



Understanding Feelings: Understanding our feelings and what causes them supports relationships. We will learn to identify our emotions and create a safe space where we can have open and meaningful conversations about them.

L
E
S
S
O
N
S

What do my feelings look like?

By becoming aware of how we perceive our feelings, we can understand them better. This understanding is the initial step in learning to manage our emotions effectively.

How can I handle my feelings?

Discover smart ways to manage our feelings as they pop up. We will look at how our emotional reactions affect us and those around us and find out how we can let out tough emotions in a good way.

Can I understand others' feelings?

Grow our ability to understand and feel what others are feeling. We'll learn how to make everyone feel safe and comfortable when sharing their feelings, creating a place where we all belong and understand why we react the way we do.

Lesson Plan: How can I handle my feelings?

Lesson support:

- Click on the lesson plan for a detailed guide to each activity.
- There are supporting notes beneath each slide
- Note: Most CfL activities work best when the teacher does them with the students.

Equipment needed:

- Pencil, paper, computer, projector, [optional meta-moment worksheets](#).

Lesson Plan - How can I handle my feelings?

Purpose : Discover smart ways to manage our feelings as they pop up. We will look at how our emotional reactions affect us and those around us and find out how we can let out tough emotions in a good way.

Equipment needed: Pencil, paper, computer, projector, [optional meta-moment worksheets](#).

Lesson timings (50 minutes): The timings are just a guide. The lesson can be delivered as a whole, in sections, or if there is a rich discussion in one section, take the time and allow that to develop.

Pre-Work: Teachers Students		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	Share the 5C's of the CfL classroom to create a respectful, safe atmosphere and to build trust with each other. Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.	Remind learners how a classroom that explores CfL topics needs to look, feel and sound.
Check-In Individually (5 mins) Mood Meter	Invite students to use the mood meter to identify how they are feeling. <ul style="list-style-type: none">● Where are you on the mood meter?● What is the emotion called?● Why are you feeling that way?● What will you do now you know who you are feeling?	It can be useful to demonstrate using the mood meter by thinking aloud to the students and sharing your mood and why.
Warm-Up Groups of 4 (10 mins) Discover Meta-Moments	Invite the students in their groups to review the Meta-moment cartoon and discuss: <ul style="list-style-type: none">● What each box is showing.● What the character is saying and feeling in each box	
Main Activity Groups of 4/individually (10 mins) The Meta-Approach	Invite students to engage with the Meta- moment approach and think about what is actually going on. Each member of the group will take on being the character in a meta-moment box <ul style="list-style-type: none">● Imagine the self-talk that may be going through their mind.	

Lesson Video Guide: How can I handle my feelings?

Lesson support

Click on the video for a short introduction on how to approach this lesson.



CURRICULUM
FOR LIFE



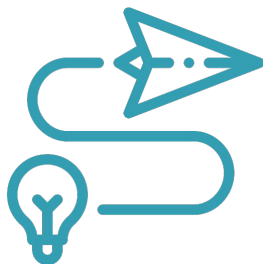
Unit:



The 5 C's



Collaborative



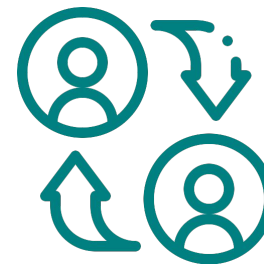
Creative



Caring



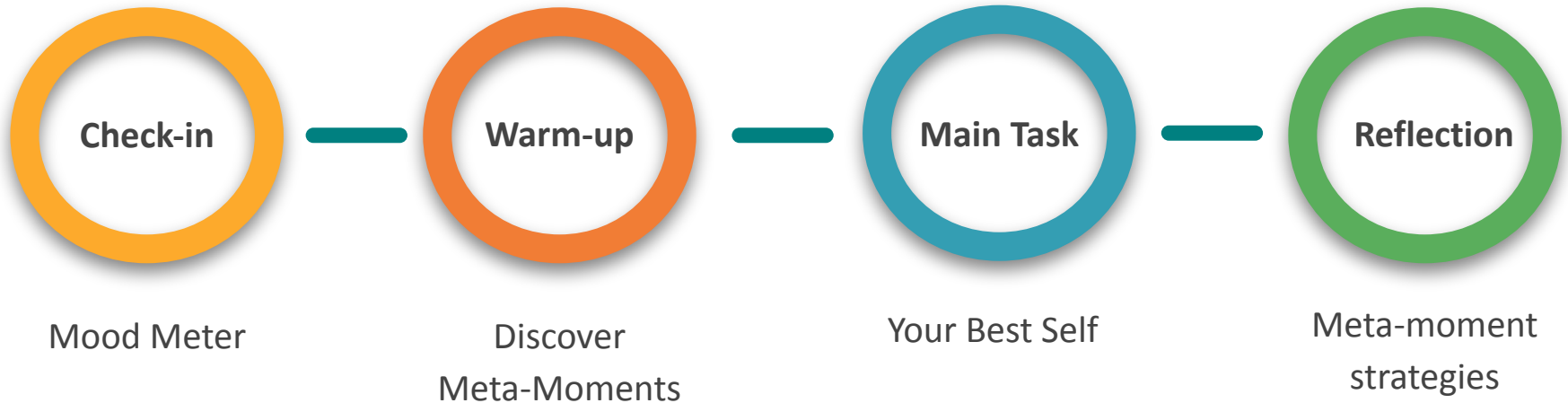
Critical



Communication

How can I handle my feelings?

Discover smart ways to manage our feelings as they pop up. We will look at how our emotional reactions affect us and those around us and find out how we can let out tough emotions in a good way.



“Between the stimulus and response, there is a space. And in that space lies our freedom and power to choose our responses. In our response lies our growth and our freedom” - Frankl, 1946.



