

Identifying Feelings:

5TH GRADE

Prolonged Emotion

5th Grade
Unit 2.1 - Regulation
Lesson 5



Class Connect

List as many emotions and feelings as you can



Review



stress



stress



synonyms-
pressure, tension

antonyms-
relaxation, peace, calm

Today's Lesson

Identifying Feelings:

Prolonged Emotion

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Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- exert control over one's emotions
- reducing emotional distress

regulation

👏 reg·u·la·tion 👏

synonyms-
calming, relaxing

antonyms-
dysregulated, upset

examples

- taking deep breaths and using a calm and assertive voice to ask for what you need
- using a calming spot/corner

question

- When is an example of a time you may need to **regulate** so that you are ready to learn?

non-examples

- screaming and crying when someone hurts your feelings
- refusing to work all day when you are upset



What will we learn in this topic?

01

What are feelings, emotions, and moods

02

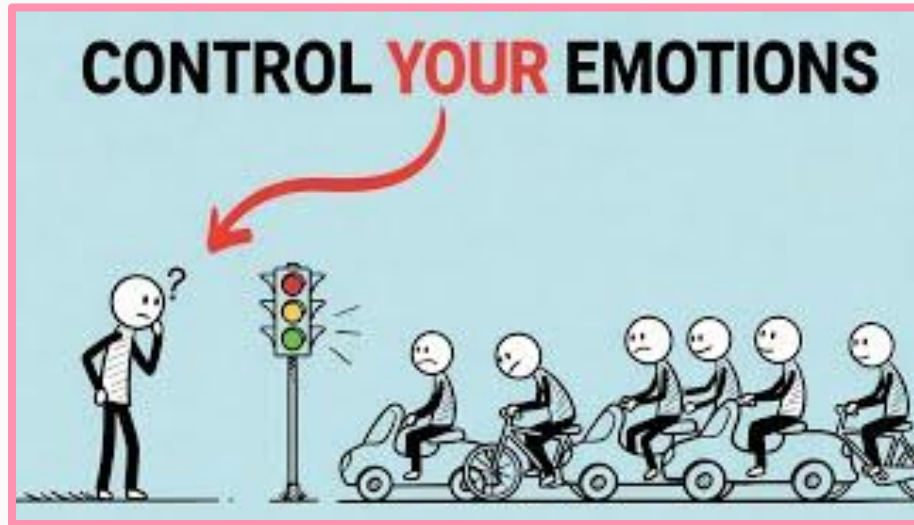
Sources of Prolonged Emotions

03

How to handle your prolonged emotions

90 Second Emotion Rule

Predict: What do you think it is?



KEY DIFFERENCES BETWEEN

	Definition	Characteristics
EMOTIONS VS	Emotions are intense, short-lived reactions to specific stimuli, encompassing a range of responses such as joy, anger, fear, surprise, and more.	They are often brief and intense, triggered by internal or external events, and accompanied by physiological changes. <i>Example: Feeling elated after a success or experiencing fear during a thrilling movie.</i>
FEELINGS VS	Feelings are subjective experiences that arise from emotions, influenced by personal interpretations, beliefs, and experiences.	They are individual and subjective, shaped by personal perceptions, and can be more prolonged than emotions. <i>Example: Feeling warmth and affection toward a loved one or experiencing embarrassment after a mistake.</i>
MOODS	Moods are sustained emotional states less intense than emotions, coloring our overall disposition over a more extended period.	They are more long-lasting, influencing our outlook and behavior and influenced by various factors such as environment, health, and circumstances. <i>Example: Waking up feeling cheerful and optimistic, leading to a day filled with enthusiasm, or feeling persistently low and melancholic without a clear cause.</i>

Emotion, Feeling, or Mood?

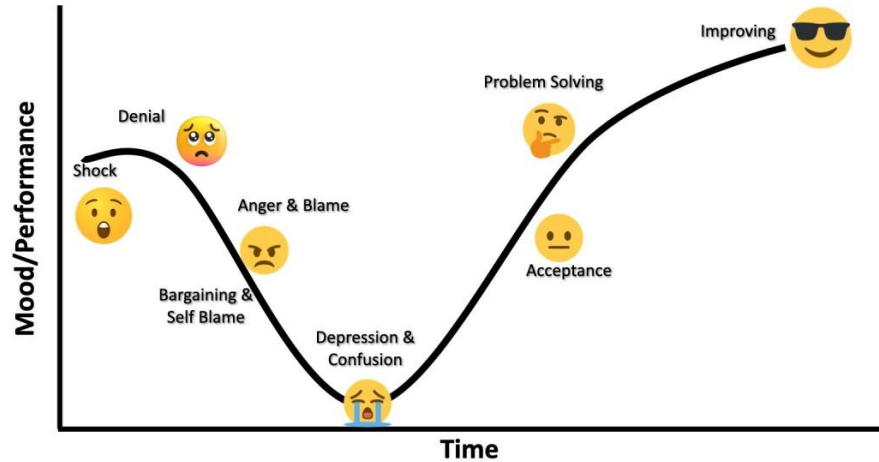
Grumpy Frustrated Excited Disgusted Anxious

Happy Blah Stressed Disappointed Scared

How do emotions and feelings evolve over time?

