

Core Competencies: Personal Awareness - Exploring Emotions: Losing Control

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

- Book: My Mouth is a Volcano by Julia Cook
<https://www.youtube.com/watch?v=EonL6t439Nw&app=desktop>
- Video: Why Do We Lose Control of Our Emotions
<https://www.youtube.com/watch?v=3bKuoH8CkFc>
- 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 self-control before speaking? Why is it important to use self-control?
- Watch: [Why Do We Lose Control of Our Emotions](#)
- 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 strategy can I use to relax/calm down/focus (walking, breathing, taking a break, etc.)?
 - 3) How will my body feel after I use this strategy?

Extension:

-Create your own poster of strategies with words or illustrations to help you with calming down. Post this Calm Down poster somewhere in your home to help you when you need it.

-See the example below.

I need to gain control of my emotions. What strategy can I use?

I can ...



Count forwards or backwards.



Talk with a friend or family member.



Read a book.



Draw or paint.



Drink some water.



Listen to music.



Go for a walk.