

Roll and Discuss



emotion management

ROLL	DISCUSS
2	How are you able to tell when a friend might be experiencing a strong emotion?
3	Describe a situation at home when you have experienced a strong emotion.
4	How does your body feel when you are experiencing a strong emotion?
5	True or False: When someone you care about is experiencing a strong emotion, you can show them empathy by asking them if they are okay.
6	Review: If you notice some is being left out, what could you do? How would that make you feel?
7	Review: What would school be like if everyone showed empathy toward one another?
8	Describe a situation in school when you have experienced a strong emotion.
9	What are some strategies that you use in order to calm down when you are experiencing a strong emotion?
10	True or False: It is NOT okay to experience strong emotions.
11	When is a time this week that you felt frustrated? How did you handle this strong feeling?
12	True or False: Only adults experience strong emotions.

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Roll and Discuss



managing strong feelings

ROLL	DISCUSS
2	Why is it important to use a STOP signal and name your feeling when you are experiencing a strong emotion?
3	Create a list of strong feelings that a kid your age experiences.
4	What are the first two things that you can do when experiencing a strong emotion that is getting out of control?
5	Why is it important to calm yourself down when experiencing a strong emotion?
6	Review: How can you tell if someone is listening with attention?
7	Name some STOP signals that you could use to calm down.
8	Name one time when you may need to use your stop signal and name your feeling at home.
9	True or False: When experiencing a strong emotion, it causes your body to react in different ways.
10	Review: Everyone is special or unique. Talk about one way that you are unique.
11	Name one time when you may need to use your stop signal and name your feeling at school.
12	Review: Describe a time when you were left out. How did it make you feel?

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Roll and Discuss



calming down anger

ROLL	DISCUSS
2	Name a time in school when you might need to use your STOP signal and name your feeling.
3	What are the Calming-Down steps?
4	What is the way to calm down that works best for you?
5	Review: What are complex feelings?
6	How does it help you when you stay in control of your emotions & actions?
7	Name some STOP signals that you could use to calm down.
8	Model what deep centered breathing looks like.
9	Review: Have you ever noticed someone being left out? Did you do anything to make them feel included? Why or why not?
10	Why is it a good idea to calm down before you try to solve a problem?
11	True or False: It is okay to experience the feeling of anger, you just have to be in control of your emotions.
12	Name some strong feelings that kids your age experience.

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Roll and Discuss



managing anxiety

ROLL	DISCUSS
2	What does anxiety mean?
3	Review: What are the three ways to calm down?
4	Imagine you have a test you didn't study for and are feeling anxious. What positive self talk statement can you use in this situation to manage your anxiety?
5	What are some things that you have noticed cause your parents or family members to be anxious?
6	What way to calm down is the best way to manage your anxiety?
7	How can you show empathy if you notice someone is feeling anxious?
8	If you notice someone feeling anxious, what tips could you give them to help them manage their anxiety?
9	Review: Describe a situation in school when you have experienced a strong emotion.
10	What are some ways that you body tells you that you are feeling anxious?
11	List some academic tasks that may cause a 4th grader to experience anxiety.
12	Review: How does it help you when you stay in control of your emotions & actions?

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Roll and Discuss



avoiding jumping to conclusions

ROLL	DISCUSS
2	How can calming down help you avoid jumping to conclusions?
3	What could happen if you jump to conclusions but you don't know all of the details of the situation?
4	Think about one positive thing you can say to yourself if you feel your emotions are getting out of hand.
5	Review: What are the Calming-Down steps?
6	What does it mean to jump to conclusions?
7	How can jumping to conclusions about a situation affect your friendship if you accuse someone of doing something that they did not do?
8	Describe a time when you jumped to conclusions.
9	What are some words to describe you feel when you jump to conclusions?
10	Review: Name some STOP signals that you could use to calm down.
11	Have you ever been accused of doing something that you didn't do? How did it make you feel?
12	True or False: If you jump to conclusions, you might end up hurting someone's feelings.

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Roll and Discuss

handling put-downs



ROLL	DISCUSS
2	True or False: The opposite of a put-down is a compliment.
3	Review: Describe a situation in school when you have experienced a strong emotion.
4	What is a positive thing that you can say to yourself if someone puts you down about getting a bad grade?
5	Why are put-downs not okay?
6	If someone continues to put you down, even after you have assertively told them to stop, what would you do?
7	Give a compliment to your partner. How did it make your partner feel? How did it make you feel?
8	Review: Define empathy.
9	What is a positive thing that you can say to yourself if someone puts you down about the way you look?
10	True or False: Put-downs are statements people say to humiliate others or hurt others.
11	What are some ways to deal with put-downs?
12	Describe a time when you were put down and how you handled it.

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