







WISDOM



The World of Emotions






Chapter 1. Students will identify their emotions and those of others

-  Lesson 1 Introducing Emotions
-  Lesson 2 Facial Expressions
-  Lesson 3 Body Language
-  Lesson 4 Physiological Reactions
-  Lesson 5 Trigger Events
-  Lesson 6 Voice Intonations





Chapter 2. Students will label emotions

-  Lesson 7 Vocabulary
-  Lesson 8 Idioms






Chapter 3. Students will resolve conflicts

-  Lesson 9 Conflict Resolution
-  Lesson 10 Needs vs. Wants
-  Lesson 11 Perspective Taking

Chapter 4. Students will learn coping skills for anger and frustration

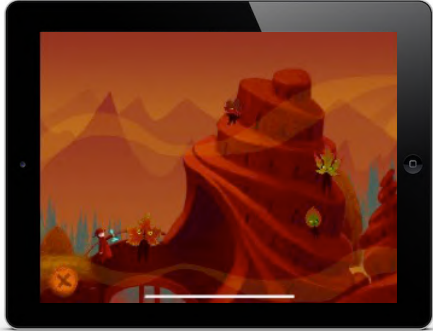
-  Lesson 12 Emotion Regulation (1/2)
-  Lesson 13 Emotion Regulation (2/2)
-  Lesson 14 Breathing
-  Lesson 15 Empathy

Chapter 5. Students will learn coping skills for fear and anxiety

-  Lesson 16 Introducing Fear and Anxiety
-  Lesson 17 Identifying Anxiety
-  Lesson 18 Identifying Fear
-  Lesson 19 Anxiety Triggers
-  Lesson 20 Emotion Regulation for Anxiety



Lesson 1 Introducing Emotions



- Students will demonstrate the ability to reflect on how their emotions impact their behaviors
- They will evaluate the results of their actions and behaviors by reflecting on their own emotions

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Lesson 2 Facial Expressions

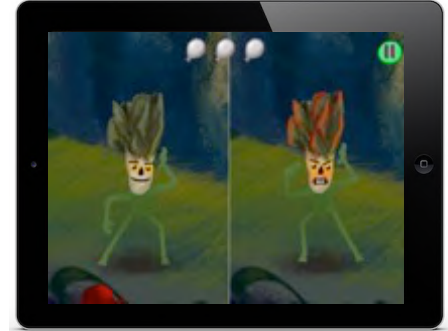


- Students will identify the main components of facial expressions (eyes, mouth, eyebrows). They will recognize angry faces in contrast with happy, sad and surprised faces
- They will recognize different levels of intensity for each emotion

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Lesson 3 Body Language

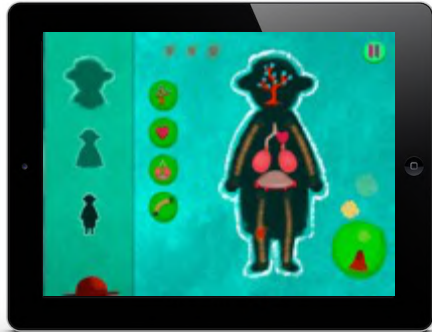


- Students will read emotions by observing body poses (fists, arms, contracted muscles etc.)
- They will decipher emotions by focusing on movement (vs. static poses)
- They will display empathetic characteristics

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Lesson 4 Physiological Reactions

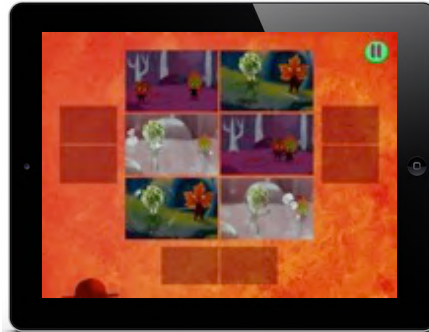


- Students will tune in to their physiological reactions and explore how their heartbeats, breathing, muscles, and brain activity are affected
- They will demonstrate an understanding of how their brain and emotions impact their learning

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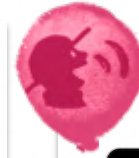


