Lesson 9: Introducing Emotion Management

Lesson Concepts
When you have strong, unmanaged emotions, it can lead to negative behavior and consequences.

Objectives
Students will be able to:
• Describe what happens in their brains and bodies when they experience strong emotions
• Identify a personal signal
• Identify and name strong feelings

Why This Lesson Matters
Students have brain and body responses to interpersonal conflicts and other stressors. These responses can include strong emotions that arise quickly and cause conflicts to escalate. When emotions are intense, it’s hard to think clearly and make good decisions. Students may struggle to make good choices when they experience intense feelings such as anger, sadness, jealousy, anxiety, or even happiness.

Before the Lesson
• Share the Empathy and How to Calm Down posters with families.
• Have students watch the pre-lesson video on emotions.

After the Lesson
Have students write answers to the following prompt:
Why is it important to recognize when you're feeling strong emotions? What is a situation you might be in that would cause you to feel strong emotions? What are the first two things you can do to handle the strong emotions?

Following Through
Use these strategies to reinforce lesson concepts throughout the week:
• Have students re-watch the “Calm Down” music video.
• Have students complete the lesson Home Link.
• See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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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: SSP5 FAMI LY75

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