

Critical Thinking, Emotional Wellness, and Handling Dilemmas

This lesson was adapted from the Yale RULER curriculum



**What is filling
your bucket
today and what's
draining it?**



Essential Questions

- What is emotional manipulation and what strategies for yourself, and others, can you use when faced with it?
- What is an ethical dilemma and what strategies can you use to support your best self when faced with them?

Emotional Manipulation

Emotional Manipulation: Occurs when a manipulative person seeks power over someone else and employs dishonest or exploitative strategies to gain it.

Manipulation: the use of means to exploit, control, or otherwise influence others to one's advantage.

Exploit: to make productive use of

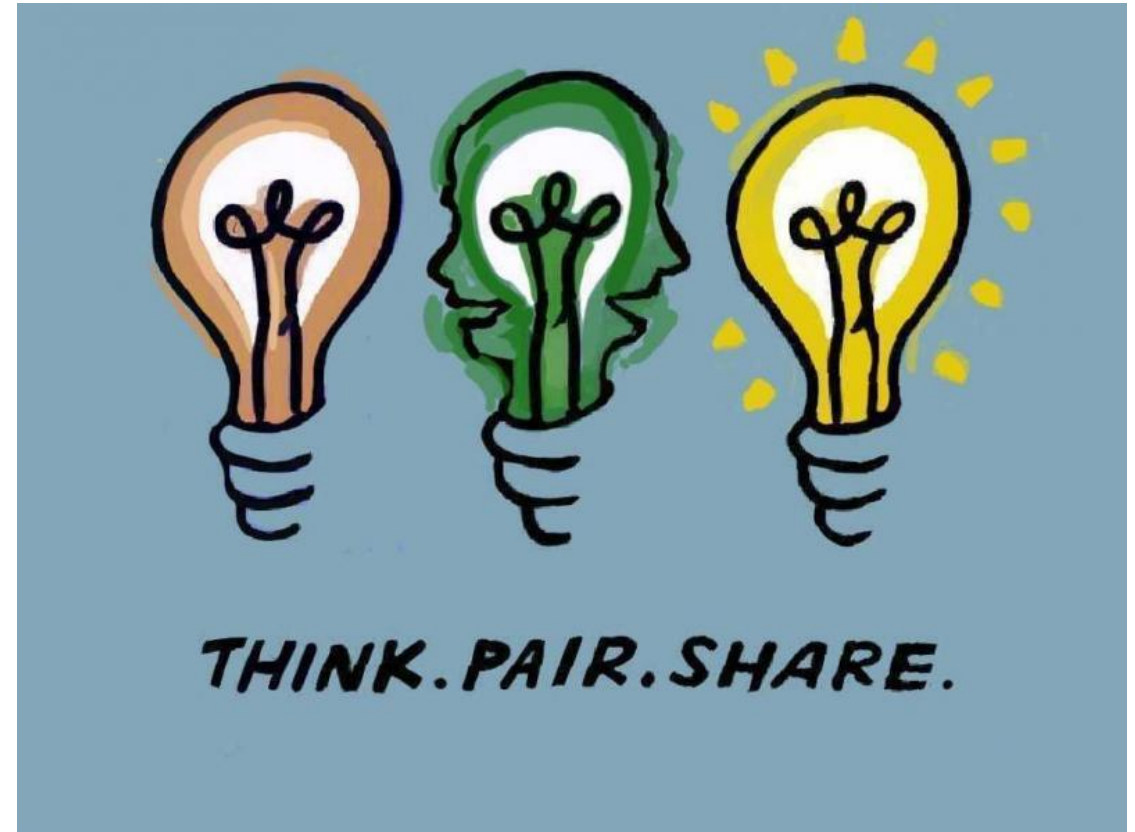


Think: In what way can your emotions be tricked or manipulated to get you to do something?

- This could be as general or as specific of an example as you can imagine!
- Other options: When have you seen this in a movie or show?