Lesson 5 Trigger Events

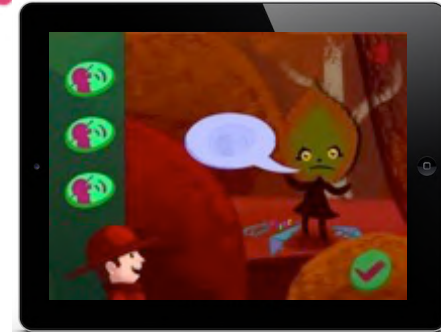


- Students will demonstrate an understanding of emotional triggers or stimuli
- They will identify the stimuli and reflex reactions specific to anger

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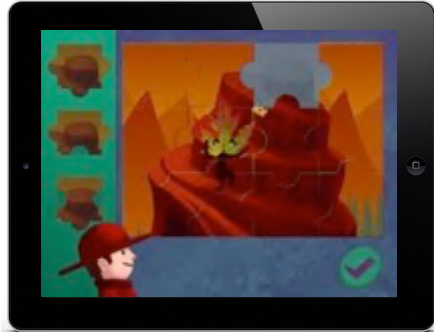
Lesson 6 Voice Intonations



- Students will identify angry voice intonations in contrast with fearful, sad and happy voice intonations
- They will display empathetic characteristics by listening to their peers' voices, and to different types of silence

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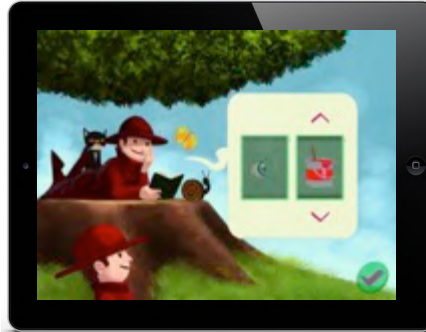
Lesson 7 Vocabulary



- Students will label their emotions by expanding their vocabulary with synonyms and antonyms of anger
- Students will demonstrate self-efficacy by expressing different intensity levels of anger

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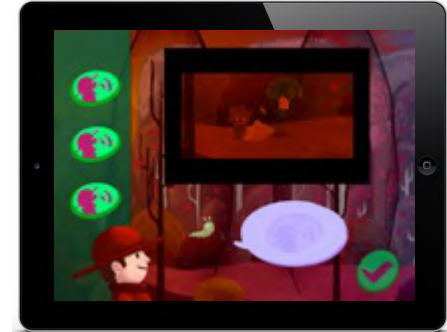
Lesson 8 Idioms



- Students will express their emotions by using idioms that are relative to anger
- Matching images will foster their imagination and understanding of those idioms

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Lesson 9 Conflict Resolution



- Students will demonstrate the ability to manage conflict, based on the 4 steps of non-violent communication:
 - Caterpillar: "I see..."
 - Cocoon: "I feel..."
 - Butterfly: "I need..."
 - Flying butterfly: "How about..."

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Lesson 10 Needs vs. Wants

 Needs	 Wants
_____	_____
_____	_____
_____	_____

- Students will demonstrate the ability to communicate with others in a variety of ways by differentiating their needs and wants
- They will establish healthy relationships with adults and children by expressing whether their needs are being met or not, and by seeking help



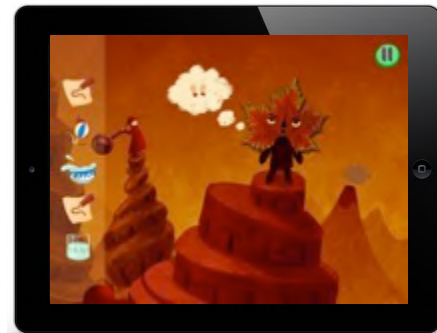
Lesson 11 Perspective Taking



- Students will cooperate with others in play and learning, by stepping into their shoes and taking a different perspective
- They will seek multiple solutions to a problem



