

LESSON 4-2, DAY 2

Taking Charge of My Feelings

Material

1. 1 copy of Feeling Words handout per student
2. large chart paper for each ally group
3. markers for each ally group
4. students' clay-covered jewels wrapped in plastic bags

How about some variations of being sad? . . . Possible answers include wistful, disappointed, unhappy, miserable.

Scared? . . . Possible answers include troubled, worried, fearful, terrified.

Mad? . . . Possible answers include upset, angry, hostile, enraged.

TEACHING THE LESSON

NOT FOR PUBLIC RELEASE

Learning more about feelings

We've talked about the power of mind talk and how you can change it from negative to positive. To change your mind talk effectively, it helps to understand something about your feelings.

Some people say there are four basic kinds of emotions. We'll talk about these and then add a few more varieties.

glad sad scared mad

Write *glad*, *sad*, *scared*, and *mad* on the board or chart paper. Leave room for four more categories, which you'll add later. Underneath each heading, you'll write the synonyms as students suggest them.

These feelings come in all kinds of variations. For instance, if you're just a little glad, we can say you're pleased. If you're really glad, maybe it's better to say you're ecstatic. What are some words for other variations of being glad? . . . Possible answers include contented, happy, joyful, thrilled. Take a few answers, then go on.

For each emotion, there are many words. There are other categories of feelings. We can talk about feelings, affectionate feelings, high energy and low energy feelings.

Write these terms on the board. Provide a few examples, and ask for students' suggestions.

We're talking about these emotions because the more we know about them, the more we can take charge of our feelings instead of having them run our lives. We're going to find words for a lot of different variations of these feelings. You'll work together in your ally groups and make a chart of these kinds of emotions and their different variations. Find as many words for these feelings as you can.

Have the students brainstorm and use butcher paper and colored pens to make their charts. The purpose of the exercise is to increase their vocabulary of feeling words and awareness of variations of feelings. Put up the charts and discuss them briefly. Then distribute the Feeling Words handout so they can see even more examples (and can note if they thought of some that are not on the handout). Ask them to keep the list of feeling words because they'll refer to it later.