

Emotional Bank Account

An emotional bank account is a visual representation of what things will emotionally challenge and emotionally re-charge someone. Like a real bank account, the aim is to have a positive number rather than a negative number. Some tasks may take away more than others, and some activities may deposit more than others. It is important to think about what your young persons balance is; is a task going to take them in to a minus balance? What effects will this have on the rest of their week?



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Step 1: Fill in the blank coins with tasks that emotionally drain and emotionally charge your young person

Step 2: Value each item, e.g. having a shower may be -1 but homework may be -3

Step 3: On a daily basis, check in with yourself using this visual; what is your balance?



Applying the emotional bank account for your child's transition back to school

Think about;

- What parts of going back to school will be emotionally draining on my child?
- How emotionally draining will this be?
- What can emotionally refuel my child to fill up their emotional bank balance?

Remember;

- Everyday will vary, so it is important to review things regularly, e.g. the first week with a new teacher may be very taxing on a child, however, after a month this may not be the case
- We want our young people to have a +£ in their emotional bank account; this allows them to have more capacity to deal with the tricky parts

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Example - returning to school

