About Emotion Regulation - Level 3 Student Activity Guide

Think About It:

1. What does emotion regulation mean?

2. How can choosing to view a situation from a different perspective help with emotion regulation?

Brain Quiz!

1. Emotional literacy helps with emotional regulation. Emotional literacy is the ability to _____.
   a. identify emotions
   b. understand emotions
   c. label emotions
   d. All of the above

2. True or False: Thoughtfully reflecting on why you are experiencing emotions can give time to react more maturely.

3. Emotional reactions occur in this part of the brain:
   a. Frontal Lobe
   b. Limbic System
   c. Brain Stem
   d. All of the above

4. Emotional Regulation is:
   a. The ability to engage the frontal lobe in situations
   b. To reflect on experiences before reacting out of emotion.
   c. Using good judgment to respond to situations in a mature manner.
   d. All of the above

5. Strategies for regulating emotions include all of the following EXCEPT: _____.
   a. emotions
   b. high risk behaviors
   c. thoughts
   d. None of the above

Activity #1 Write About It:

Journal: Write about a time when you had a disagreement, misunderstanding, or fight with another person. How did you feel about it? How do you feel about it now? What could you have done differently to avoid the disagreement, misunderstanding, or fight? What can you do in the future to avoid a similar conflict? What are your best emotional regulation strategies?

Activity #2 Group Activity:

In groups of 3-5 students. Each group picks from the list of scenarios below and create a skit that includes utilizing good emotional regulation to solve the problem.

- Your teacher wrongly accuses you of cheating on a test.
- You loan your favorite tennis shoes to a friend who loses them.
- Someone says something mean and hurtful about your younger sibling
- Your parents won't let you go to a party that you really want to attend.
- Your parent is yelling at you for something that your sibling did.
- A classmate angrily throws a basketball at you.

Activity #3 Extended Learning Activity:

Emotional Regulation involves the ability to identify emotions. Divide the class into groups of 3-5 students. Have students google "The Feelings Wheel" or print them out ahead of time. Have groups utilize, "The Feelings Wheel" to brainstorm what emotions an individual may be feeling in the following scenarios:

- Your teacher wrongly accuses you of cheating on a test.
- You loan your favorite tennis shoes to a friend who loses them.
- Someone says something mean and hurtful about your younger sibling
- Your parents won't let you go to a party that you really want to attend.
- Your parent is yelling at you for something that your sibling did.
- A classmate angrily throws a basketball at you.