



Self-Awareness

ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

Recalling a Time We Were Scared or Angry

By: The 4Rs



Recalling a Time We Were Scared or Angry

Note to the teacher:

This activity is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] *Teaching Guide for Grade 3, Unit 2: Understanding and Dealing with Feelings*, pp 25-26. The book selection for this unit is *Jojo's Flying Sidekick* by Brian Pinkney.

Time: 30 minutes

Materials: chalk board or chart paper and markers

Explain that in this activity you want students to recall a time when they were scared or angry. Model this for them by briefly mentioning a time when you were angry or a time when you were scared.

Give them a minute or so to think of a time. Tell them to give a “thumbs up” when they have a situation in mind. Once most of the students have thought of something, ask for one or two volunteers to share their situations briefly with the group. Encourage those who are having difficulty thinking of something and give them another minute to do so.

Now tell the class that you want each of them to recall their situation as fully as they can. Model this for them by filling in more details about your time of anger or fear.

Ask them a series of questions, as follows, pausing after each question to give time for them to recall the details. You don't want them to answer the questions out loud, but create a full picture of the situation in their mind's eye:

Where were you? Who were you with?

What were you doing? What was the place like?

What time of day was it? What were the people wearing?

What were they saying? What were you saying and doing?



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Can you recall what was going on in your body – your heart, your lungs, your stomach, your arms, your legs, your face?

Recall what was going on in your mind. What were you thinking?
What were you saying to yourself?

Ask students to pair up and share their stories with their partners.

Ask for volunteers to share their responses to the following questions:

- What do you remember about the situation you recalled?
- What bodily sensations did you experience?
- What thoughts went through your mind?

Model this for them by relating your responses to those questions.

Chart their responses by making two columns on the board, one for body responses like heart pounding, the other for thoughts like “I won’t do it! It’s not fair!” or “I’d like to punch that guy.”

Point out to the students that these responses are normal. Anger and fear are part of life. We all experience them at one time or another.

When we get angry or scared, our bodies mobilize for action, and our thoughts support the process. But we don’t necessarily have to act on our feelings. In fact, in most cases, it’s better to cool down so that we can think more clearly about what to do.

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