

Name:

Date:

# Social Emotional Learning Remote Learning Activities

## *Understanding & Managing Emotions*

**Learning Objectives:**

- You will be able to:
  - Understand and appropriately express your own emotions
  - Understand and manage how you feel
  - Interpret the emotions of others so you can react accordingly

Being able to label emotions seems like an intuitive skill, but it is a very difficult thing for many of us to master. Emotional literacy is the ability to understand, express, and effectively cope with emotions. It is a foundational skill for the type of self-regulation that adults need for the world and workplace.

**For Parents/Guardians:** When discussing this topic with your student, think about how important it has been for you to understand and manage your own emotions. Are there certain triggers that make you feel a particular emotion? How do you know when you are upset or angry or scared? How do you show those emotions? How do you cope with them? Why is it important to be in control of our emotions?

**The Opening: Writing Prompt**

- Think of a time someone misunderstood an emotion you were feeling. Write down what happened, along with the emotion you were feeling and the emotion that was assumed. Why do you think that misunderstanding took place?

**Framing the Activity:**

Discussion: Why are emotions difficult to read in others, especially when we do not have much context? What are nonverbal cues? Are there nonverbal cues you can think of for the following emotions?

- Anger
- Sadness
- Fear
- Amusement

- Surprise
- Joy
- Happiness

### Activity/Practice:

Now Let's create! You can use any art supplies, objects, or musical instruments in your house to represent what each emotion looks like, feels like, or even sounds like.

- Art project: Draw/Paint/Create objects or music that show what these emotions look/feel/sound like (*use your identified non verbal cues to help you, or look at the suggestions below*)
  - Anger: *hot and flustered, tension in neck, back, and jaw*
  - Sadness: *Pressure in chest, throat, and eyes*
  - Fear: *Quickened heartbeat, sweaty palms, fight or flight*
  - Happiness: *content, safe, warm and tingly*
  - Amusement: *relaxed, having fun, laughing*
  - Surprise: *jolt to system, particularly head and chest*
  - Or choose your own!

### Closing:

Share with your family what you learned from the activity.

- Which emotions were easy to identify?
- Which emotions were more difficult?
- What are some ways that we can help others to better understand what they are feeling?
- What does this teach us about communicating our emotions with others?

### Family Questions:

- What are some situations that trigger feelings of anger or frustration? What about happiness?
- How do you know when you are feeling those emotions? What changes?
- What are some steps you can take to calm yourself when you are feeling upset or angry? What can I do to help you when you are feeling upset or angry?
- What should you do if someone else is feeling upset or angry?

### Family Activity:

- Play a game of charades where everyone submits an emotion to act out.