

Managing Emotions

Emotions

- Copy –

Some people have an idea of British people as not showing their emotions. This can be sometimes seen to be stereotypically true of boys and men.

- What do you think if someone shows their emotions?
- For example –
- crying when they are sad
- Jumping for joy when happy
- shouting when they are angry

Body language and emotions

- On the slips of paper are outward signs
- Next to each one, you need to say what emotion or feeling you think it is showing

Conflict

- Where might you come across conflict?
- How do you cope with conflict?
- What strategies could you use/try?
- <https://www.youtube.com/watch?v=1woSQu5I9Mc>

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- So what 5 areas do you see as times when you would need to manage your emotions?
- Recording sheet to help us plan some strategies