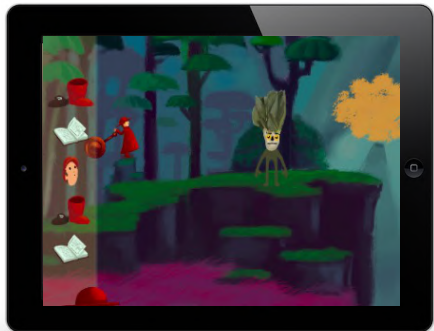
Lesson 12 Self Regulation (1/2)



- Students will demonstrate impulse control by regulating their difficult emotions, such as anger, without harming themselves or people around them
- They will explore the tools that work best for regulating their anger



Lesson 13 Self Regulation (2/2)



- Students will demonstrate stress management by reconnecting with something positive
- They will explore the tools that work best for them to feel calmer and ready to cooperate with others

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Lesson 14 Breathing



- Students will demonstrate stress-management and impulse control by using breathing techniques, when faced with challenges
- They will demonstrate self-efficacy by exploring how breathing affects their whole body and nervous system

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Lesson 15 Empathy

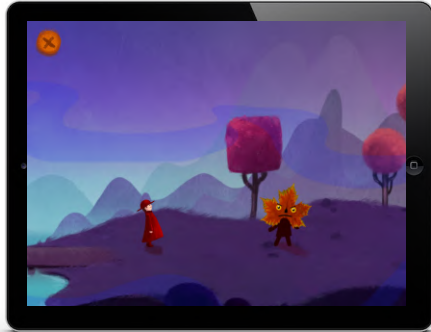


- Students will demonstrate accurate self-perception by making their own individual poster of what their face, body pose, and body sensations look like when they feel angry
- They will display empathetic characteristics by exploring others' posters

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Lesson 16 Introducing Fear



- Students will display empathetic characteristics by differentiating fear, anxiety, and stress
- They will demonstrate self-efficacy by exploring the fight, flight, freeze response

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Lesson 17 Identifying Anxiety

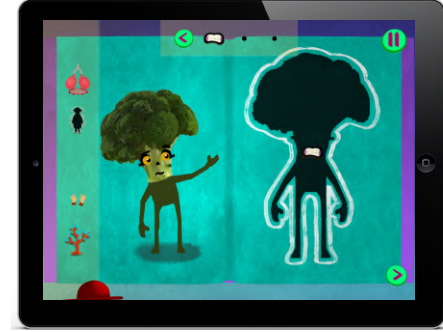


- Students will identify anxiety, how it impacts our life and how it influences our thoughts, behaviors, and interactions with others
- They will demonstrate the ability to seek help and offer help when their need for safety is unmet

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Lesson 18 Identifying Fear

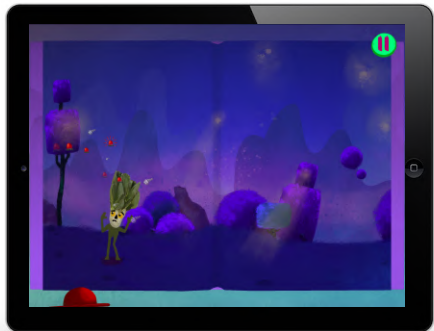


- Students will demonstrate accurate perception of immediate dangers vs. potential dangers
- They will demonstrate respect for others by respecting safety rules, being careful, and reflecting on the consequences of carelessness

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Lesson 19 Anxiety Triggers

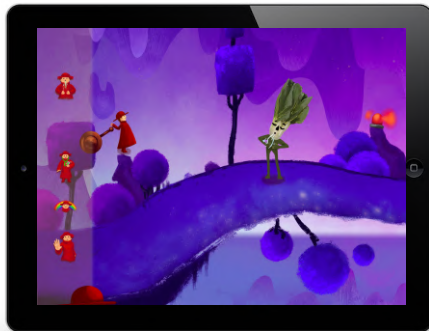


- Students will demonstrate stress management by understanding that anxiety is triggered by new, difficult, or unpleasant situations
- They will demonstrate accurate self-perception by creating a poster and drawing what triggers anxiety vs. fear for them

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Lesson 20 Self-regulation



- Students will demonstrate self-efficacy by using tools to tame their anxiety
- They will explore the tools or superpowers that work best for them to regulate their anxiety, and add them to their poster

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