Lesson 13: Strong Feelings

Lesson Concepts
- Feelings vary in strength.
- Strong feelings need to be managed.
- Saying “Stop” and naming your feeling are ways to begin to calm down.

Objectives
Students will be able to:
- Recognize situations and physical body cues that signal strong feelings
- Demonstrate two Calming-Down Steps to manage strong feelings

Why This Lesson Matters
Students need to recognize when they’re having strong feelings so they can use Calming-Down Steps. Learning to identify situational and bodily clues can help students know when it’s time to calm down. By using a “Stop” signal, students interrupt the escalation of emotion. This, combined with naming the feeling, can engage the thinking part of the brain. This helps them be able to use Calming-Down Steps and stay in control.

During this time, students may be feeling all kinds of emotions. They may be happy or excited to be home with a family member, or scared or anxious about not knowing when they’ll see their friends and classmates again. Learning specific Calming-Down Steps can help calm a student so they’re able to talk about why they might be feeling a certain way.

Before the Lesson
The previous lesson covered paying attention to clues in the body to identify feelings. Have your students recall some of the ideas from that lesson (“comfortable” may mean feeling calm, “uncomfortable” may mean an achy stomach, and so on).

After the Lesson
Have students think about a time in their lives when they had a strong emotion. That emotion might be excitement, anger, or disappointment. When they’ve thought about the scenario, have them put their hands on their tummies, say “Stop,” and name their feelings.
Following Through
Use these strategies to reinforce lesson concepts throughout the week.

- Sing “The Calm-Down Song” or “The Feelings Song.”
- Play the “Step or Stay” Brain Builder game.
- Have students draw a picture of a time when they had a strong feeling. Then have them write the word “Stop” and fill in the blank in “I feel___________” (a strong feeling).
- Play Simon Says with the Feelings Faces and have students follow you.

See the lesson Following Through Card for more ideas on how to build on key lesson concepts.

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