

### LEARNING OBJECTIVES

The purpose of this lesson is to help students learn how to identify and regulate their own emotions.



### LESSON CONTENT

Identifying emotions in ourselves helps us deal with them in healthy ways. The 8 basic emotions are happiness, sadness, anger, anticipation, fear, loneliness, jealousy, and disgust. Having strategies to calm ourselves will help make our relationships better.

### STRATEGIES

- Name your emotions quickly.
- Label problems as big or small.
- Take some deep breaths.
- Go for a walk or listen to music.

### CONVERSATION STARTERS

- Why is understanding our emotions important?
- What are your favorite strategies to help yourself when you feel sad or angry?
- How do you know if a problem is big or small?

### EXTENDING THE LEARNING

- Play a game with family and friends. One team acts out an emotion and the other team tries to guess which emotion it is.
- Watch the movie Inside Out as a family. Talk about the different emotions that are in the movie.
- Have a family discussion about the importance of naming emotions quickly. Set a goal for each family member to get better at naming their emotions.