



Managing Emotions

How can we manage our emotions as we change and grow?

Rationale

Describing and naming our emotions helps us to manage them better and enables us to establish and maintain relationships with others.

Guiding Question/s

- How can we help others to identify and manage their emotions?

Essential Questions

- How do people change as they grow?
- How can we describe and name the emotions we feel?
- How can we manage our emotions?
- How does sleep affect our emotions?

Future Action

Students will be able to identify a greater range of emotions and feelings. They will be more in tune with their own and others emotions, supporting them to establish and maintain better relationships with others. They will have a greater range of strategies to support themselves to stay calm in different situations.