

Name \_\_\_\_\_ Period \_\_\_\_  
Teacher \_\_\_\_\_

## Social/ Emotional Lesson- Teacher

### Learning Target:

I can describe a range of feelings, explain how emotions affect daily functioning and long- term health, and explore healthy ways of dealing with these these feelings.

### Do Now

Brain storm as many emotions as you can below:

\*Show lesson helper #1 for a list of emotions. Discuss how some emotions can be stronger than others, some can be pleasant or unpleasant feelings. Pick an example from your list to show this.

**Read together** the article *My Emotions and Me* on pages 1-2 of your pamphlet.

What emotions would you feel in Anna's position?

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Describe two ways a person could react to the following situation:

While walking during recess, a boy came up and hit the back of your neck.

1. \_\_\_\_\_  
\_\_\_\_\_

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2. 

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## **Discuss**

### **Words to know prior to reading:**

Epinephrine: a hormone; another word for adrenaline

Hippocampus: a part of the brain thought to be the center of emotion, memory, and the autonomic nervous system (heart beat, breathing)

Amygdala: a part of the brain involved with the experiencing of emotions.

Neurotransmitters: special chemicals that your nerve cells, or neurons, use to talk to each other.

**Read** *Brain/ Body/ Emotional Connection*

**Watch** <https://www.youtube.com/watch?v=xNY0AAUtH3g>

Discuss

**Take** *What would you do Quiz*

What did your score on the quiz tell you about how you handle your emotions?

Handling Emotions- show and discuss list

**Name That Emotion**

1. *What do you feel when you're blamed for something you didn't do?*

Feeling?

What's a helpful way to deal with it?

What's a harmful way to deal with it?

2. *What do you feel when someone keeps fouling you on the basketball court?*

Feeling?

What's a helpful way to deal with it?

What's a harmful way to deal with it?

3. *What do you feel if you are expecting to see a friend, and he or she backs out at the last moment for no good reason?*

Feeling?

What's a helpful way to deal with it?

What's a harmful way to deal with it?

*4. How does you feel when you work really hard for something and you succeed?*

Feeling?

What's a helpful way to deal with it?

What's a harmful way to deal with it?

*5. What do you feel when your team keeps losing?*

Feeling?

What's a helpful way to deal with it?

What's a harmful way to deal with it?

### **Putting it all together**

In three sentences or more, discuss one way you can improve your Emotional Health?