



Lesson 7.6 Controlling Emotions

Module #7: Emotions & Conflict

We all have many emotions and express these emotions in different ways. It's important to recognize not only our own emotions but also the emotions of others. And sometimes with emotion comes conflict. And whether we're the perpetrator or the victim, handling conflict, bullying and other forms of aggression is something everyone must be prepared for and have strategies to use.

Enduring Understandings

- I. **The ability to communicate effectively and manage emotions is key to healthy relationships.**
- II. Bullying comes in many different forms, but all are dangerous and hurtful. Open communication and effective conflict resolution both are powerful bullying combatants.

Essential Questions

- I. **How can I manage emotions effectively to build positive relationships? (I)**
- II. What is bullying? (II)
- III. What are effective strategies for managing and resolving conflict? (I, II)

Lesson Objective(s)

Students will understand the importance of controlling emotions and will identify strategies to do so.

Challenge 2.5

Challenge 2.5

Lesson 7.6

Lesson 7.7

Challenge 2.5

Directions:

1. Prior to the lesson, each student leader should create 2 columns on a piece of chart paper. Label one column "helpful" and the other column "unhelpful."
2. Begin the lesson by showing the video about controlling emotions.
<https://www.youtube.com/watch?v=3bKuoH8CkFc>
3. Give students a few minutes to complete the "Brain Dump" worksheet about what they learned from watching the video.
4. Ask students to share what they wrote.
5. Divide the class into small groups. Have each student leader facilitate a discussion about "helpful" and "unhelpful" things they do when they're upset about something. Write down the ideas and strategies on chart paper in the appropriate column.
6. Bring the whole class back together. Have each group share what they wrote on the chart paper.

(Source: Lesson adapted from activities provided by the "Be A STAR" program)

Materials & Supplies

- Copies of "Brain Dump" Worksheet
- Chart paper

Focus
Point

We all get upset sometimes. But, this doesn't mean we have to blow our top. Rather, there are helpful things we can do when we get upset to better control our emotions.

- Extend this module with additional resources from *WILL Interactive* (producers of *Hate Comes Home*). The interactive *Just Two Days* is an effective addition to Module #7 lessons and activities. *WILL* has additional interactive games and simulations that also work well. Visit www.willinteractive.com.
- Add suicide prevention education and activities to Module #7 with the help of the Jason Foundation. Visit www.jasonfoundation.com for excellent resources, lessons, and activities.

Resources
&
Extension

Brain Dump

Jot down things you're learning in the brain!

