

4TH GRADE

Managing Emotions in Social Situations

Unit 2.2 Regulation
SEL Lesson 6



Class **Connect**

How do we communicate with others?



Why is today's lesson important?

Managing Emotions in Social Situations



Regulation

"I can recognize and manage my emotions."



Connection

"I can network with others through social awareness and cultural sensitivity."



Collaboration

"I can work well with others in a team."



definition

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

size of a problem

size • of • a • prob•lem

synonym- level of impact

antonym- harmless

examples

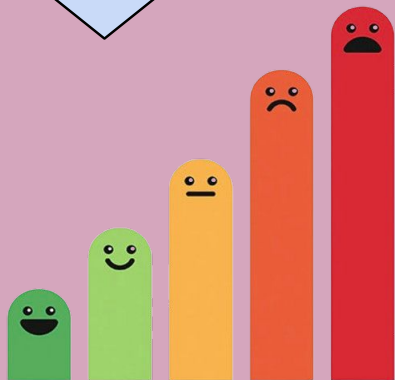
- **tiny**
 - your pencil lead broke
- **little**
 - someone cut you in line
- **medium**
 - you forgot your homework
- **big**
 - you missed the bus
- **huge**
 - you fell and broke your wrist

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.
😊





How do we handle emotions?



- Ensure our size of reaction matches what is happening around us.
 - Every feeling is okay, but not every reaction is helpful.
- Use coping skills to regulate.



Movement



How do we handle emotions* in difficult situations?

- **Feel it.**

- Notice and name your emotion.
 - What is your body telling you? Are you embarrassed, frustrated, jealous, disappointed, or left out?

How do we handle emotions^{*} in difficult situations?

- **Check it.**

- Pause before reacting.
 - Take a breath, check your assumptions, and ask yourself: "Do I know the whole story?"

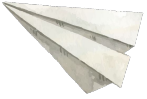
How do we handle emotions in difficult situations?

- **Choose it.**

- Decide how to respond.
 - Use respectful words, ask a question, set a boundary, walk away, or seek help when needed.

Activity

Emotion Charades!



Peace Out



Guardian Extension

- Challenge your child to name as many emotions as they can in 30 seconds.
- Act out your emotions using body language and facial expressions only.
- If feelings were an animal, what animal would they be? Choose emotions, and challenge your child to choose an animal for each.



Teacher Extension

- Turn and talk with a partner about how you are feeling today.
- Draw how you are feeling today.
- Write about how you are feeling today.
- Make a video sharing how you are feeling today.
- Write down as many feelings as you can, circling those you feel today.





THANKS



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