Core Competencies: Personal Awareness - Exploring Emotions: Losing Control

Curriculum:

Core Competency – Personal awareness & responsibility (Self-regulation & Wellbeing)

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

Materials

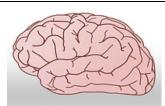
-Book: My Mouth is a Volcano by Julia Cook

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.