

GRADE 4

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.

Need to register on SecondStep.org, but don't have your registration PAK?

Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP4 FAMI LY74

The Second Step Family Resources (individually or together, the "**Resource**") are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given to sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource.
© 2020 Committee for Children

Second Step is a registered trademark of Committee for Children

