

Coping With Strong Feelings

More Practice With Bugs



3 Cs

- ☞ I care about myself.
- I care about others.
- I care about my community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Preparation

Copies

Worksheet: "How I Felt and What I Did" (see page 70)

Materials

Instead of a worksheet, use the "How I Felt and What I Did" worksheet as a resource to have a class discussion (see page 70)

Vocabulary

compassion

Lesson at a Glance

Introduction

1. Define Feelings

Strategy

2. Feeling Role-Play

Conclusion

3. How I Felt and What I Did

Core Curriculum Objectives and Standards

Objectives

Identify the feelings people have when faced with life situations.

Standards

7060-0101 Develop strategies for appropriately and safely expressing emotions.

Teacher Notes

This lesson is a great expansion lesson to lesson 4, "Bugs."

Introduction

Explain

Tie in the 3 Cs

I care about me.
I care about others
I care about my community.

Strategies

Activity

1. Define Feelings

- Feelings are the reactions of the body to thoughts and perceptions.
- They are called "feelings" because a person has a body sensation about something that is sensed. We feel a feeling.
- The words "feeling" and "emotion" are often used to describe the same thing.
- Some situations bug us and we feel a negative feeling, even anger.
- Some situations are pleasant and we feel a positive feeling.
- People think differently about the same situation or event and have very different emotions about the same event.
- It is okay to feel and express strong emotions in appropriate and non-hurtful ways.
- People's emotions should be accepted and respected.

2. Feeling Role-Play

- Invite four students to the front of the classroom.
- Present one of the following situations or create your own.
- Students respond with the first feeling word that comes to mind.
- Students may have different responses.
- Allow different students to participate until the situations are adequately explored.

Birth of a new baby

A death in the family

Falling in love

Breaking up

Finding a lost child

Getting a new puppy

The outbreak of war

The house catches on fire

An automobile accident

Receiving an outstanding report card

Being left out when you really wanted to be included

Living with one or more alcoholic parent(s)

Going through a divorce

Going on a family vacation

Getting a new stereo

Getting a poor report card

Learning to ski

Coming home to discover the house has been robbed

The death of your pet

Moving to a new school

Zits (pimples)

Hug from a parent

Hug from a parent in front of your friends

Teacher praises you in front of the class

Seeing your best friend cheat

Being asked to dance



Discussion

- What kinds of emotions were expressed?
- How can two people have different feelings about the same event?
- Why do some people have negative emotions about an event and others do not?
- Why do we have emotions or feelings?
- How do feelings help us make smart choices?
- How can you use the emotions you feel to help you better resolve the things that bug you?
- How do feelings get in the way of smart choices?
- How can feelings get mixed up sometimes?
- What would you do if some friends asked you to do something you thought was wrong and you didn't feel good about it but you liked your friends and felt good hanging out with them?
- If you don't like the way you feel, how can you change your feeling?
- Why do you feel differently about something when you change the way you think about it?
- What are some ways to appropriately express strong emotions?
- How can you respect the emotions of others?

Conclusion

Worksheet

3. How I Felt and What I Did

- Complete the worksheet "How I Felt and What I Did."
- Share the student responses.



How I Felt and What I Did

Pick four of the prompts below and write a brief paragraph which explains what happened to you.
If necessary, use the back of this paper to finish your writing.

1. **When I felt embarrassed, I...**
2. **When I felt frightened, I...**
3. **When I felt terrific joy, I...**
4. **When I was angry, I...**
5. **When I felt excited, I...**
6. **When I felt the most left out, I...**
7. **When I felt like I really needed my privacy, I...**
8. **When I was really bored, I...**