

Lesson 6

How to steer my emotions towards a positive mindset



Includes SEL strands: **SelfA SocA SelfM**



Estimated time: **60-90 minutes**

Lesson overview

Introduction, pairs work, group work, discussion, writing, plenary

Learning objectives

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

- ▶ 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.

Students will be able to:

- ▶ Identify the emotions that they can influence and change
- ▶ Understand the triggers to influence change

Materials and preparation

Leaders will need:

- ▶ L6R1 Sad Puppy – page 4 of Lesson 6 slides
- ▶ L6R2 Bungee jumping video – page 7 of Lesson 6 slides
- ▶ L6R3 (at discretion of teacher) - pages 8 and 9 of Lesson 6 slides

Introduction (10 minutes)

Introduce the lesson and explain its objectives. Remind learners of the learning agreement and help and support mechanisms. Brainstorm ideas about positive and negative mindset. Record on board/screen. Discuss “meta-moment” and what it is.

The meta-moment is a brief step back from the situation, when we pause and think before acting. We ask ourselves, how would my “best self” react in this situation? What strategy can I use so that my actions reflect my best self? Over time and with practice, students and educators replace ineffective responses with productive and empowering responses to challenging situations. They make better choices, build healthier relationships, and experience greater well-being (<http://ei.yale.edu/ruler/the-anchors-of-emotional-intelligence/>)

Ask

What triggers our emotions?

Activity One (20 minutes) Discussion

- ▶ Show students the picture of sad puppy (L6R1)
- ▶ Ask for reactions to picture. How does it make you feel?
- ▶ Students work in pairs – show Bungee Jump (L6R2)
- ▶ Ask students to talk to each other about change in emotion experienced

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Activity Two (20 minutes) Discussion – Triggers

- ▶ Discuss the concept of “triggers”
- ▶ Ask class to give examples of things which make them feel positive, e.g. a mental image of something; seaside, mountains, or an action that triggers positivity, e.g. meta-moment, deep breaths, thinking of a happy memory
- ▶ On the whiteboard/large sheet of paper, compile a list for the class

Activity Three (20 minutes) Pulling the trigger

- ▶ Provide small groups with image from a recent humanitarian disaster (e.g. flood, earthquake, children scavenging on a waste site) L6R3
- ▶ Discuss the way you feel about the content of the picture
- ▶ How do you deal with the content? Did you cope on your own or did one of your group help you to deal with it?

Activity Four (5 minutes) Individual writing task

- ▶ Get students to write down 5 strategies that they might use to cope with negative feelings. Please see the link to some coping strategies below.

Closing (5 minutes) Review the learning Ask

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

Progression

- ▶ Where next? Advise students that next lesson they 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?

Supporting activities

MUSIC. Create a short message in a rap-style that gives a positive strategy for dealing with negative feelings; choose suitable backing track. A useful app is [AutoRap by Smule](#) that takes your speech and creates an automatic rap track.

MEDIA. Create a personal resource that helps stimulate your meta-moment; a meta-moment toolbox. e.g. a single small card with a combination of an image, quote, photo and/ or colour that helps you “step back”. If on a mobile device, it could include sound, video or short music snippet. [Photo Grid Collage Maker](#) may be of use. Share your ideas with others. Create a class meta-moment toolbox for the class portfolio.

Links

Aimed at parents, but with some good coping strategies: https://www.parentingideas.com.au/newsletter/pdf/Coping_eBook.pdf