

Identifying Feelings:

Recovering after a Big Emotion!

5th Grade
Unit 2.2 - Regulation
Lesson 6

5TH GRADE



Class Connect

5



4



3



2



1



5 things that you can see



4 things that you can touch



3 things that you can hear



2 things that you can smell



1 emotion you can feel

Review



regulation

👏 reg·u·la·tion 👏

synonyms-
calming, relaxing

antonyms-
dysregulated, upset

Today's Lesson

Identifying Feelings: Recovering after a Big Emotion!

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Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- how much a problem will affect you, others, and the environment

size of a problem

size • of • a • problem

synonym- level of impact

antonym- harmless

examples

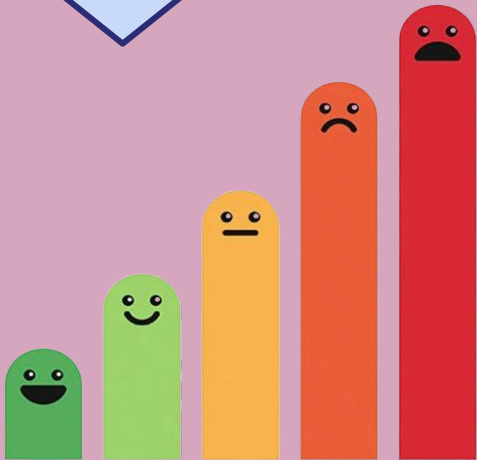
- **tiny**
 - your pencil lead broke
- **little**
 - someone cut you in line
- **medium**
 - you forgot your homework
- **big**
 - you missed the bus
- **huge**
 - you fell and broke your wrist

question

- You left your backpack on the bus. What **size of a problem** is this?
How do you know?

non-examples

- Nothing goes wrong or unexpectedly all day long.
😊



Let's Discuss

Have you ever had a big feeling—like anger, sadness, or frustration—and reacted in a way you wished you hadn't?

What do you think it means to 'save face'?

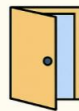
What a Big Emotion Might Look Like

Emotion	What it Might Look Like	What You Can Do
Anger	Yelling, stomping	Take space, breathe, talk to someone
Embarrassment	Hiding, shutting down	Self-talk, ask for support, rejoin kindly
Frustration	Crying, quitting	Pause, stretch, try again later
Sadness	Silence, tears	Talk to a friend or trusted adult

Cool Down and Bounce Back Steps

5TH GRADE SEL

How to Recover and Save Face After a Big Emotion



1. Take Space

- Step away for a minute
- Take deep breaths
- Get a drink of water
- Count to 10



2. Check In With Yourself

- What happened?
- What am I feeling now?
- What do I need to feel better?



3. Own It (if needed)

- "That wasn't my best moment."
- I'm sorry if I made anyone uncomfortable.
- I had a big feeling, and I'm calming down now.



4. Shift the Moment

- You can:
- Rejoin the group kindly
- Say, "Can I start again?", "Let's try that again."
- Do something helpful or positive



5. Move Forward

- Let it go and keep going

Activity Time



15:00

Peace Out – Closing

“One way I can cool down is: _____”

“If I mess up, I can recover by: _____”

“A kind way to help someone else bounce back is: _____”

Guardian Extension



Mood/ Reaction Tracker

My Emotion	What was I doing?	What was I thinking?	Where was I?	Who was I with?	What did I do?	What Happened as a Result?

- Work with your student to create a mood tracker like the example here
- Model tracking your own moods or do this as a family

Teacher Extension



Bounce Back Reflection Sheet

Name: _____ Date: _____

1. What Happened?

(Explain what made you feel upset, frustrated, or overwhelmed.)

2. What Did I Feel?

(Check all that apply or write your own.)

- ☐ Angry
- ☐ Sad
- ☐ Embarrassed
- ☐ Frustrated
- ☐ Disappointed
- ☐ Worried
- ☐ Other: _____

3. What Did I Do?

(How did I react? What was my behavior?)

4. What Can I Try Next Time?

Bounce Back Reflection Sheet

→ Have students complete the bounce back reflection sheet to review the lesson