Lesson 11: Managing Strong Feelings

Lesson Concepts
Staying in control of your emotions and actions helps you get along better with others and be successful at school.

Objectives
Students will be able to:
• Demonstrate the ability to interrupt escalating emotions
• Determine a personal "signal"
• Identify and name strong feelings as they occur

Why This Lesson Matters
In this lesson, students learn ways to interrupt emotional escalation so they can think through situations. Students learn to use self-talk phrases and put a name to a feeling to help them stay in control of powerful emotions. The ability to think through an emotionally charged situation is a critical skill that enables students to get along with others and avoid serious conflicts.

Before the Lesson
Review the Calming-Down Steps (show the How to Calm Down mini-poster, if desired), and remind students that emotions in and of themselves are neither good nor bad; it's how we express our strong feelings that matters.

After the Lesson
• Have students do lesson Handout A and/or lesson Handout B.

Following Through
Use these strategies to reinforce lesson concepts throughout the week:
• Writing prompt: Have students reflect on times when they've successfully stayed in control. Have them write about how they achieved this and how these experiences could help them in future situations.
• 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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