

LEARNING OBJECTIVES

The purpose of this lesson is to help students learn how to identify and regulate their own emotions.



LESSON CONTENT

Identifying emotions in ourselves helps us deal with them in healthy ways. The 8 basic emotions are happiness, sadness, anger, anticipation, fear, loneliness, jealousy, and disgust. Having strategies to calm ourselves will help make our relationships better.

STRATEGIES

- Name your emotions quickly.
- Label problems as big or small.
- Take some deep breaths.
- Go for a walk or listen to music.

CONVERSATION STARTERS

- Why is understanding our emotions important?
- What are your favorite strategies to help yourself when you feel sad or angry?
- How do you know if a problem is big or small?

EXTENDING THE LEARNING

- Play a game with family and friends. One team acts out an emotion and the other team tries to guess which emotion it is.
- Watch the movie Inside Out as a family. Talk about the different emotions that are in the movie.
- Have a family discussion about the importance of naming emotions quickly. Set a goal for each family member to get better at naming their emotions.