



Self-Awareness

Recognizing Your Emotions

Pre-Teaching/ Guiding Language:

You learn about your feelings and emotions at a very young age, but something you are typically not taught is that every emotion looks and feels different for every person. Anger for some people looks cold and stoic, while for others it is yelling and loud. Sadness for some looks like crying and hugging, while for others it looks like lashing out and pushing people away.

Reflecting on our own feelings, identifying times when we felt different emotions and understanding what they looked like and felt like for us is key in being able to regulate them in the future. For example, if you know anger makes you feel hot headed, loud, and out of control, you will know you have to take a step away to cool down when you feel an anger-inducing situation occurring.

Understanding our emotions helps us build better relationships, take care of ourselves, and stay happy and healthy.

Key Takeaways:

- Students will recognize how different emotions make them feel.
- Students will work towards understanding how to control their emotions.
- Students will understand that it is okay to feel multiple emotions at one time.

Duration + Materials:

- 30 Minutes
- Writing utensil / markers
- Emotions Worksheet

Key Vocabulary:

- **Emotions-** A natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.
- **Regulate-** Control or maintain the rate or speed of something so that it operates properly.



Activity:

1. Teachers can introduce the idea of understanding your emotions using the guided language.
2. Teachers will have a conversation with students using the discussion questions about how they experience different emotions.
3. Teachers will provide students with the handout to reflect on their emotions and how and when they feel them.

Discussion Questions:

1. When is a time you felt angry?
2. How did your body feel when you felt angry?
3. How about happy? How does your body feel different when it's happy?
4. Have you ever felt two emotions at the same time?

Supplemental Materials:

- Emotions Worksheet

Reinforcement Activities:

1. Teachers will be transparent with students about their emotions in class and use real time examples to shed light on different situations where they are feeling specific emotions.



Emotions Worksheet

1. What is a situation that has caused you anger? How did it look and feel for you in that moment?

2. How do you typically cope when you feel sad?

3. Reflect on your happiest moment. Write or draw how you felt.

4. What is something that excites you? Reflect on how often you feel excitement.

5. What is something that frustrates you? How do you typically cope with frustration?