

Students' Scaffolding Series

MANAGING EMOTIONS

Pre-Session Activity

Here are some emotions! Which of these you have *NEVER* felt?
Now, make 2 groups in the class and answer the questions below.



ANGRY



HAPPY



SAD



SCARED



SURPRISED

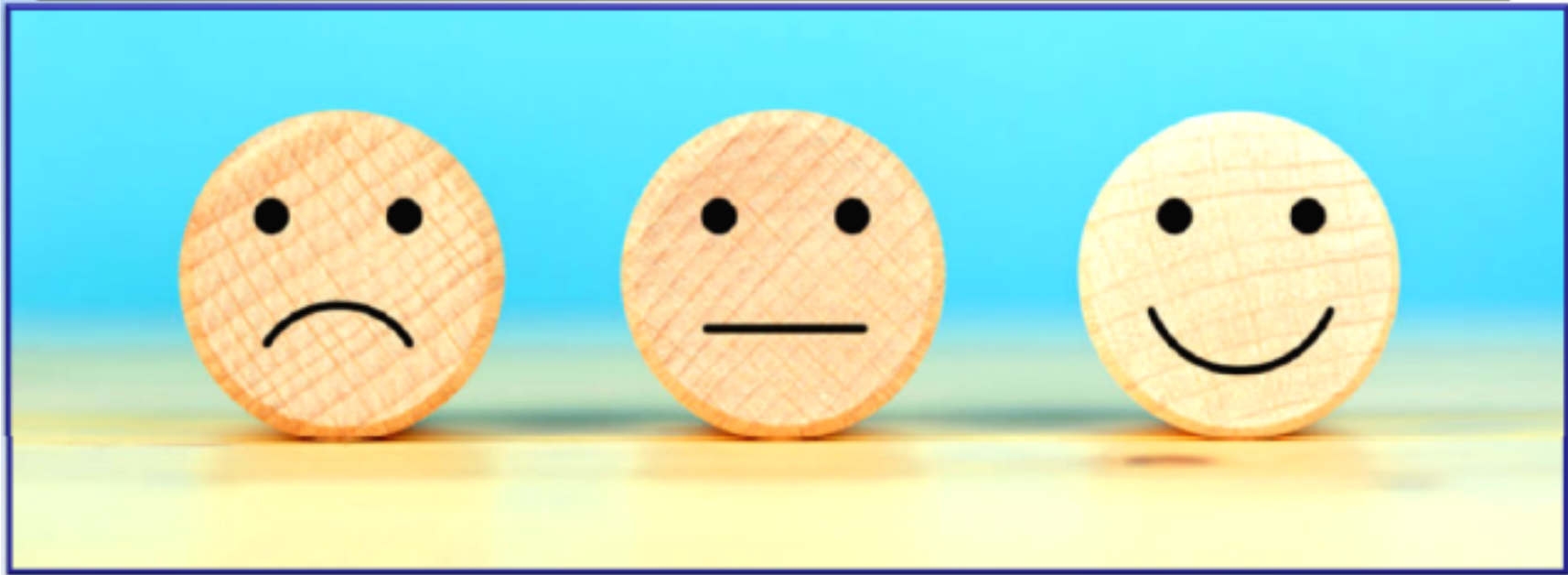
- Name any 2 emotions you have experienced recently in the game?
- Name any 2 emotions you have experienced recently in your life?
- Name any 2 emotions in which you have experienced positivity?
- Name any 2 emotions in which you have experienced Negativity?

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.



A Case Study

Let us watch a video
about Sabrina Khatun,
Riyanka Soren and Subhan
Parveen who are
Satya Bharti School
Murshidabad
Bengal



[My Emotions and my Feelings \(6\).mp4](#)

OR

https://drive.google.com/file/d/1tBdZssvHR6_yevhBoQg2QLkLDxsb7qq5/view

Discussion on Case Study 1

1. The girls remembered the other day as a bad day because they went through
 - a. Negative emotions
 - b. Positive emotions
2. Did the girls cause it?
3. Did the coach cause it the other day?
4. Did the mother cause it?
5. The day they were called at the play ground was a nice day as they faced
 - a. Joy and success
 - b. Failure and rejection

Discussion on Case Study1... (Contd.)

All the incidents of that day were the result of the girls reactions....



Do you agree - Your EMOTION drives your REACTION ?

Discussion on Case Study 1 (Contd.)

What are the different types of EMOTIONS ?

- There are only two basic emotions that we all experience:



Love (POSITIVE)

and



Fear (NEGATIVE)

***All other emotions are variation of these
EMOTIONS!***

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



Effect of Emotions on Our Performance

Anger, Anxiety and Sadness:

These are NEGATIVE emotions.

- We get distracted from learning.
- We are unable to focus on our task in hand.

Happiness and Excitement:

These are POSITIVE emotions.

- We learn and perform successfully.
- We are motivated to perform better than anticipation
- We feel good and help others in their work

Activity 2

Make pairs and discuss with your partner about when was that you MANAGED your emotion !!!

All of us have gone through *different* emotions at some point of time.

Did you ever try to manage your emotions?

*Did you control your **anger** in a situation?*

*Did you stay cool when you were feeling **sad** sometime?....*

Tools for Managing Emotions

- **Be AWARE** – Self Aware (think about yourself) and Social Aware (think about others)
- **Learn to MANAGE** – Learn to manage yourself (self management) and learn to manage your relations
- **Be a PERFORMER** – Learn to perform as an individual BUT also learn to perform in a team



Important Messages

- Emotions are **natural feelings**.
- Emotions are not good nor bad, how they get **expressed** is more important.
- Managing our emotions is important **part of growing up**.
- Managing emotions is the ability to identify and express our emotion appropriately.

Tasksheet – 1 (A)

*Here are given some situations.
Read them, think and write your first emotion.*

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 – 1 (B)

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.	

Remember...

**Control your
"ANGER"
because it is
just ONE
LETTER away from
"D"ANGER"...**



*Believe, You are the best
coach to manage your
own Emotions!*

Any Questions?

Raise your hand, we
will hear you out !!

