



KNOW YOURSELF

EMO CHECK



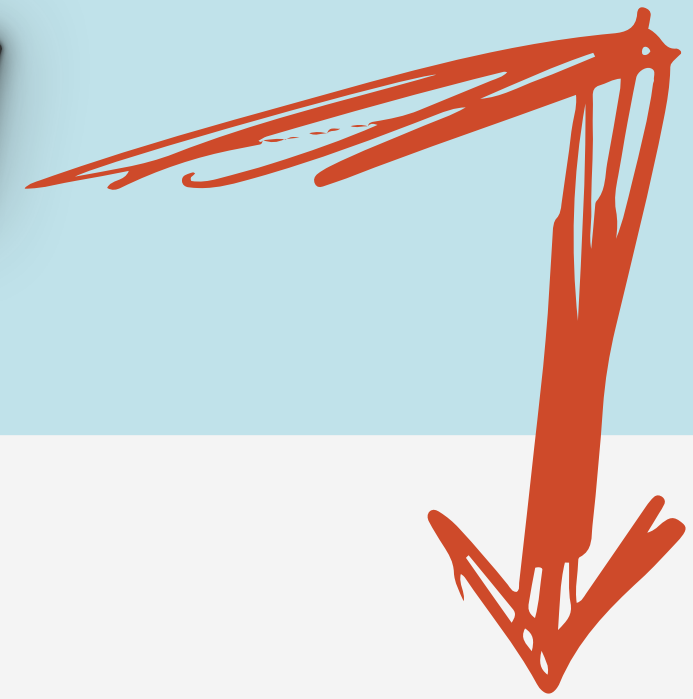
INTRODUCTION

Today, we will:

- * Recognize our emotions and understand how emotions relate to self-awareness and self-management.
- * Develop emotional road maps and strategies to help manage our emotions.



SEL CONNECTION



Today, we will practice **self-awareness** and **self-management** when handling our emotions.





ICEBREAKER

ABC EMOTIONAL SPRINT



ABC EMOTIONAL SPRINT

- 1) Write the alphabet on their paper in a lineal fashion.
- 2) For the next 4 minutes, write down an emotion for each letter of the alphabet.

THE TEAM WITH THE MOST WORDS WILL BE THE WINNERS!



ABC EMOTIONAL SPRINT

WHOLE GROUP CYPHER

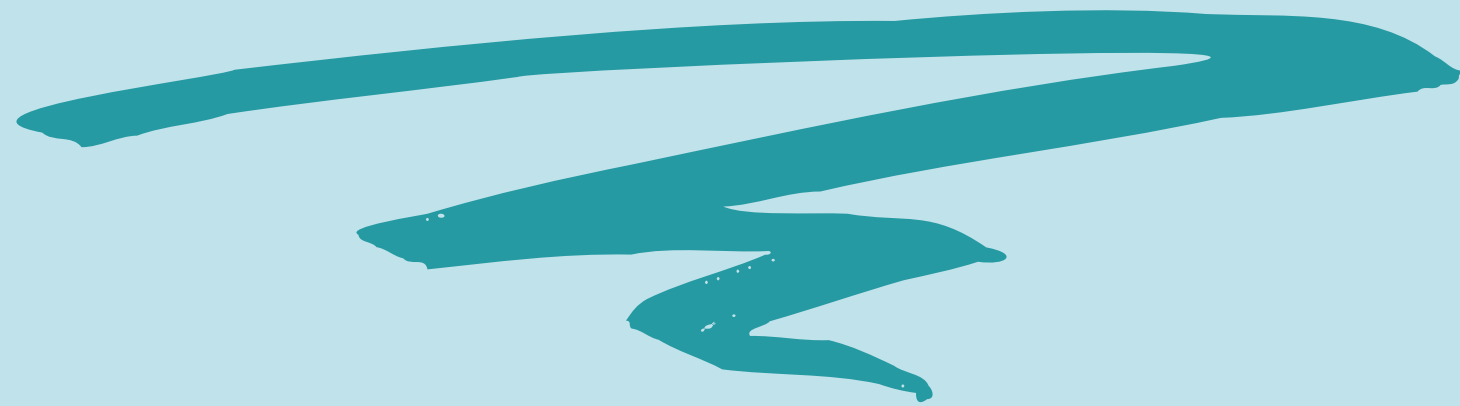
We can name emotions, but how do we center them and manage them in our everyday lives?





LESSON PART ONE

EMO CHECK





EMO CHECK

HAS ANYONE SEEN INSIDE OUT OR INSIDE OUT 2?





EMO CHECK

- **Anxiety:** Feeling worried about something that might happen in the future, even if it's not happening right now.
- **Embarrassment:** Feeling uncomfortable or awkward because of something we did or how we think others are judging us.
- **Envy:** Feeling unhappy because someone else has something we want.
- **Ennui:** Feeling bored or tired because nothing feels exciting or interesting.



