

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 can I do to relax/calm down/focus (walk, breathe, take a break, etc.)?
- 3) How will my body feel after I use this strategy?

Extension:

-Draw 2 things that help you to feel calm.