



## What is 123 Magic™ and Emotion Coaching in the Classroom?

123 Magic™ is a simple yet effective behaviour management program for parents and educators of children between 2 and 12 years of age.

123 Magic™ is easy to learn and it works. It's an approach which allows parents and teachers to be firm yet caring when managing behaviour, while avoiding the most common pitfall - talking too much and getting too emotional in response to some behaviour.

123 Magic when used effectively eliminates arguing and yelling. It gives teachers a simple and structured approach to:

1. Controlling obnoxious behaviour (arguing, whining, fighting, tantrums)
2. Encouraging good behaviour (listening, being on task, social skills)
3. Strengthening their relationship with their students (praise, active listening, and shared fun).

The program aims to provide teachers with a strategy for confidently managing their student's behaviour, while at the same time helping them learn to make good choices about behaviour for themselves.

Is there evidence that 123 Magic™ works? The Hospital for Sick Children in Toronto conducted a large, controlled study using the 123 Magic video to train parents of 3-4 year old kids. At a one-year follow-up, not only were the kids much better behaved, the mums and dads experienced a significant reduction in parental stress, hostility and depression (J. Am. Child & Adolesc. Psychiatry, 2003, 42:10, 1171-1178).

What do teachers tell us about 123 Magic™? Educators who have trained with Behaviour Tonic also tell us that 123 Magic™ works, with comments such as, "I found this excellent and am more confident to begin teaching" ... "After 18 years teaching I thought I knew it all about discipline in the classroom... since I have implemented this program I have new found control of my class and myself, which allows me to teach and once again enjoy my job!"

**Emotion Coaching** is a complementary strategy to the behaviour management techniques of 123 Magic. Emotion coaching helps teachers to help children reflect on and identify their emotions and become more competent at managing those emotions. The outcome is that children learn to respond more flexibly to environmental triggers.

The behavioural outbursts of children often result from their inability to manage or have a language for 'big emotions' like frustration, fear, anger or excitement. Emotion coaching enables teachers to recognise situations where they might be able to use empathy to connect with children over difficult emotions, help children to reflect on how they're feeling and learn a language for those emotions. This is the first step toward children being able to track and then better manage their emotions.

Emotion coaching, together with the behavioural strategies encompassed within 123 Magic™, provides teachers with a balanced approach to managing their children's behaviour while teaching their children skills to better manage their emotions and take responsibility for their own behaviour.

**Courses & training in 123 Magic™ and Emotion Coaching is available for parents, teachers and professionals through Behaviour Tonic®. For information about courses contact 9382 1182, or visit the website [www.behaviourtonics.com.au](http://www.behaviourtonics.com.au)**