LESSON: PART ONE



WATCH A VIDEO

EMO CHECK

Watch the video "The Science of Emotions."





EMO CHECK

WHOLE CLASS CYPHER

How can self-awareness and self-management help us manage our emotions better?





EMO CHECK

ANXIETY



Can you think of a time when you felt anxious about something in the future? How did you handle those feelings, and what helped you feel better?





EMO CHECK



EMBARRASSMENT

Have you ever felt embarrassed by something you did or how others might have judged you? What did you learn from that experience, and how did you move past it?





EMO CHECK



ENVY

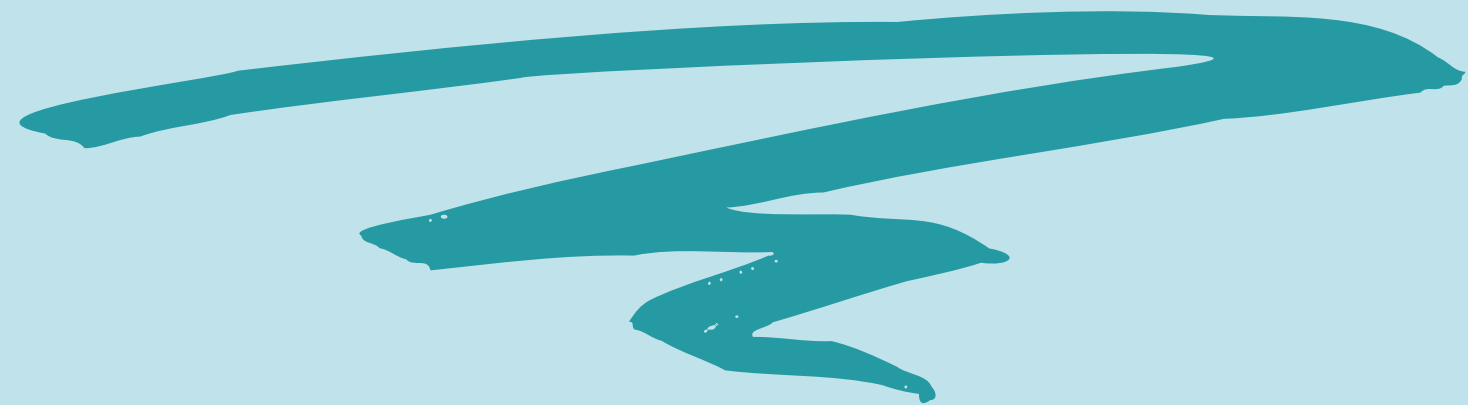
Have you ever felt envious of someone who had something you wanted? How did that feeling affect you, and how can you manage feelings of envy in a healthy way?





