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## TEACHER NOTE:

It is highly recommended that you give students the option to use their paper puppets when sharing in class conversations. For many students using the puppet helps them to be more comfortable, open, and honest.

# MANAGING EXTREME EMOTIONS

## TEACHER INSTRUCTIONS

### Pre-Video Conversation:

During this quarantine experience, we have all experienced many emotions. This is another word for feelings.

Give me a thumbs up if you can think of a time you felt happy during the quarantine. (Pick one student to share when they experienced this feeling.)

Give me a thumbs up if you felt angry during the quarantine. (Pick one student to share when they experienced this feeling.)

Give me a thumbs up if you felt disappointed (let down) during the quarantine. (Pick one student to share when they experienced this feeling.)

Give me a thumbs up if you felt lonely during the quarantine. (Pick one student to share when they experienced this feeling.)

We all have had a lot of feelings during this time. It's good to have feelings, and all different types of feelings are okay. Sometimes we just need help learning to manage feelings if they are big or extreme. Extreme feelings are big emotions like terror (or lots of fear) or anger. When you are having extreme emotions you are feeling out of control and have a tough time making good choices (Kuypers, 2011) and staying safe. When we are acting in ways that are unsafe, we must try to find ways to stop and calm down. Remember, the choices we make affect everything around us.

Today we are going to watch a video about how to manage extreme (big) emotions. We are going to travel back in time in the Quarantine Time Machine with Cory, Tina, and Pops and see how they learned to manage their emotions during their quarantine experience. They are going to learn to determine the size of their problem, how to tell when an extreme emotion may be coming, and strategies to help themselves feel better when these extreme emotions arise.

## Post Video Conversation:

What did Cory and Tina do to handle their feelings?

Where did Cory and Tina feel their feelings in their bodies?

Think about where you feel big emotions in your body?

If you feel that change in your body, that is a sign that a big emotion may be coming and you need to try some things to calm down.

What did Pops teach Cory and Tina to do when they felt a big emotion in their body?

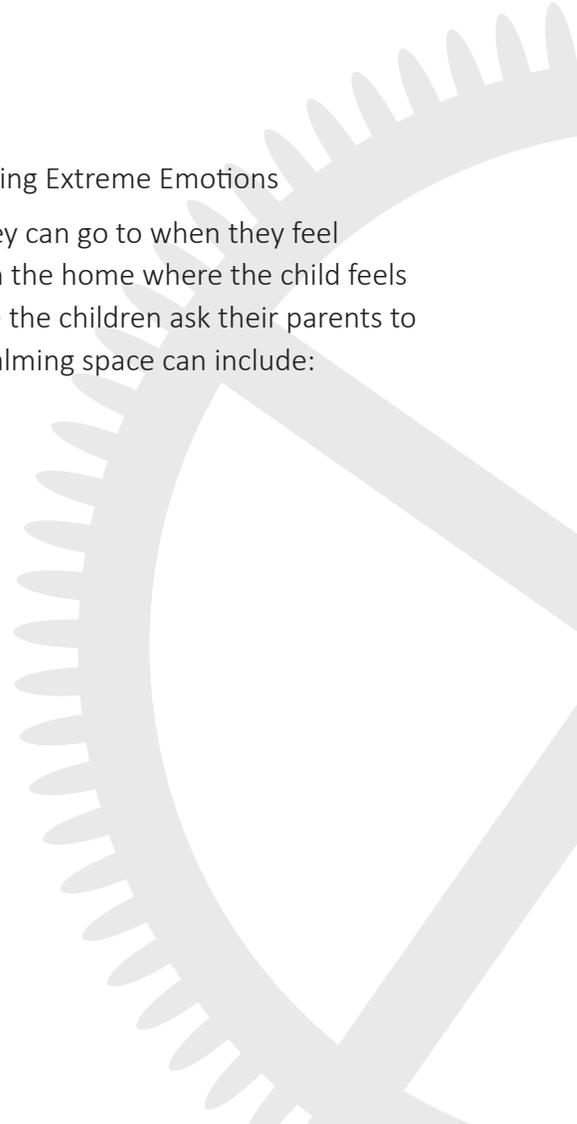
What can you do to calm down if you feel a big emotion coming?

## Activities:

- What feelings have you felt in quarantine?
- Where in your body do you feel your big feelings?
- How big is my problem?
- Feelings Word Bank

## Home Connection:

- Send Parents & Guardians Mental Health Expert Advice on Managing Extreme Emotions
- Have your students create a calming space in their homes that they can go to when they feel extreme emotions. Calming spaces can be any designated place in the home where the child feels safe (e.g., bedroom, corner of the office, etc.) Just be sure to have the children ask their parents to be sure the location can be supervised. Items that can go into a calming space can include:
  - Writing materials
  - Paper for coloring, writing or tearing
  - A feelings chart with a “How are you feeling?” prompt
  - A mirror to see what those emotions really LOOK like
  - Play-doh
  - A glitter wand/bottle
  - Books
  - A Stress ball
  - A Stuffed animal to cuddle...



It is important to note that the Calm Place or Think Space should NOT be used for punishment. It is a place for kids to go to process their feelings and develop positive coping strategies to deal with problems (Labee, 2016).

[Labee, C. \(2016, May 17\) Think Space: Educating the Heart and the Mind for Success in the Classroom and Beyond. https://www.youtube.com/watch?v=iV1-vnAvsAo](https://www.youtube.com/watch?v=iV1-vnAvsAo)