

15 Essential Strategies to Teach Kids Emotional Regulation & Coping Skills

By Melkisedeck Leon Shine · June 7, 2025

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``html Cultivating Emotional Intelligence in Children: A Holistic Approach to Regulation and Coping

Developing emotional regulation and coping mechanisms in children is paramount for their holistic development and well-being. This article explores a comprehensive framework for fostering emotional intelligence in young individuals, drawing upon established psychological theories and models to provide practical strategies for parents and educators. Key concepts such as emotional intelligence (as defined by Goleman's model encompassing self-awareness, self-regulation, social awareness, and relationship management), cognitive behavioral therapy (CBT) principles focused on identifying and modifying maladaptive thought patterns and behaviors, and the social learning theory (Bandura's emphasis on observational learning and modeling), will be applied to the strategies discussed.

Conclusions and Recommendations

This holistic approach to cultivating emotional intelligence in children integrates multiple psychological theories and models, providing a comprehensive framework for promoting emotional regulation and coping skills. The strategies discussed are not merely isolated techniques, but rather interconnected components of a broader

developmental process. Consistent implementation of these strategies will not only enhance children's emotional well-being but also contribute to improved academic performance, stronger interpersonal relationships, and increased resilience in the face of adversity. Further research could investigate the long-term impact of these strategies across diverse cultural contexts and developmental stages, particularly examining the effectiveness of specific interventions with children exhibiting varying levels of emotional regulation difficulties. This could involve longitudinal studies tracking the development of emotional intelligence and its correlation with various life outcomes. Furthermore, exploring the role of technology and digital platforms in delivering emotional regulation training to children and their families would be a valuable area of future research.

Reader Pool: What specific challenges do you foresee in implementing these strategies within diverse educational or family settings, and how might these challenges be effectively addressed?

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