















WISDOM

Kingdom of Anger

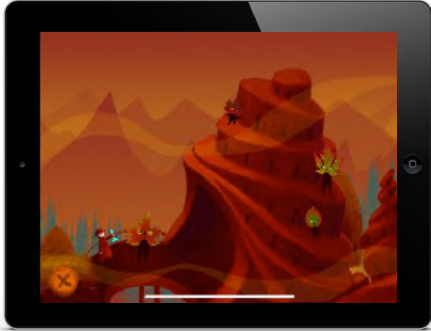
Scope & Sequence

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Chapter 1. Children will be able to identify their emotions and those of others		Lesson 1 Introduction to Emotions
		Lesson 2 Facial Expressions
		Lesson 3 Body Language
		Lesson 4 Physiological Reactions
		Lesson 5 Trigger Events
		Lesson 6 Voice Intonations
Chapter 2. Children will be able to label emotions		Lesson 7 Vocabulary
		Lesson 8 Idioms
Chapter 3. Children will be able to resolve conflicts		Lesson 9 Conflict Resolution
		Lesson 10 Needs vs. Wants
		Lesson 11 Perspective Taking
Chapter 4. Children will be able to healthily manage their emotions and those of others		Lesson 12 Emotion Regulation (1/2)
		Lesson 13 Emotion Regulation (2/2)
		Lesson 14 Breathing
		Lesson 15 Empathy



Lesson 1 Introducing Emotions

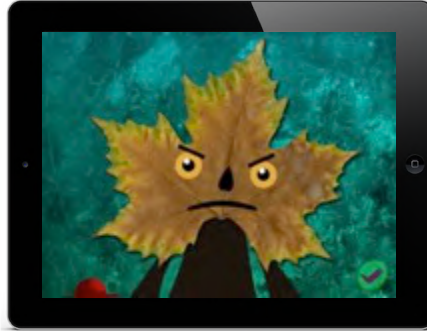


- Students will learn what emotions are and why they are useful
- They will also learn how emotions are involved in learning and why self-regulation is such a crucial skill to develop

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Lesson 2 Facial Expressions

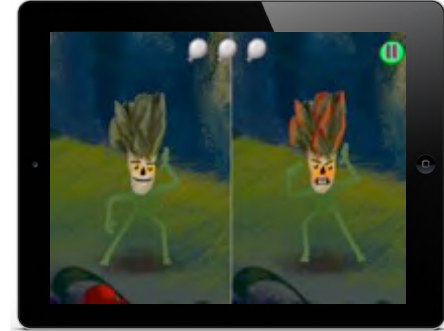


- Students will learn the main components of facial expressions (eyes, mouth, eyebrows). They will learn to recognize angry faces in contrast with happy, sad and surprised faces
- They will also learn that there are different levels of intensity for each emotion

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Lesson 3 Body Language

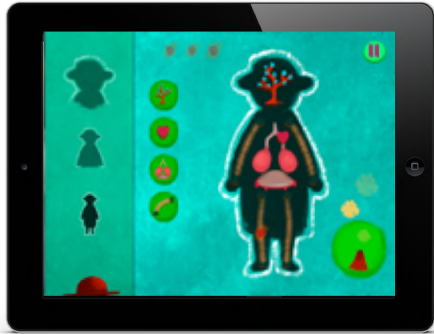


- Students will learn to read emotions by observing body poses (fists, arms, contracted muscles etc.)
- They will also learn to decipher emotions by focusing on movement (vs. static poses)

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Lesson 4 Physiological Reactions

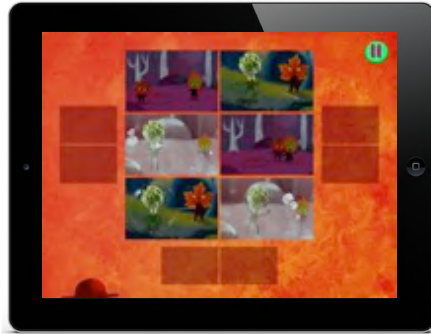


- Students will learn to tune in to their physiological reactions and explore how their heartbeats, breathing, muscles, and brain activity are affected
- They will learn basic facts about their brain and how emotions impact their learning

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Lesson 5 Trigger Events

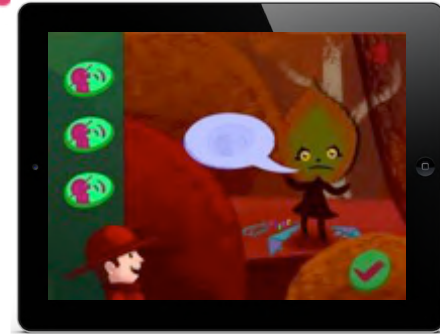


- Students will learn that emotions don't come out of the blue and are usually triggered by a stimulus
- They will learn how to identify the stimuli and reflex reactions specific to anger

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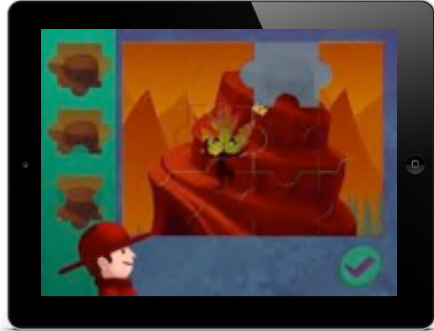
Lesson 6 Voice Intonations



- Students will learn how to identify an angry voice in contrast with fearful, sad and happy voices
- They will practice their listening skills with their peers and learn how silence can also convey different emotions

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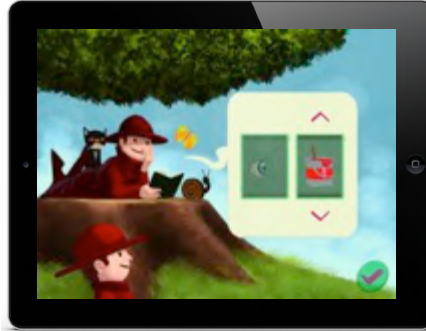
Lesson 7 Vocabulary



- Students will enrich their vocabulary with synonyms and antonyms of anger
- Students will understand there are several intensity levels of anger

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Lesson 8 Idioms



- Students will learn 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 learn how to solve conflicts, 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

 <i>Needs</i>	 <i>Wants</i>
_____	_____
_____	_____
_____	_____

- Students will learn how to differentiate needs from wants and see how their needs being met or not affect their emotions

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Lesson 11 Perspective Taking

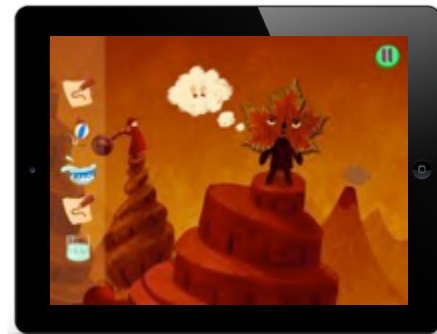


- Students will learn how to solve conflicts by taking a different perspective

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Lesson 12 Self Regulation (1/2)



- Students will learn tools to regulate their difficult emotions without harming themselves or people around them
- They will select the tools that work best for regulating their anger

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Lesson 13 Self Regulation (2/2)



- Students will learn about tools they can use to reconnect with something positive
- They will select the tools that work best for them to regulate their anxiety

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Lesson 14 Breathing



- Students will practice various breathing techniques as a means to regulate their emotions
- They will also learn how breathing affects their whole body and nervous system

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Lesson 15 Empathy



- Students will make their own individual poster of what their face, body pose, body sensations look like when they feel angry
- They will also display the superpowers that best work for them

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