

IDENTIFYING & REGULATING EMOTIONS PART 1

LEARNING OBJECTIVES

The purpose of this lesson is to help students better understand emotions, how to regulate them, and how to optimize their overall health.



LESSON CONTENT

To effectively identify emotions in themselves, students need to first recognize the range of emotions that exist. Identifying potential emotions felt by others in hypothetical situations can help students recognize what they are experiencing and appropriate responses in regulating their emotions.

STRATEGIES

- Name and accept your feelings.
- Use relaxation techniques.

CONVERSATION STARTERS

- What are some big emotions that you have felt at home?
- What are some healthy ways to respond to big emotions?
- What cues tell me the emotions that I am feeling?

EXTENDING THE LEARNING

- Using a journal or cheap notebook, keep a record of what your top emotions you felt every day. You can write about those feelings and even draw pictures to go with them.
- Create a playlist of music that helps you feel calm when you are upset. Search for soothing instrumental music or even movie scores that make you feel happy.