



**1. You will watch the video “Managing Feelings & Emotions for Elementary”.
Listen carefully and order the paragraphs.**

(Paragraph _____)

If you’re having trouble identifying your emotions, you can use visual tools such as a feelings chart, feelings wheel, or feelings thermometer.

(Paragraph _____)

Some triggers might include:

When you lose at a game activity.

When something embarrassing or unexpected happens to you in front of your friends.

When you want to go out to play, but you have to stay in and do your chores, or even when you are hungry or tired.

(Paragraph _____)

Today you will learn how to manage in three simple steps:

Number one: notice and identify your feelings.

Number two: Think about coping skills you can use to feel better.

Number three: Take action by practicing one or more coping skills.

(Paragraph _____)

What are some of the things that trigger your big emotions?

The first step to managing big emotions is to notice and identify the emotions you are feeling.

(Paragraph _____)

To help you better understand the emotion you are feeling, it can be helpful to ask yourself three important questions...

(Paragraph _____)

Sometimes taking a moment to stop and to think about how you are feeling, is enough to identify your emotions.

Other times, you might have a hard time knowing what you’re feeling.

(Paragraph _____)

Being a kid is fun, but sometimes there are stressful things that cause you emotions to run wild. We call these stressful things “triggers”.

Open questions

- 1.** How do you feel most of the time?

Explain: _____
_____.

- 2.** Who is the happiest person in your family? How do you notice that?

Explain: _____
_____.

- 3.** How can you have control over emotions and so feel better?

Explain: _____
_____.

- 4.** What do you do when you are having a bad day and bad emotions appear?

Explain: _____
_____.