Lesson 6

How to steer my emotions towards a positive mindset

Target group: Young people

Social & Emotional Learning lessons aimed at combatting bullying in a school environment by developing social and emotional skills of young people aged 11-14
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Question

What triggers our emotions?
Can we change the way we feel?
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Learning objective

To develop an understanding of how a positive mindset can influence my responses and feelings and that I have the power to change my emotional response.

Today we will try to

- Identify the emotions that students can influence and change
- Understand the triggers to influence change
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Class discussion

Reactions

Target group: Young people

Picture Credit: NRedmond, iStock
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Class discussion

Reactions

Target group: Young people

Activity 1
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Triggers?

Discussion

What do we mean by triggers?

- seaside
- mountains
- music
- actions
- sound
- smell
- memory
- real friend
- grandparent
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Target group: Young people

Pulling the trigger

How does this make you feel?
How do you cope with this?
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Target group: Young people

Pulling the trigger

How does this make you feel?
How do you cope with this?

Picture Credit: NRedmond, iStock
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Pulling the trigger

How does this make you feel?
How do you cope with this?

Picture credit: Slobodan Miljevic, iStock
Reflection

Writing task

Write down 5 strategies that you might use to cope with negative feelings
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Closing

What have you learnt today?
Was it easy to change the way you feel about things?
Why is positive mindset so important?

Next lesson we will look at how to steer the emotions of others!
Take-away task

Using any form you prefer (apps, notes, paper, blogs) write down a couple of negative things that have happened to you and how you dealt with them in the past.

Would you change the way you dealt with them? What is your best meta-moment?