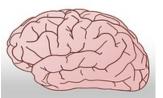
## Core Competencies: Personal Awareness - Exploring Emotions: Losing Control

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-regulation? Self-regulation focuses on lowering the intensity and frequency of impulses in your thoughts, actions/behaviours, and emotions.

-What is self-control? Self-control is a skill that is developed over time that allows you to manage responses (thoughts, actions/behaviours and emotions) in the moment.

-Listen to <u>My Mouth is a Volcano by Julia Cook</u>

-What do you notice about the character in this book? Is the character managing his impulses to say things out loud? Why is it important to manage your impulses?

-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?
- 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 selfcontrol and self-regulation. Post this Calm Down poster somewhere in your home to help you when you need it.

-See the example below.

