

# Weekly Guide

## What to do When I have strong feelings.

### Learning Outcomes

In this lesson students will build on last weeks content and dive deeper into emotions that are often labeled as “bad” or are simply difficult to manage. Students will learn the benefits of difficult emotions and normalize different feelings. Students will continue to apply polyvagal practices to regulate the nervous system with breath work and provide more tools for self regulation.

- Students will learn how strong feelings help us by motivating us to take action, helping us communicate that we need help, and help us to know ourselves and regulate our behavior.
- Students will discuss why it is hard to manage feelings and work in small groups or whole group to identify limitations and identify action plans for regulation when emotions become overwhelming.
- Students will learn another nervous system regulation tool, bee breath.

### In Class Lesson Day 1

#### Prep

Provide writing or recording tools

#### Action

5 min

Review 3000 words for feelings and have students generate a list as a whole group of "difficult emotions".

10min

K-2 Whole class

3-5 Option to put kids into small groups.

Hand out or guide students to online version of "How Strong Emotions Help Us" Students will discuss the content answering the questions in small group

Is there a time when you felt a strong emotion and it was helpful?

Is there a time when you felt a strong emotion and it wasn't helpful?

How did these emotions show up in your body? What did the feel like?

Did you use any of the mindfulness tools you know about? If not which one would you use today if in the same situation?

5 min

A representative from each group will share a summary of the groups discussion if students worked in small groups.

Option to start and/or wrap with the Bee Breath video or assign it to students for at home reminding them to take 5 minutes every day to practice the weekly regulation technique.

## Extension

Extension Have students share individually, have students write down answers to reflection questions, provide an opportunity to meditate and write about the place in the body the emotions show up

## Suggested Weekly Plan

### Day 2

*Independent*

What Makes it Hard to Regulate Emotions?

Students will fill in the worksheet on their own in class or for homework.

### Day 3

*Optional at home activity*

Common Myths About Feelings

Have students review common myths about emotions with someone in their home and then as a family add 3 myths they hold about

### Day 4

*Group Work*

Identifying Feelings in the Body

Complete 3 minute body scan meditation.

Students work in groups to teach Bee Breath to one another.

### Day 5

*Independent*

Complete reflection questions. Review any content as a group.

strong feelings to  
the list.

Complete body scan  
again and reflect on  
changes in the body  
after breath-work

## Reflection Questions

- How does your body feel before breathing? How does it feel after completing the breath-work?
- What emotions were frequently present for you this week?
- Was there a time this week where your response to a strong emotion was not skillful? If yes, how did that make you feel? Is there a tool you can use the next time you feel overwhelmed?

