

Taking Charge of Feelings

Skill Area(s):
 Feelings/Emotions
 Conversation Skills
 Nonverbal Language
 Perspective Taking
 Stress/ Behavior

Level: beginning, intermediate, advanced

Goal: Students will be able to state the meaning of taking charge of feelings and tell why it is important

Materials needed: Large body cut-out made of tag board or paper, markers, thought bubble
 From Social Star book 3 pgs 97-100

Activity:

- ❑ Tell students that they will be learning to take charge of their feelings. Feelings are the way that people react to things they experience. Have students work in groups to think of five or more feeling words. Encourage them to use words other than happy, sad, etc.
- ❑ Have each group share their feelings words, as the new word is named, someone in the group should write the word inside the body cut out, encourage them to be creative.
- ❑ As a group, you can brainstorm more feeling words to add to your body cut out after everyone has had a turn. Then have the students complete open-ended sentences about their feelings eg. I feel grateful when....
- ❑ Using examples from the cut out, give each group a feeling word to write down two or more situations where a person may experience the feeling they were assigned. Share with the group.
- ❑ Hand out taking charge of feelings sheet page 100. Talk as a group about the worksheet and the symbols.
- ❑ Role play how to take charge as a group, use the thinking bubble to hold up what you may be thinking about the feeling.
- ❑ Pair up students and talk about what they think taking charge of feelings means and what they can do to be in charge of their own feelings.

Name _____



Taking Charge of Feelings

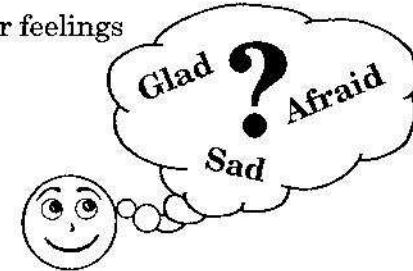
MEANING OF TAKING CHARGE OF FEELINGS:

Knowing you have control over how to express your feelings

SKILL STEPS:



1. Ask myself: What am I feeling?
2. Remind myself:
I'm in charge of my feelings
3. Tell myself:
I can express my feelings responsibly



REASONS FOR USING THIS SKILL:

Knowing that you are in charge of your feelings gives you confidence. You can feel proud when you express your feelings in ways that do not harm yourself, other people, or property. You're healthier when you express your feelings responsibly and others may feel more comfortable around you.

DIRECTIONS:

Listen to the story below. Look at the picture of Victor while you listen.

Victor did not understand his science assignment. After slamming his pencil down, he knew he felt frustrated. Victor told himself that he could take charge of his feelings and decided that slamming his pencil would not help. Victor decided to talk to his teacher. He picked up his pencil and raised his hand. When the teacher got to his table, Victor said, "I'm getting really frustrated about this science assignment. Could you please help me?"

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