

GRADE 3

Lesson 11: Introducing Emotion Management

Lesson Concepts

- When you feel strong feelings, it's hard to think clearly.
- Focusing attention on your body gives you clues about how you're feeling.
- Thinking about your feelings helps the thinking part of your brain get back in control.

Objective

Students will be able to:

- Identify physical clues that can help them label their own feelings

Why This Lesson Matters

When emotions are intense, it's hard to think clearly and make good decisions. Strong feelings of anger can lead to aggressive behavior. Students may also struggle to make good choices when experiencing other intense feelings. Recognizing and labeling feelings in oneself and others facilitates problem solving, self-management, and social competence. Focusing on bodily signs of strong emotions helps students recognize emotions that might need to be managed.

Before the Lesson

Introduce students to a concrete metaphor for how they experience strong feelings: the hand-brain. Practice making the hand-brain with them to help them better understand the content in the lesson.



How to Make a Hand-Brain	
Description	Action
Imagine your hand is your brain.	Hold your hand up, palm facing away from you and fingers together.
The thumb is like the feeling part of your brain.	Fold your thumb in on top of your palm.
Your fingers are like the thinking part of your brain—the thinking and feeling parts of the brain are always touching, but only the thinking part can manage your feelings.	Fold your fingers over your thumb.
When you feel strong feelings, it's like you flip your lid.	Flip up your fingers.
The feeling part of your brain takes over.	Wiggle your thumb.

After the Lesson

- Have students complete the [lesson Home Link](#).
- Have students complete the [Weekly Skill Check](#). Sample check-in statements include:
 - I can focus attention on my body for clues about how I'm feeling.
 - Feeling very uncomfortable is a clue that the thinking part of my brain is losing control.
 - When I recognize my feelings, it helps the thinking part of my brain start to manage my strong feelings.

Following Through

Use this strategy to reinforce lesson concepts throughout the week.

- Have students practice the "[Calm It Down](#)" dance video.

See the lesson [Following Through Card](#) for more ideas about how to build on key lesson concepts.

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