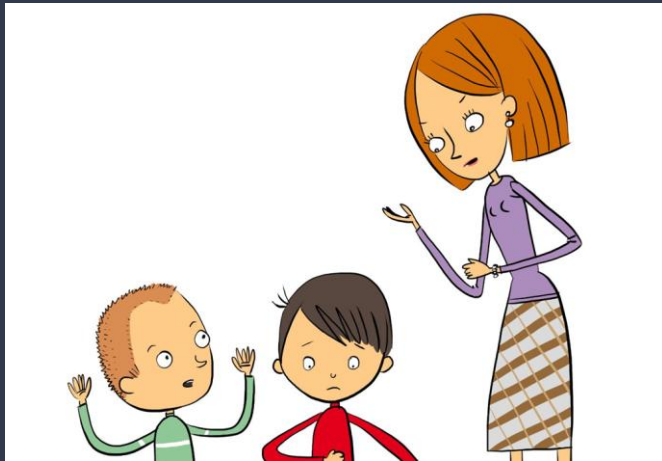




# How can we help to deal with negative emotions?

## Step 3

### Set one specific behavior



Parents should use the Cool Down for ONE specific behavior (for example, deliberate breaking toys or hurting someone) that they have previously discussed with their child.

The child must know that this behaviour will result in a Cool Down, before the strategy is used.



# How can we help to deal with negative emotions?

## Step 4

Give four times more attention for positive behavior

When managing children's difficult behaviour, parents need to make sure that children get attention for positive behaviour *four times* more often (for example, noticing and praising, what children do well) than they do for problem behaviour.






# How can we help to deal with negative emotions?

## Step 5 Be Consistent



It is important **to be consistent** in managing **both positive and negative behaviour**.

This means when a child forgets a household rule or does not do what we ask, **we must respond in the same way each time** with a consequence.

BE consistently   
CONSISTENT



# Activities

A **Cool Down** is for when a child forgets a household rule and acts in an **aggressive or destructive manner**.



Promote positive  
behavior

Use friendly words

Act immediately

Problems with other rules, such as forgetting to use friendly words or asking for something politely, can often be dealt with by a gentle reminder and promoting the positive behaviour.

For example: remind your child “Remember to use friendly words”, which of course must be praised when the child remembers to do it. For example: “I heard you said “please”, this is a friendly word. Great job.”

If a child hits a sibling or forgets an important rule they must be told immediately, “You forgot the rule, you need to take a Cool Down”.



# Don't give a warning

## Ignore

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Although children usually get a warning after breaking household rules, children do not get a warning for an aggressive behaviour (they directly receive a 'Cool Down')

Once the child is in a Cool Down, parents should ignore the child for no more than 4 minutes unless the child is not staying in place and being quiet. In the latter case, the Cool Down time could be prolonged with warning ahead.



# Set the place for a Cool Down activity

## Supervise

Parents should remain near the child during Cool Down so that the child is supervised. This means that the Cool Down chair/mat can be moved to wherever the parent is in the household. Parents can also continue doing the activity that they were doing or take a Personal Cool Down themselves.

Your child must be calm before leaving Cool Down. If the child is not quiet, the Cool Down continues until he/she is quiet for at least 30 seconds, etc.



# Engage in positive behavior

# Focus on presence

# Praise

When the Cool Down is over, engage the child in a positive activity. Praise their first positive behaviour!

Cool Down is for children ages 4 to 8 years old. Younger children can usually be managed by redirecting or distracting.

After the Cool Down finished, keep the focus on the present moment by praising the next positive behaviour instead of reminding the child why they were taking a Cool Down.



# Good Practices

2011 [study](#) in Tel Aviv found that a healthy sports environment under the right guidance can actually help reduce aggression in youngsters.

Before a game: 'Building up positive emotions'

- Coaches should help children feel confident and positive. Do not focus on past losses or blunders.
- Remind pupils of their success and progress with words of encouragement.
- Lead by example as an adult role model. Be calm and do not transfer any negative energy or thoughts onto your pupils.
- Always remind kids to put priority on player safety, good sportsmanship, fairness, and having fun.

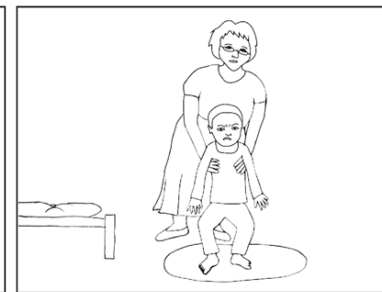


# Good Practices

After the match: 'Keep up the good team's spirit'

- Meet kids with positivity and reassurance.
- Compliment pupils on their performance and cite some specifics to show that you were really enjoying and paying attention to the game.
- Ask pupils about what they feel they did particularly well.
- If the results were unfavorable and your team is feeling down, make sure not to appear withdrawn and do not express any disdain or disappointment. They can perceive negative responses as subtle forms of punishment.

# Cool Down Strategy Example



5 minutes later...



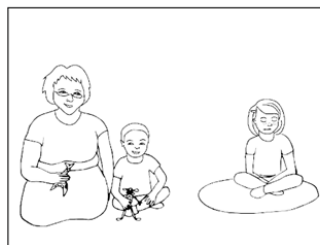
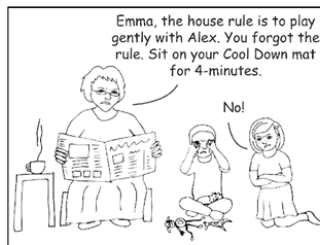


# Think/ Practice!

Can Alex's behaviour be ignored?

- How does his Mother tell Alex about a Cool Down?
- What is effective about Alex's mother's use of the Cool Down?
- What does she do to keep herself calm?
- What can you do to ignore your child during a Cool Down?

# When child refuses to take a cool down...







# „Settle Your Glitter“ – A tool for helping kids (and adults) learn to calm down!

## Instructions:

„Look at the glitter jar. It is like your brain. Now shake it up! This is your brain when you are really excited, scared, angry, happy, sad, or feeling any BIG emotion. Wow! Look at all that glitter. It is hard to see clearly. Do you think that when our brains are like this that we are able to make good decisions? Do you think we are able to learn and use our brains when there is glitter everywhere?

So, what do we need to do? (The kids will say, “Let the glitter fall!”) That’s right, we need that glitter to settle. Let’s hold it really steady. Let’s take some breaths together. Breathe in. Breathe out. Wow, look at the glitter settle at the bottom. Now let’s look through. Can you see to the other side? Do you think our brains are ready and able to learn now? Take a look and see that the glitter is still there. Our big emotions don’t just go away. We still carry them with us. But now we know how to settle our glitter and get our brains thinking clearly. Now we are ready to do our best thinking!“



# What have you learnt?

- A Cool Down is an opportunity for your child to calm down after s/he has broken a household rule about an aggressive behaviour.
- It is important to remind your child that the Cool Down is a consequence of not following a household rule before you tell them that they must take a Cool Down. 'The rule is \_\_\_\_\_. You broke the rule. Take a Cool Down.'
- Give your child a choice: Cool Down or Consequence. Plan your consequence in advance and make sure you can follow through with it.
- Consequences should be connected to the behaviour. After the Cool Down, involve your child in positive behaviour and praise your child for it!



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