

IDENTIFYING & REGULATING EMOTIONS PART 1

LEARNING OBJECTIVES

The purpose of this lesson is to help students recognize the range of emotions they are able to feel and how to respond to them appropriately.



LESSON CONTENT

Identifying emotions in ourselves helps us deal with them in healthy ways. The 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 feelings.
- Identify your emotional triggers.
- Breathe deeply or stretch.
- Get enough sleep.

CONVERSATION STARTERS

- How do your emotions affect other people?
- What activities help you calm down? How can you tell?

EXTENDING THE LEARNING

- Go to your local library. Check out and read some of the following titles. Discuss the emotional responses in each story:
- How Do You Feel? by Lizzy Rockwell
- Llama Llama Mad at Mama by Anna Dewdney
- Millie Fierce by Jane Manning
- Where Happiness Begins by Eva Eland
- Breathing Makes It Better by Christopher Willard and Wendy O'Leary