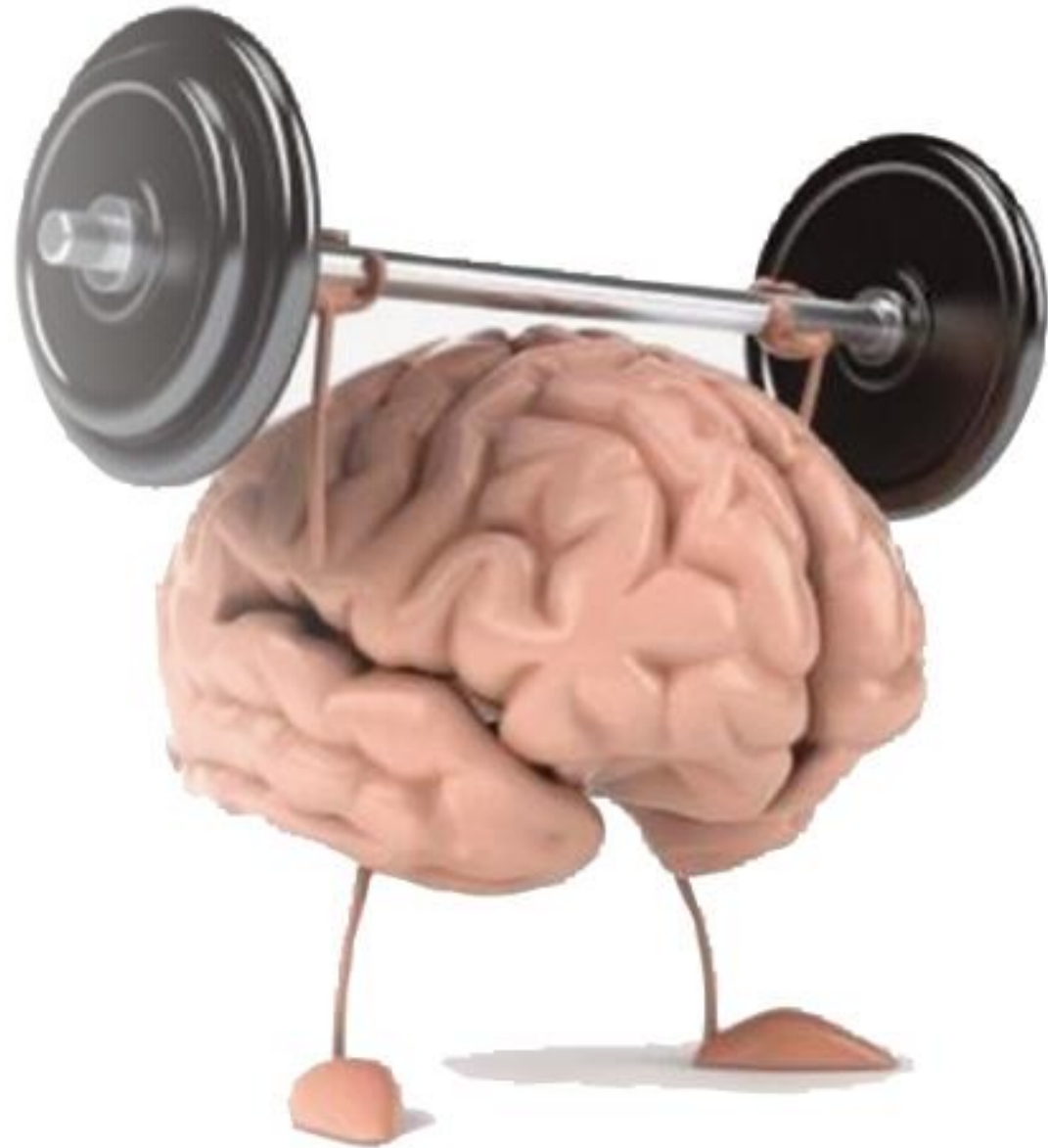
Small groups: Share the ways you thought of.

Share: A few volunteers, please share some of the ways emotional manipulation might most commonly be found in our/your world today.



Let's Say You Notice Emotional Manipulation...

You have the POWER to listen to what your emotions are telling you, but not necessarily react to them!



What Do YOU Think This Quote Means?

"If it feels bad, it probably is."



What About...?

"When something feels too good to be true, it probably is."



What does all of this mean for ME?

You probably noticed that there was some grey area surrounding those quotes and what emotional manipulation looks like and feels like for individuals.

We may find it much easier to notice when OTHERS are being manipulated than to notice it in ourselves.

If you're unsure about whether someone is manipulating you, one of the best **strategies** is to have a trusted friend help you gain perspective.

Let's Take a Moment...

Strategies....so that next time you're in an emotionally manipulative situation (or you see someone else is) you feel prepared to handle it.

Possible Strategies to intentionally implement:

- *Speaking up*
- *Defending the person being manipulated*
- *Coaching the person through a Mood Meter Check In*
- *Reminding the person of our quotes here today:*
 - *"If it feels bad, it probably is."*
 - *"When something feels too good to be true, it probably is."*
- *Any other ideas?????*



Ethical Dilemma

Ethical Dilemma: a situation in which a difficult choice must be made between two courses of action, both of which entail transgressing (or breaking) a moral principle

Your lives as students are different from ours as teachers.

Can anyone share with the class an example of an ethical dilemma that you or someone you know in your age group has faced recently?

- (no names or identifying details need to be given, just explain the situation and generically as possible and we'll see what we might be able to make of it)



Brain Break: Simon Says!

Teachers, divide your students into two groups – a red team, and a blue team

Have them line up as the video shows – all red team on one side, all blue team on the other and both in as straight a line as possible!

Students – you will be watching the video and doing the tasks that the PROFESSIONAL SIMON SAYS CALLER tells your team to do!

Good luck to both teams!

Teachers, play the video from 2:10 (it should auto-load at that time stamp) to 6:45

Students: If you can get your teacher to participate, 1 student may film the competition (all others that are physically able & teacher must be participating) and email the video khagerty@hse.k12.in.us (if you're at FHS). The best videos may be spotlighted soon in our news or on our school website!!



Catch Your Breath....



Not everything is as clear or black and white as Simon Says... sometimes we run into grey areas where it seems that we're not able to come to the **right** decision, given what we know about the situation.



Let's Reflect:

- What is a strategy that you can use next time you find yourself in a tricky, or ethically/morally grey area?

