

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: What If Everybody Did That by Ellen Javernick
<https://www.youtube.com/watch?v=SD0apYFz5gg&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 is about identifying the causes of intense impulses or problems in your thoughts, actions/behaviours and emotions. Self-regulation focuses on reducing the intensity and frequency of those impulses.
- What is self-control? Self-control is a skill that is developed over time that allows you to manage or inhibit your impulses in thoughts, actions/behaviours and emotions when problems arise. Self-control is a small part of self-regulation.
- Listen to [What if Everybody Did That? By: Ellen Javernick](#)
- What do you notice about the character in this book? Is the character managing his impulses? 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? What do you remember about your thoughts, actions/behaviours, and emotions from that moment?
- 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?

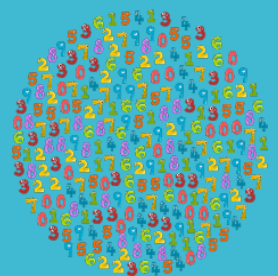
3) How will my body feel after I use this strategy?

Extension:


-Create your own poster of strategies with words or illustrations to help you with self-control and self-regulation. This can be in any format: list, brainstorm, paragraph, etc. and can be done on paper or on the computer. Design it in any way that you want. Post this Calm Down poster somewhere in your home to help you when you need it.
-See the example below. Remember, not all strategies work for every person... each person's poster will be and should be different.

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.



Go for a walk.



Listen to music.