

## Core Competencies: Personal Awareness - Exploring Emotions: Calm

<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
--	---

### Materials

-Video: How to Stay Calm Under Pressure by: Noa Kageyama and Pen-Pen Chen  
[https://www.youtube.com/watch?v=CgmozFr\\_GM](https://www.youtube.com/watch?v=CgmozFr_GM)

### Activities



-What does calm mean? Calm can be described as being under control, free from disturbance, and feeling peaceful.

-What other words (synonyms) can you think of that mean the same thing as calm (e.g. peace)? Try to use these synonyms in your vocabulary throughout the week.

-Watch: How to [Stay Calm Under Pressure by: Noa Kageyama and Pen-Pen Chen](https://www.youtube.com/watch?v=CgmozFr_GM)

-When might be a time that you would need to remain calm? If in that moment you are calm, what strategies would you use to remain calm? If in that moment you are not calm, what will you need to do to become calm?

#### Extension:

-Do you always need to be calm? When might be a time when you do not want to be calm?