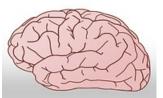
## Core Competencies: Personal Awareness - Exploring Emotions: Losing Control

Curriculum:	Learning Goals:
Core Competency – Personal awareness	-Student will learn to recognize emotions
& responsibility (Self-regulation & Well-	by exploring feelings
being)	-Student will learn and use strategies to
	help manage feelings and emotions
	-Student will learn strategies to find
	peace in stressful times

## Materials

-Book: My Mouth is a Volcano by Julia Cook <u>https://www.youtube.com/watch?v=EonL6t439Nw&app=desktop</u> -Video: Why Do We Lose Control of Our Emotions <u>https://www.youtube.com/watch?v=3bKuoH8CkFc</u> -Blank paper -Pencil -Pencil crayons/crayons

## Activities



-What is self-control? Self-control is a skill that helps us to control our thoughts, actions/behaviours, and emotions in the moment. People use self-control all the time!

-Listen to My Mouth is a Volcano by Julia Cook

-What do you notice about the character in this book? Is the character using his selfcontrol before speaking? Why is it important to use self-control?

-Watch: <u>Why Do We Lose Control of Our Emotions</u>

-Think of a time when you "flipped your lid" or began to lose control. What was happening?

-When you "flip your lid" or begin to lose control there are three important questions to ask yourself to strengthen your self-control and self-regulation:

- 1) How does my body feel right now?
- 2) What can I do to relax/calm down/focus (walk, breathe, take a break, etc.)?
- 3) How will my body feel after I use this strategy?

## Extension:

-Draw and label 2 things that help you to feel calm.