I AM THE BOSS OF MY EMOTIONS
Expressing and Managing Emotions in a Positive Way

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A part of TIPPs for 4-H Curriculum

Tennessee’s Innovative Programming Priorities
I am the Boss of My Emotions
Expressing and Managing Emotions in a Positive Way

Skill Level
Beginner, 4th Grade

Learner Outcomes
The learner will be able to:
• Identify feelings.
• Learn to manage their feelings and emotions.

Educational Standard(s) Supported
4th Grade English/Language Arts
4.SL.CC.1
4.SL.PKI.4
See supplemental information for standard text.

Success Indicator
Learners will be successful if they:
• Define certain emotions in different contexts.
• Identify ways to deal with different emotions.

Time Needed
30-40 minutes

Materials List
Student handouts (one per student copied front and back).

Introduction to Content
This lesson allows students to identify certain emotions they are feeling and share those in a supportive environment. Students will be able to express their emotions in a variety of ways and learn how to manage their feelings and emotions in a positive way.

Introduction to Methodology
This lesson is designed to be interactive and to give students an opportunity to share feelings and emotions they experience at different times. Students complete three activities where they identify feelings, learn acceptable ways to manage their feelings, and then write ways that they can deal with emotions in the future.

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Terms and Concepts Introduction

- Emotion — Strong feelings about an event or activity.

Setting the Stage and Opening Questions

Begin the lesson by passing out the student handout and saying the following: “Today, we’re going to talk about feelings and emotions. Before we get started, I want everyone to know that you are free to share as much or as little about your feelings as you would like. You don’t have to share anything that you don’t feel comfortable sharing.”

Share with the students the definition of emotion. Consider writing it on the board to reference throughout the activity.

Experience

Ask students to think of an emotion they felt sometime during their day yesterday. Once everyone has thought of their emotion, instruct them to write that emotion on the heart of the drawing on their handout. Ask a few students to share what they wrote.

Next, students should draw the face of how that emotion made them feel on the head of the drawing.

On the left hand of the drawing, the students should rank how strong that emotional feeling was, with 1 being not very strong and 5 being the strongest they have ever felt.

On the right hand, have the students write who they would feel comfortable sharing that emotion with. Share with them that many people feel better after sharing emotions.

On the feet of the drawing, ask the students to write down how they chose to respond to that emotion. Share with the students that we choose how we deal with emotions. This portion of the activity should take approximately 20 minutes.
Life Skill(s)
from TIPPs for 4-H
4th Grade

- Recognize a feeling as it happens to oneself; be aware of one’s mood and one’s thoughts about that mood by stating it to others. (Health)
- Participate in 4-H club meetings by saying pledges, completing activities and being engaged. (Head)
- Follow instructions. (Heart)

Share

Ask students to share and discuss their drawing with a classmate. They should share about what they included on each part, and why they wrote or drew what they did.

Process

Thumbs Up/Thumbs Down: Instruct students that you will be reading several different scenarios, and they are to respond with a thumbs up if the way of managing the emotion is good or a thumbs down if it is bad. The scenarios are included below.

- When I get angry, it helps me feel better by yelling at my brother.
- When I feel sad, it helps me feel better if I go play outside.
- When I feel bored, it helps me feel better by reading a comic book.
- When I feel tired, it helps me feel better to drink a soda.
- When I feel mad, it helps if I pick on someone.
- When I feel jealous, it helps me feel better to put someone down.
- When I feel lonely, it helps me feel better to play with my pets.

Generalize

- Ask students, “Do you think you will be able to apply what you have learned today when you are dealing with emotions? Why or why not?”

Apply

Have students complete their own scenarios and determine how they would respond when feeling a certain emotion. This is included on the student handout. After students have completed the activity, ask students to share what they have written.

Adapted from www.educationworld.com/a_lesson/lesson-plan-managing-feelings.shtml
4.SL.CC.1 Prepare for collaborative discussions on 4th grade level topics and texts; engage effectively with varied partners, building on others’ ideas and expressing their own ideas clearly.

4.SL.PKI.4 Report on a topic or text, tell a story, or recount an experience in an organized manner, using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.
Tennessee 4-H Youth Development
I am the boss of my feelings!

When I get angry, it helps me feel better if I _________________________________________
______________________________________________________________________

When I feel sad, it helps me feel better if I __________________________________________
______________________________________________________________________

When I feel nervous, it helps me feel better if I _______________________________________
______________________________________________________________________

When I feel grumpy, it helps me feel better if I _______________________________________
______________________________________________________________________

When I feel lonely, it helps me feel better if I _______________________________________
______________________________________________________________________

When I feel embarrassed, it helps me feel better if I _________________________________
______________________________________________________________________

When I feel disappointed, it helps me feel better if I _________________________________
______________________________________________________________________

When I am honest, I feel _______________________________________________________
______________________________________________________________________