

Think Before You Act

4.1.21

Read through the sheet and follow any instructions.

Aim

- I can identify different ways to calm down when I am feeling angry or upset.

Success Criteria

- I understand the consequences of unkind behaviour.
- I can try out calming down techniques and identify which work best for me.

Big Question

What are the consequences of behaving unkindly to the people around us?

How can we calm down when we are feeling angry or upset with other people?

What strategies do you already use when you are feeling angry or upset?

What are the different emotions we feel in our lives?

angry depressed confused helpless fearful indifferent

afraid sad embarrassed excited loving happy

interested relieved lonely positive peaceful guilty

strong relaxed brave jealous anxious hurt

Our Emotions



Why do we need all these different emotions in our lives?



We feel emotions through our bodies and through our minds. These emotions help us to deal with situations and prepare for things that might happen. These emotions can be linked to self-protection or social survival.

For example, fear is an emotional response to certain situations. It can actually help keep us safe, as it ensures we do not take unnecessary risks.

Guilt is an emotion we feel to ensure we make things right with our friends and to keep society functioning well. It is closely linked to our sense of doing the right thing.

Look through the discussion cards and have a think about how you would act in these incidents.



Alice sends Sibra a message to say that she does not like the clothes Sibra is wearing. She tells Sibra that her hair is messy too.



This would make Sibra feel...

Fliss keeps pushing Katie over whenever she walks past.



This would make Katie feel...

2

Chris tells Bobby that he does not want Bobby to play with him and never will. Chris also tells other children not to play with Bobby.



This would make Bobby feel...



Joe always wants to win races. When he races against his friends, he trips them up if they try and overtake him.



This would make the other children feel...

Calming Techniques



When we feel intense emotions, such as anger or sadness, it is very important to recognise these emotions.

This requires practise and there are different things to look out for in different people. Sometimes intense emotions can cause a physical reaction and make us feel hot, shaky or sick.

We need to know how to react in response to these powerful emotions, to ensure we handle them productively and do not make a situation worse for ourselves or others.

Learning calming techniques is really important to ensure we keep ourselves and others safe and healthy while dealing with such intense emotions.

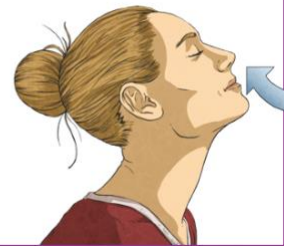
Knowing which calming techniques work best for us, can help us reflect on our true emotions, deal with these emotions and then move on. This enables us to feel in control.

Calming Techniques



Let's look at some calming techniques. We can also share any other calming techniques that we know of or use. Once we have shared all the different techniques, you will be able to choose the technique that you feel would work best for you.

Breathe – When someone is experiencing an intense emotion they often take fast and shallow breaths. By breathing slowly and deeply the emotions can feel less intense. Breathe in slowly through your nose, hold for three seconds and then breathe out slowly through your mouth.



2

Relax – Sit down (or lie down if possible). Put one of your hands on your chest and the other hand on your stomach. Close your eyes and focus on relaxing all of your muscles from your toes up to your head. Imagine the intense emotion slowly leaving your body as you do this.



3

Be Mindful – Close your eyes and picture your favourite place. Focus on the sounds you can hear, the smells and what you can see.



4

Music – Listening to music or making our own music helps us to relax and work through intense emotions.



5

Squeeze – People can have a physical reaction when they are experiencing intense emotions. Therefore squeezing a stress ball or hugging a cuddly toy can release this physical reaction.



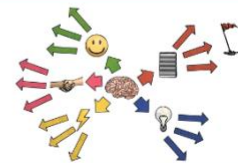
6

Exercise – Moving helps people feel good. Hop up and down, dance or run around – whichever exercise you enjoy.



7

Positive Thinking – Address the intense emotions being felt by writing them down and then coming up with a positive solution to each of them.



Count to Ten



While counting to ten, use the time to think of ten good reasons to think before you act:

1. We might say something we don't mean.
2. We could hurt someone.
3. We might get into trouble.
4. We might embarrass ourselves.
5. We could lose a friend.
6. We might hurt ourselves.
7. We might regret what we say or do.
8. We could make our feeling of anger even more intense.
9. We might get a bad reputation.
10. We might be able to think of a way to handle this in a positive way.

Your task will then be to create a poster to show calming techniques.