LESSON PART TWO

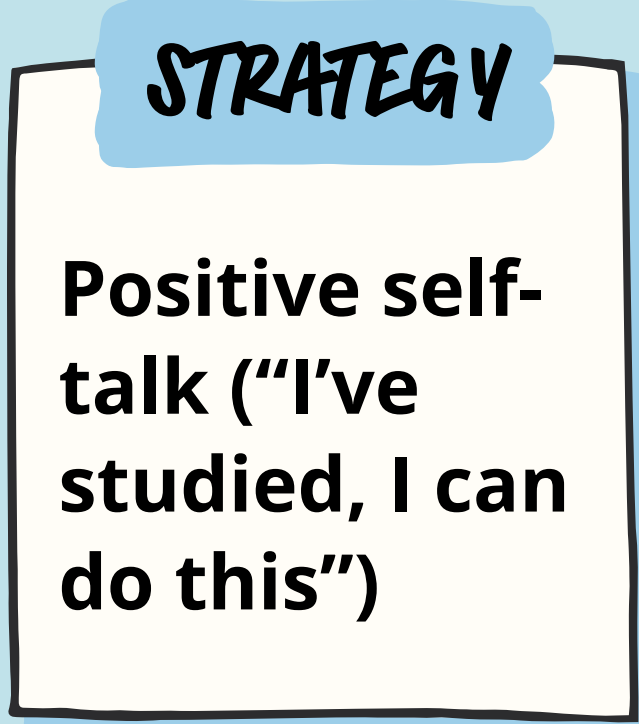
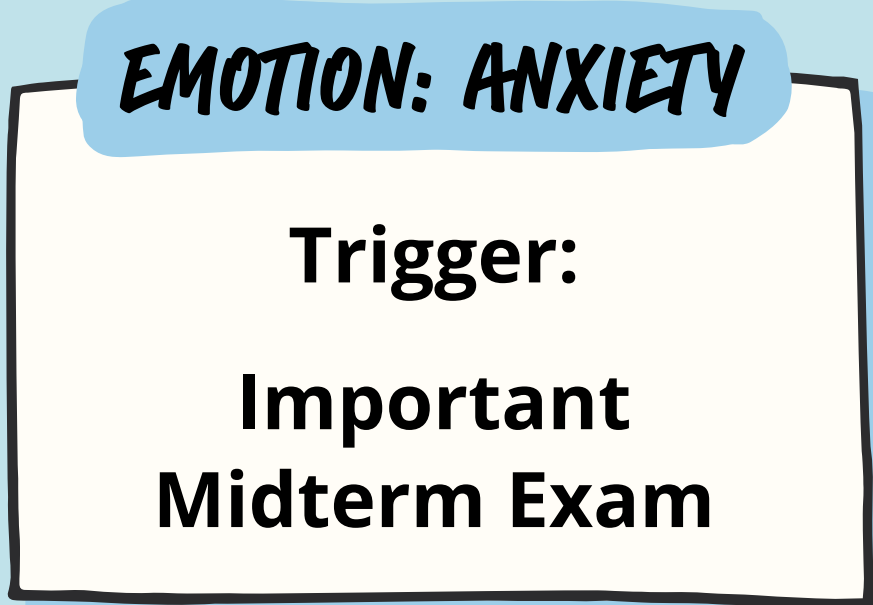
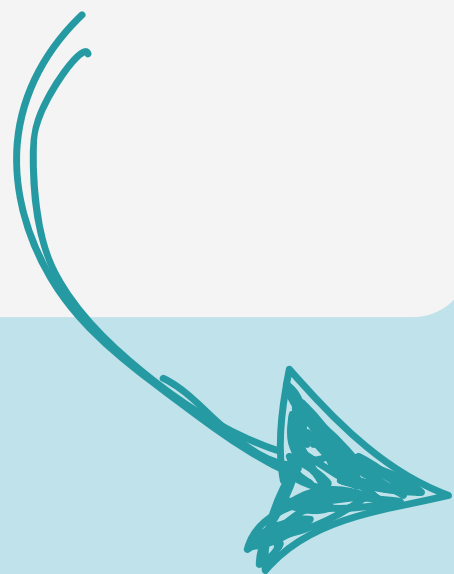
EMOTIONAL MAPPING



LESSON: PART TWO

EMOTIONAL MAPPING

Follow this example and create 3 versions based on your life experiences and personality.





EMOTIONAL MAPPING

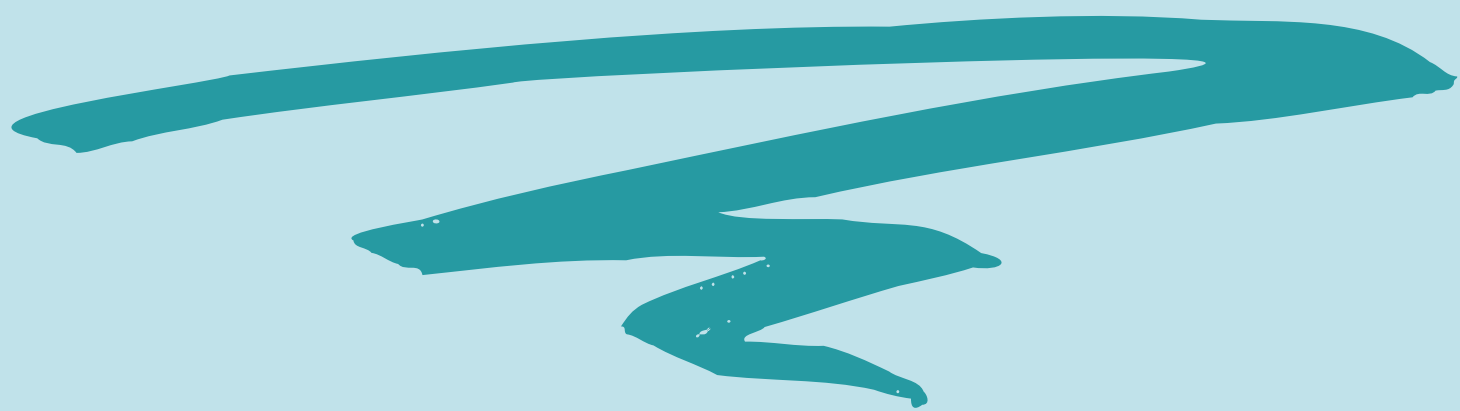
WHOLE CLASS CYPHER

What are the benefits of identifying triggers and developing strategies to manage our emotions?






DEBRIEF / EXTENSION



EMO CHECK



In a designated section of the classroom titled "**Emotional Road Map**" we will post the emotional trigger maps to create a visual representation of common emotional experiences and strategies.

Revisit the map throughout the school year and reflect on how you've grown in managing your emotions.