

Students in Action - Lesson Plan

HANDLING EMOTIONS – Lesson Plan

Introduction:

Imagine yourself riding on a roller coaster! Feel the exhilaration, the sheer terror of the descents, and those brief moments of calm during the leveling off sections. This is how it is with teen-agers every day. Middle grade students worry about everything; as a result intense emotions are part of every teen's life. You may experience emotional highs and lows all in the same day. One minute you may feel great and the next you may feel sad and lonely. Please understand that this kind of shift in moods is okay! Your life is changing, just like your body. You may be feeling more pressure these days and you are still developing the skills needed to deal with that pressure. Learning to recognize and handle emotions is a vital step in one's development.

Discussion – All of us experience a wide range of emotions in our lives. Usually, that's a good thing. The middle school student may experience emotions involve embarrassment, feelings of awkwardness, depression, feelings of isolation, confusion, and disappointment. Plus other feelings include hopefulness, optimism, and excitement. Sometimes we have difficulty recognizing and controlling our emotions; even to the point of letting our emotions control our behavior. Did you know that there is an important link between, emotions, thought, and actions? Emotions can interfere with learning both academically and socially. Allowing one's emotions control his/her behavior is usually not such a good thing. Here are some helpful suggestions for handling your emotions. Be honest with yourself. Talk to somebody about your feelings. Don't ignore our emotions, they are telling you something. If you are having an unpleasant feeling, think of something you can do that will help, and then do it. Find positive ways to express anger that are not hurtful to others. Remember, whatever you are feeling, you're not alone. Try not to get overwhelmed, things usually improve. If you do get overwhelmed—ask for help.

Questions:

- Do you agree or disagree: It's never okay to feel angry!
- Do you agree or disagree: If you feel sad, there is something wrong with you?
- It has been said that mood swings are common at this age because of all the changes you're going through. What are some of these changes? Why do you suppose these changes affect your moods?

Activity:

For each of the situations given below, ask the following three questions:

#1. *Name the feeling.*

#2. *What's a helpful way to deal with it?*

#3. *What's a harmful way to deal with it?*

- a) What do you feel when you're blamed for something you didn't do?
- b) What do you feel when someone keeps fouling you on the basketball court?
- c) What do you feel if you are expecting to see a friend, and he or she backs out at the last moment for no good reason?
- d) How does you feel when you work really hard for something and you succeed?
- e) What do you feel when your team keeps losing?

Students in Action - Lesson Plan

- f) What do you feel when a teacher praises your work?
- g) What do you feel when you do poorly on an exam because you didn't study?
- h) What do you feel when your parent hasn't understood you?

Conclusion:

The transition from elementary to middle school can be the most difficult transition a child has to make. Students in middle school are traditionally seen as extremely emotional and out of control. They may experience more frequent negative emotions, and encounter new experiences on a daily basis. Such unfamiliar situations often result in new and possibly intense positive and negative emotional reactions. Emotions influence behaviors. Adolescence is the time when one acquires the ability to think further than the present, envision the implication and the future, and grasp complexity of relationships. Use of a helpful technique to address those unknown feelings can aid in helping one make the best of this trying time.