**SELF MANAGEMENT - Manage Emotions**

* I can talk about my emotions to my friends and listen to when they talk about theirs
* I can always stay in control. I can think of examples when someone was being unkind or angry and I managed to stay calm, polite, and confident.

**Alexander and the Terrible, Horrible, No Good, Very Bad Day:** Alexander knew it was going to be a terrible day when he woke up with gum in this hair.  
And it got worse...  
His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV.

**Directions:**

1. Begin by drawing a table on the board, one side titled “This is the way I feel” and the other side titled “This is the way I want to feel” Write the following feeling ideas on the board in the respective Category

|  |  |
| --- | --- |
| **This is the way I feel** | **This is the way I want to feel** |
| I am feeling bored | I would like to feel enthusiastic |
| I am feeling fidgety and anxious | I would like to feel calmer |
| I am feeling afraid | I would like to feel secure |
| I am feeling sad | I would like to feel happier |
| I am feeling angry | I would like to feel more peaceful |
| I am feeling nervous | I would like to fell more confident |

1. Begin by going through the “This is the way I feel” list, and ask students to share examples of what makes them feel this way
2. Next have the class brainstorm ways of making each of the changes in feelings listed in the table
   1. Write the students’ ideas on the board next to the “This is the way I want to feel” column
3. Provide each student with a sheet of drawing paper and instruct them to fold the paper down the middle (hamburger style) making two even sides.
4. Ask the students to look at the cart on the board and choose one feeling from the list, along with its counterpart
5. On the bottom of the right side of the paper have students write their “This is the way I feel” statement. In the remaining space, students should draw a picture corresponding to that statement.
6. On the bottom of the left side of the paper, have students write their “This is the way I want to feel” statement. In the remaining space, students should draw a picture of the characters in their picture involved in an action that is helping them change their original negative feeling into a positive feeling.
7. If time permits, allow student to share their pictures with the class, an explain how they are choosing to change the way they feel