

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

<b>Curriculum:</b> Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	<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 -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-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 [My Mouth is a Volcano by Julia Cook](#)
- 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 self-control and self-regulation. 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 ...**



Talk with a friend or family member.



Read a book.



Draw or paint.



Drink some water.



Listen to music.



Go for a walk.



Count forwards or backwards.