



Students' Scaffolding Series MANAGING EMOTIONS

Pre-Session Activity



Divide the class into two teams. Give each team a list of emotions (e.g., happy, sad, angry, surprised, etc.). The teams then take turns acting out the emotion until the other team guesses it correctly. The team with the most correct guesses at the end of the game wins!

I'M VERY ANGRY



I FEEL WORRIED OR ANXIOUS



I'M DISGUSTED



I FEEL SAD



I'M TIRED



NO GOOD, NO BAD.
I'M FINE



I'M DOING WELL



I FEEL AWESOME

Pre-Session Activity (Continued)

- *Name any 4 emotions you have experienced recently in the game?*
- *Name any 4 emotions you have experienced recently in your life?*
- *Name any 2 emotions in which you have experienced positivity?*
- *Name any 2 emotions in which you have experienced Negativity?*



Think and discuss in pair

Learning Outcomes

- ***What*** are emotions and their types?
- ***How*** can we learn to manage emotions?
- ***Why*** is managing emotions important?

What are Emotions?

An **emotion** is our natural inner feeling (*anger, sadness, happiness, fear, surprise*, etc.) which is caused by the situation that we are in or the people with whom we are.



Icebreaking Activity



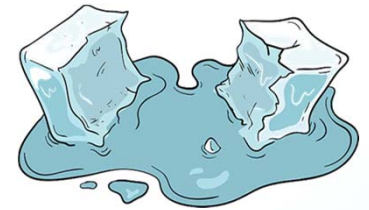
Make pairs and discuss what will you do in the following situation:

Sachin always sits on the front bench, near the door, in the classroom. One day, as he enters the classroom he sees Mohit sitting there. He at once, got **angry** at Mohit and started a fight.

Later on, Sachin got to know that Mohit had his eyes swelling, so he sat there as a precautionary step.



Discussion Questions: Icebreaking Activity



- (a) Do you think Sachin reacted in the right manner?*
- (b) Is there any other way Sachin could have reacted?*
- (c) Had you at Sachin's place, how would have you reacted?*

Case Study 1: Should I Get Angry or Not? (A question to Ponder)

It is painting time in the class. *Amir and Shreya have chosen to draw a rainbow.*

Oh no! By mistake some colours are spilled on Amir's drawing by Shreya.

Amir is angry and upset.



Shreya is scared as she thinks Amir would shout at her. However, Amir started to draw a fresh painting.

Case Study 1: Discussion Forum

- *Do you think Amir did the right thing by controlling his anger (managing emotion)?*
- *Colours were spilled by mistake. Had Shreya really done something wrong?*
- *Do you think Amir should have shouted at Shreya?*
- *What would have you done if you were in place of Amir?*

It is natural to have some instantaneous emotion in a situation, however, it is always good if we look slightly deep into the situation and understand its cause. It might help us manage our emotions in the similar situation in future.

Why is managing emotions important?

- It makes good relationship/harmony with friends, teachers, parents and others
- It helps in making right decision.
- Foster critical thinking and other skills



Case Study 2: The Story of a Lion and Monkey



Once upon a time there was a monkey in Jungle ,he was walking through the jungle when he came across a lion. The lion was huge, terrifying and hungry, He wanted to eat the monkey.

1. What feelings must have come in the monkey's mind?

- a) Fear and anxiety
- b) Happiness and joy

2. What should the monkey do?

- a) Manage his emotions in face of the situation.
- b) Get scared and scream



Case Study 2: Discussion forum

The monkey was scared. But he managed his emotions and acted calm. He quickly came up with a plan. He told the lion that he had seen some hunters nearby who was searching a lion. I am worried about you my king. The lion, now forget his hunger, gave up and ran away from there. The monkey had fooled the lion with his clever techniques and escaped unharmed.



1. Did managing emotions help the monkey?
 - a) Yes
 - b) No

2. What you do when you see something wrong/unexpected all of a sudden?
 - a) Loose hope
 - b) Keep patience
 - c) Feel scared and nervous

Simple Strategies to Manage Emotions at an Early Age

1. Find ways, such as, counting to 10 or taking 5 deep breaths to calm down when you feel strong emotions in you.

2. Some simple ways to react to strong emotions;

- ✓ **Clap** your hands when you're excited
- ✓ **Ask** for a hug when you're sad, or
- ✓ **squeeze** your cushion really hard when you're angry.
- ✓ **Give** a hug to someone you love when you are happy.

3. Developing a hobby such as drawing, painting, puppet play, dancing and music, etc., gives you more time to manage both your happy, sad or other emotions.

Tasksheet – 1

Here are given some situations. Read them, think and write the emotion that comes first in your mind.

SITUATION	YOUR EMOTION
1. You are returning home thinking that you will enjoy your cake. Once you reached, you found that your younger brother has eaten your share of cake.	
2. You have kept your favorite shoes somewhere. You now need them but you have forgotten where you kept them.	
3. Some of your close friend has met with an accident and he/she is in hospital.	
4. Your mother is constantly asking for some help but you want to continue watching your favourite cartoon.	

Tasksheet - 2

Rewrite your emotion here. Sit in pairs now, and discuss in which case there is a possibility to manage these emotions and why. Write in the second column.

YOUR EMOTION	MANAGING THEM
1.	
2.	
3.	
4.	
5.	



Any Questions