Lesson 10: Introducing Emotion Management

Lesson Concepts
- When you feel strong feelings, it’s hard to think clearly.
- Unmanaged, strong emotions can lead to negative behavior and consequences.

Objectives
Students will be able to:
- Describe what triggers their strong emotions
- Describe what happens in their bodies when they experience strong emotions

Why This Lesson Matters
This lesson helps students understand what happens inside them when they experience strong emotions. It also lays the groundwork for learning skills to manage the brain’s and body’s reactions to stress and conflict.

During this time, students might be feeling all kinds of emotions, like happy to be home, anxious about recent events, worried for themselves or loved ones, or frustrated to be stuck inside and missing their friends/routine. Learning the physical clues for these strong emotions can help them manage these feelings.

Before the Lesson
Have students reflect on how they show emotions with their bodies. Ask them what their faces, arms, legs, and bodies do when they’re happy, sad, worried, frustrated, or excited.

After the Lesson
- Reflective writing prompt: Briefly describe a situation when you felt a strong emotion. What was the emotion? Name at least two ways your body felt when you were having that emotion.
- Have students do the lesson handout.

Following Through
Use these strategies to reinforce lesson concepts throughout the week:
- Have students draw pictures of themselves experiencing a strong emotion. Have them write one sentence under the picture describing what was happening when they felt the strong emotion.
- Have students do the lesson Home Link with their families.
- See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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