



Seedling

Mentor. Nurture. Grow.

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*How Mentors Can Help Youth Develop
Emotional Regulation Skills*

Agenda- Emotional Regulation

- *Help mentees develop emotional regulation skills*
- *Explore practical strategies you can use to help mentees recognize, understand, and manage their emotions.*
- *Model healthy emotional responses to teaching coping techniques*

What is Emotional Regulation?

- The process of managing emotions in a healthy and productive way.
- Essential for maintaining relationships, handling stress, and navigating life.
- Lack of regulation can lead to conflict, isolation, and stress.



Why do We Lose Control of Our Emotions

Why do we lose
CONTROL
of our
emotions?



Why is Emotional Regulation Important for Our Mentees?



- Children and youth are still developing emotional skills.
- Helps with positive relationships, academic performance, and fewer behavioral issues.
- Mentors can provide guidance and tools for emotional regulation.

Emotional Coaching

1.

Become aware of the youth's emotion

2.

Recognize the emotion as opportunity for connection and learning

3.

Listen empathetically, validating their feelings

4.

Help youth find words to describe their emotion

5.

Explore strategies to solve problem and set limits, as needed



Breakout Groups

Breakout Group Time
8-10 minutes

Welcome Back

Please share how your small group went.

Additional Strategies for Mentees

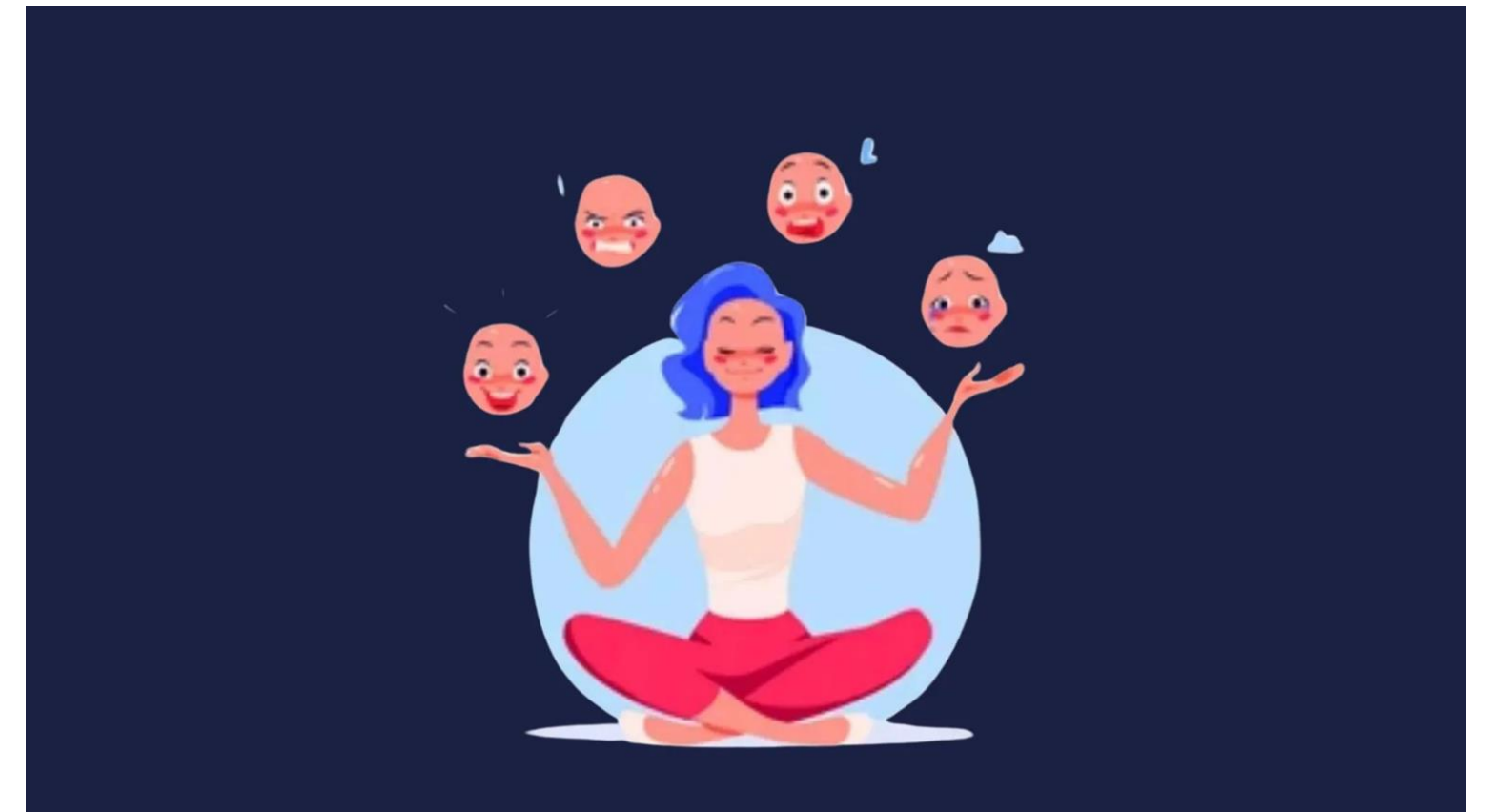
Emotional Vocabulary- Help identify and Label

I'm feeling ...



Additional Strategies for Mentees

- **Help identify triggers** – Recognize people or situations that cause emotional reactions.
- **Ask for what you need** - For example: hug, listening ear
- **Validate emotions** – Acknowledge and normalize their feelings.
- **Encourage deep breathing** – Teach them to take deep breaths when overwhelmed.
- **Model emotional regulation** – Demonstrate healthy emotional management.



For Mentors – Self-Regulation Matters

Mentors should practice self-regulation too!



- Model healthy emotional expression to set a positive example, by sharing a personal experience, and explain model how self regulation.
- Practice self-care and seek support when needed from your mentor director and/or school contact.

KEY TAKEAWAYS

Emotional regulation is a crucial life skill for all ages.

Providing tools and strategies helps mentees navigate life's challenges.

Mentors can play a vital role in teaching and modeling emotional regulation.

Supporting mentees' emotional growth leads to healthier relationships and success.

Thank You

**"Emotion-regulation leads to life-regulation." –
Sam Owen**

Stay if you can:

5 minute Mindfulness Activity

