


## Core Competencies: Personal Awareness - Exploring Feelings: Emotional and Overwhelmed

<b>Curriculum:</b> Core Competency – Personal awareness & responsibility	<b>Learning Goals:</b> -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions
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<b>Materials</b>
-Book: The Boy with Big, Big Feelings by: Britney Winn Lee <a href="https://www.youtube.com/watch?v=yWOTIq4LXDM">https://www.youtube.com/watch?v=yWOTIq4LXDM</a>

<b>Activities</b>

<p>-What does it mean to be <i>emotional</i>? Being emotional can be described as having intense feelings. Can you describe a moment in your life when you felt very emotional?</p> <p>-What does <i>overwhelm</i> mean? Overwhelmed can be when something affects you strongly and you are unsure how to deal with it. This could be a strong feeling that you are unsure how to deal with. Can you describe a moment in your life when you felt overwhelmed?</p> <p>-Listen to: <a href="https://www.youtube.com/watch?v=yWOTIq4LXDM">The Boy with Big, Big Feelings by: Britney Winn Lee</a></p> <p>-Stop at 2:32. The boy is unable to explore his feelings of vulnerability and is concerned that he will be made fun of for having intense feelings. Because he does not want to feel vulnerable the boy stuffs his feelings down and ignores them. How might ignoring intense feelings make someone feel? Would this help you with your own intense feelings? What else could you do to manage intense feelings?</p> <p>-The boy finds a girl on the swings who is crying. He asks what is wrong and she explains that she often has intense feelings. Together they explore being vulnerable by explaining their intense feelings to one another. Speaking about intense feelings to a person you trust is one strategy people can use to help manage intense emotions.</p> <p>-Another strategy people can use to manage intense emotions is deep breathing. Deep breathing is used by Navy Seals to navigate stressful situations. Navy Seals call this breathing technique Box Breathing. To do Box Breathing you breathe in for four seconds, hold for four seconds, breathe out for four seconds and hold for four seconds. This is repeated for several rounds. Can you breathe like these experts? Follow along with this video <a href="https://www.youtube.com/watch?v=RckZsDFiQjo">https://www.youtube.com/watch?v=RckZsDFiQjo</a></p>