

## UNIT 5 EMOTIONAL WELL-BEING

### LEARNING OBJECTIVES

The purpose of this unit is for students to develop practices that help improve and maintain their emotional well-being. Students will identify and regulate their emotions, practice habits that lead to increased happiness, discuss how to best deal with life's changes, and develop resilience, perseverance, and grit.



### STRATEGIES

- Accept every emotion.
- Take your emotional temperature.
- Notice events that trigger feelings.
- Express gratitude every day.
- Create meaningful relationships.
- Take care of your body.
- Reflect on past changes and how you adjusted.
- Maintain a daily and consistent routine.
- Have a growth mindset.
- Maintain a hopeful outlook.

### LEARNING SUMMARY

- Students discussed accepting emotions and emotional triggers.
- Students practiced responding to or living with different emotions.
- Students self-assessed their habits for happiness and made a plan.
- Students discussed past changes that were easy or hard to deal with.
- Students explored how an immigrant in a new country adjusts over time.
- Students defined and compared resilience and perseverance.
- Student wrote a goal to demonstrate better grit in their life.

**LESSON CONTENT**

Emotions must be identified and accepted. As we begin to be more in tune with our emotions, we will start to recognize the people, places, and things that trigger a negative emotional response, allowing us to either avoid them or find ways to live with them so we can keep our emotions managed.

Happiness research has shown that the behaviors and habits we engage in do matter—from gratitude to kindness to mindfulness—and that they can lead to an enduring happiness boost. Money, good grades, having lots of stuff, a perfect body, true love, and a good job may be nice to have, but they don't bring nearly the happiness people think they will.

Changes may be temporary or long-term, but each will follow a predictable pattern. Knowing the pattern can help us recognize our emotions and give us hope that life will adapt to these changes.

Perseverance, resilience, and grit are skills that help us prepare for and navigate through the challenges of life. These skills also help us serve and help others through their challenges.

**EXTENDING THE LEARNING**

- Emotions Calendar. Print off a calendar for the month. For each day, fill in the main emotion felt for the majority of the time, including what triggered that emotion. Color in the day with a different color for each emotion. At the end of the month, look over and analyze the month of emotions.
- Plan ahead. Calendar out major events that you know are coming up in the next year, month, and week. Think of changes that you will have to adjust to and, if possible, break them into small steps to experience a bit at a time.

**CONVERSATION STARTERS**

- How can you both acknowledge and respond to your emotions wisely?
- What is an emotion that you wish you felt more or less of? Explain.
- What is a barrier that stands between you and your habits of happiness?
- What is a life lesson that you have learned after dealing with a change?
- How can resilience, perseverance, or grit help you face life's challenges?