

STRONG FEELINGS

CONCEPT

Feelings vary in strength. Sometimes they can be very strong.

OBJECTIVES

Children will be able to:

Understand that feelings vary in strength.

Apply the concept - feelings vary in strength - to their own feelings toward different situations.

NOTES TO THE TEACHERS

Research suggests that teaching children the strategies covered in this unit can help them manage strong emotions. The concept that emotions can vary in intensity is repeated throughout the rest of the curriculum for greater comprehension. It also lays the foundation for later lessons, which teach children to treat moderate levels of distressing emotions as cues to use emotion-management strategies.

TRANSFER OF LEARNING

Help children connect their behavior with a feeling by labeling the feeling. For example, notice when children are becoming frustrated with a task. Describe their behavior to them: "I notice you sighing and putting your pencil down." Connect the behavior to the feeling: "It looks like you're feeling frustrated." Become involved when feelings are at a low intensity - cueing children to calm down early avoids escalation.

ADDITIONAL ACTIVITY IDEA

When you read a story, draw the children's attention to characters who have and show strong feelings.