Check-in: Mood Meter

Individually

- Where are you on the mood meter?
- What is the emotion called?
- Why are you feeling that way?
- What will you do now you know who you are feeling?

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

The Mood meter is a tool to help us **name** our emotions



Warm-up: Discover Meta-Moments

Groups of 4

When we are overwhelmed with emotions we are not our best selves.

We can learn to choose our reactions.

- Study and discuss what is happening at each step in the meta-moment cartoon.



Warm-up: Discover Meta-Moments

Groups of 4

Discuss:

- What is the character feeling at each Meta-Moment stage?

Share with the class.



As a group, each take on the roles of a character in a meta-moment step :

- Imagine the self-talk that may be going through their mind.
- Share what the inner voice of the character is saying

TAKE A META-MOMENT



1. Something happens

2. Sense

3. Stop

4. See your best self

5. Strategize

6. Succeed!

© 2010 Ruler Group, LLC • RULER www.rulerapproach.org

Remember a situation where you had a strong emotional reaction.

- Sense the shift in you as you remember the scene
- Recall how you felt
- Remember how you reacted.

How do you feel about your reactions looking back?

Share with the class (or pass).

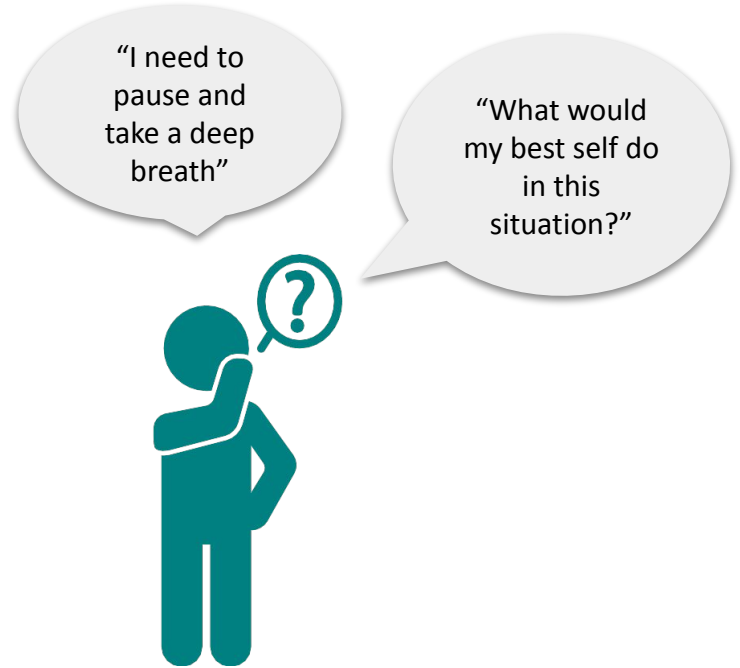


Imagine if you had stopped and:

- Pictured your **best self** - the qualities about yourself that you are proudest of
- Reached into your toolkit of healthy responses and thought about how to respond

How do you think your reaction may have changed?

Share with the class (or pass)





Reflections: Meta-moment strategies

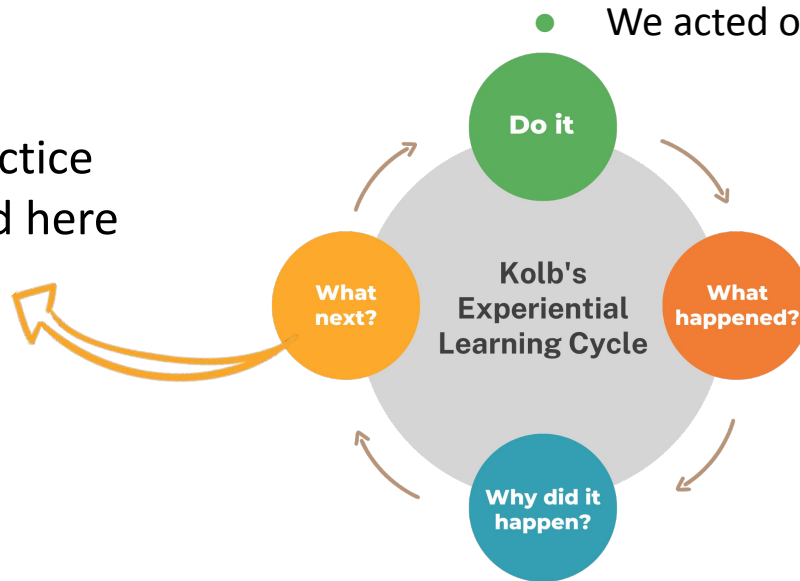
Individual/
Whole
Group

- Think about the steps in a meta-moment
- Write down how you:
 - Think of your best self
 - How your best self treats others.
- Share two strategies that will help you manage your emotional responses in a healthy way





- How will you practice what you learned here in the future?



- We acted out the stages of meta moments

- Reflected on our reactions to previous experiences

- Discussed how we can respond better

How was this lesson produced?

This lesson was co-created with youth, educators and topic experts from around the world.

Together, we:

- Discussed what, why and how we'd like to learn
- Curated resources
- Created experiential learning activities
- Weaved in evidence-informed approaches
- Built-in opportunities for reflection and contextualisation



Co-creation Journey: Positive Relationships



CURRICULUM
FOR LIFE



CURRICULUM
FOR LIFE



© 2023. Except where otherwise noted, this work by [Curriculum for Life](#) is licenced under a [CC BY NC ND 4.0 license](#).



curriculumforlife.com

[Instagram](#) | [LinkedIn](#) | [Twitter](#) | [Facebook](#)

Co-creating freely accessible [Life Skills Learning](#)