
Unit I: Teenage Transitions**Topic B: Controlling Emotions**

CONCEPT: Teenage years mark a transition into adulthood. The difference between an adult and a child is that an adult has the ability to limit or control his/her emotions. Uncontrolled emotions can result in harm to oneself or others.

OBJECTIVE: Students will understand the importance of keeping their emotions under control even during stressful situations and maintain control in a positive manner.

COMPETENCIES:

1. Consider teen years as physical and emotional transition years.
 - a. Consider that body changes during puberty bring high and low emotions. (1.a-1, 1.a-2)
 - b. Itemize some behaviors that are acceptable in childhood but not acceptable in teen years. (1.b-1)
2. List various emotions experienced through life. (2-1, 2-2, 2-3, 2-4, 2-5)
3. Specify positive and negative methods of expressing emotions. (3-1, 3-2, 3-3, 3-4, 3-5)
4. Analyze the differences between passive, assertive, and aggressive behavior. (4-1, 4-2, 4-3)
5. Recognize legal, mental, social, ethical, financial, and physical consequences of uncontrolled emotions to individuals and families. (5-1)
6. Identify consequences and costs of uncontrolled emotions to communities. (6-1)
7. Review materials on stress, including:
 - a. definitions of stress-related terms (7.a-1, 7.a-2)
 - b. causes and effects of stress (7.b-1, 7.b-2, 7.b-3, 7.b-4)
 - c. positive and negative methods of stress management, including consequences of negative management. (7.c-1, 7.c-2, 7.c-3, 7.c-4, 7.c-5, 7.c-6, 7.c-7, 7.c-8)

Life is 10% what you make it, and 90% how you take it.

ACTIVITIES:**SUPPLIES:**

1.a-1	Thermochromic Paper	Thermochromic (color change) paper cut into small pieces
1.a-2	Emotional Highs and Lows	Overhead transparency (I-B-21) Copies of student activity guide (I-B-22)
1.b-1	"When I Was a Child..."	None
2-1	Six Basic Emotions	Overhead transparency (I-B-23)
2-2	Rose-Colored Glasses	Copies of student activity guide (I-B-26)
2-3	Emotional Hats	Variety of hats
2-4	Written All Over Your Face	Copies of student activity guide (I-B-28)
2-5	My Emotion Diary	Copies of student activity guide (I-B-30)
3-1	Social Expectations and Emotions	None
3-2	Positive/Negative Ways of Expressing Emotions	Large pieces of red and green butcher paper, large markers
3-3	Emotional Appeals	Copies of student resource (I-B-31) Copies of student activity guide (I-B-32)
3-4	Anger Balloons	Three (3) balloons prepared in advance as directed Overhead transparencies (I-B-34 to I-B-35) (Optional) Copies of student activity guide (I-B-37)
3-5	Anger Traffic Signal	Overhead transparency (I-B-38)
4-1	Passive, Assertive, Aggressive Behavior	Enlarged graphics of cars (I-B-40 to I-B-42) Copies of student activity guide (I-B-43)
4-2	Behavior Role Play	Copies of student activity guide (I-B-44)
4-3	Personality Type Survey	Copies of student activity guide (I-B-46) Overhead transparency (I-B-47)
5-1	Consequences of Uncontrolled Emotions	Copies of student activity guide (I-B-49)
6-1	Costs to Community	None

ACTIVITIES:

7.a-1 Phony Research Report

7.a-2 What is Stress?

7.b-1 Stress Backpack

7.b-2 Stress Gets to Kids, Too

7.b-3 When Good Things Become Stressful

7.b-4 Dealing with Stress

7.c-1 Negative Ways to Deal with Stress

7.c-2 Runaways

7.c-3 Positive Ways to Deal with Stress

7.c-4 Stress Survival Kits

7.c-5 Take Time to Relax

7.c-6 Sweet Solitude

7.c-7 Using Humor to Reduce Stress

7.c-8 Time Management as a Stress
Reducer**SUPPLIES:**Copies of student activity guide (I-B-50)
Overhead transparencies
(I-B-52 to I-B-56)

Copies of student activity guide (I-B-59)

Backpack with rock-shaped cards
Copies of student activity guide (I-B-60)

None

None

Overhead transparencies
(I-B-61 to I-B-62)

Copies of student activity guide (I-B-67)

List of stress reducers (I-B-69)

Copies of student activity guide (I-B-70)

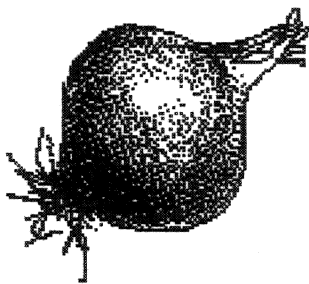
None

Classroom set of article (I-B-73 to I-B-74)
Copies of student activity guide
(I-B-76 to I-B-77)

Overhead transparency (I-B-80)

Copies of student activity guide (I-B-81)

Copies of student activity guide (I-B-85)

CONT'D**Life is like an onion;****You peel off one layer at a time,****and sometimes you cry.**