

## UNIT 5 EMOTIONAL WELL-BEING

### LEARNING OBJECTIVES

The purpose of this unit is to help students identify and healthily respond to their emotions. Students will practice identifying and regulating their emotions, try out different happiness habits, discuss how to adjust to life changes, and apply resilience, perseverance, and grit to their goals.



### LEARNING SUMMARY

- Students named 8 basic emotions: sadness, anger, anticipation, fear, loneliness, jealousy, and disgust.
- Students practiced healthy regulation strategies with negative emotions.
- Students compared growing happiness to growing seeds.
- Students practiced reflecting and expressing gratitude for things in life.
- Students sorted examples of short-term and long-term life changes.
- Students identified changes that occur during the lifespan of living things.
- Students practiced delaying gratification with a marshmallow reward.
- Students read stories and discussed resilience, perseverance, and grit.

### STRATEGIES

- Label problems as big or small.
- Name your emotions.
- Breathe deeply or think in a quiet spot.
- Play outside and enjoy nature.
- Listen to music that makes you feel good.
- Talk to a trusted adult about how change makes you feel.
- Learn from changes.
- Try your best and never give up.
- Celebrate your growth.

**LESSON CONTENT**

When we are aware of our feelings, we make better choices in response to them. Our responses can vary depending on whether a problem is seen as big or small. No matter if we feel happy, sad, angry, fearful, lonely, or jealous, we can use strategies to calm ourselves. Happiness is an emotion that we should strive for but not expect all the time. We can develop more happiness by practicing habits like being grateful, curious, or determined.

When we experience a life change, big or small, we may feel big emotions. We can face future changes with confidence by remembering past successes, learning from our mistakes, trying new things, and never giving up. In other words, resilience, perseverance, and grit can help us adjust and respond to emotional changes.

**EXTENDING THE LEARNING**

- As a family, play a game of charades. Brainstorm ideas to create 2 piles of paper slips: characters and common emotions. Each player takes a turn acting out a character who is feeling the chosen emotion. Whoever guesses both the character and emotion first gets to take their turn next.
- Discuss past changes that were difficult to deal with. Look ahead on the upcoming year's calendar to find changes that your family can prepare for. Hold weekly or monthly family meetings to discuss upcoming events that each family member should be aware of.

**CONVERSATION STARTERS**

- How can naming our emotions help us know how to handle them better?
- Why is it okay to not feel happy 100% of the time?
- What is one thing that you can learn when things in life change?
- What is a mistake that you have learned from? How did you keep trying?