
DETECTIVE THINKING

Work with your child to help solve some mysteries as an emotion detective. Support them to gather clues that help them become deeper thinkers about their feelings, and their thoughts behind their feelings.

In this scenario your role is Dr Watson to their Sherlock Holmes. You are there to encourage them and prompt their reflection, not to solve the mystery of their behalf. This involves asking questions instead of giving your opinions.

Tackle each clue in turn, ask them the questions and write down their responses.

Clue 1 / Identify the situation that is causing concern

- What is happening?
- What are you thinking about?

Clue 2 / Identify the thought behind the feeling

- What exactly are you worried about?
- What is it about this situation that is concerning to you?
- What do you think will happen?
- How worried are you based on this thought?

Clue 3 / Look for the realistic evidence

- How likely is this feared outcome?
- Have you faced this situation and how many times has it happened?
- Have you ever seen it happen to someone else before?
- How much does this happen to people generally?

Clue 4 / List the alternatives

- What else could happen?
- What would you think if the feared outcome happened to someone else?

Clue 5 / Identify a realistic thought

- What is a realistic thought that you could think in this situation?
- How worried would you be in this situation if you had this realistic thought in mind?
- If your emotional thought came true, how could you cope with it?