Some factors that may influence how someone experiences their emotions, feelings, and moods over time include:

- Relationships
- Hormonal changes
- Health and well-being
- Personal growth
- Cultural norms
- Cognitive changes
- Career milestones



Sources of Prolonged Emotions

- Events
- Thoughts
- Physical Condition
- Memories
- Other people



Who can
help you?



You can...

Identify the emotion

Why are you feeling this way, and what can you do next?

Identify the trigger

Ask for support when you need it!

You support system

Help you identify your emotions, triggers, develop strategies to cope, be there for you, and help you if you need them. If your emotions overwhelm you, always tell an adult that you trust so they can support you!

Activity Time

Time of Day	Weather	Emotion	Possible Source
Morning		Happy	Woke up early and had pancakes
Afternoon		Sad	Lost in kickball and thought I'm bad at sports
Evening		Angry	Argued with brother and still felt mad

Discussion Questions

What role does culture play in shaping emotions, feelings, and moods?

What are some careers or jobs that might include working with emotions?

What have we learned?

- Emotions are chemical responses from your brain.
- Feelings are based on the emotions, thoughts, and the event.
- Moods can be a mixture!

Do:

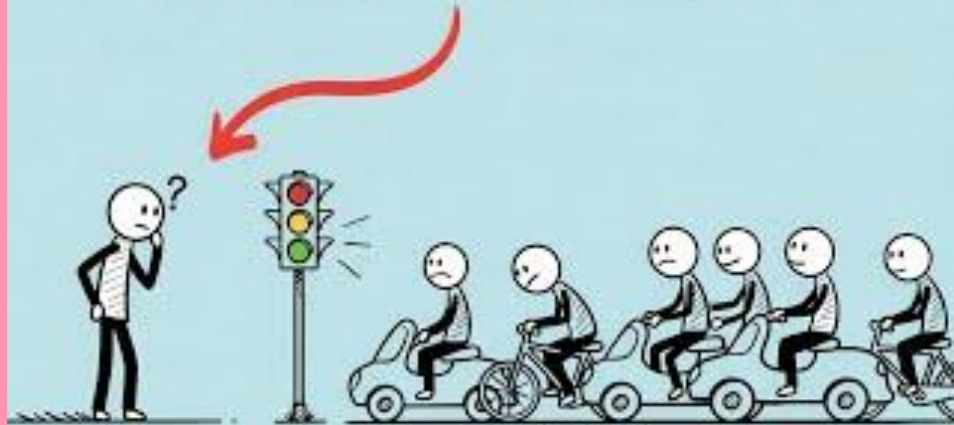
- Identify the emotion and what triggered it.
- Identity how you feel about what happened, and why you feel that way.
- Use regulation strategies to work through your emotion and feelings.
- Reach out to your support system when you need more help!

Guardian

Extension



CONTROL YOUR EMOTIONS

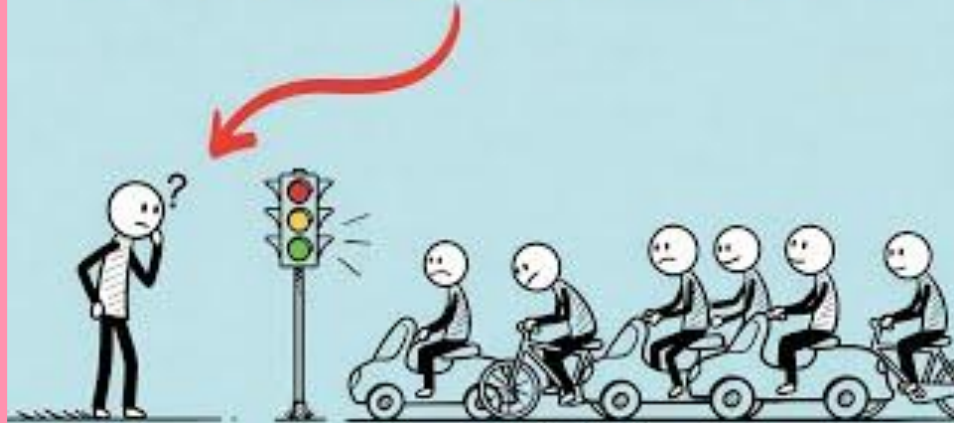


- Review the 90 Second Emotion Rule with your student
- Make a plan on how your student can regulate at home

Teacher Extension



CONTROL **YOUR** EMOTIONS



- Review the 90 Second Emotion Rule with your student
- Make a plan on how your student can regulate at home

THANKS!

1 + 3



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