Managing big feelings

3   Recommended
3rd grade

⏱ Length
50-100 minutes

About this lesson

In this lesson, students will identify strong emotions in others and in themselves, consider why they occur, and explore strategies they can use to respond. They will also reflect on a time they struggled with a strong emotion, how they responded, and what advice they would give to someone else who struggles with that same emotion.

Learning objectives

By the end of this activity, students will:

- Identify and name strong emotions, consider why they occur, and how to respond
- Explore different strategies they can use to handle strong emotions
- Reflect on a time when they struggled with a strong emotion, how they responded, and describe how they would advise someone else who struggles with the same emotion
- Create a new Xellion character based on a strong emotion and tell a short story about them

Driving question

How do you manage strong emotions when they show up?

Future-ready skills

Self-awareness   Self-management   Problem solving

Respecting differences

Lesson breakdown

30-40 minutes

Mission: Managing big feelings

Direct students to complete **Mission: Managing big feelings**, where they will explore how to manage strong emotions when they show up.

20-60 minutes

In-real-life mission: Bring a feeling to life!

In this extension activity, students create a new Xellion character based on one of their emotions and write a short story about them. They can use the handout to record their story, or create a video or audio recording of their mission. They then upload the artifact to **Storyboard**, and reflect on what they learned.

🎯 Xello entry points

Students can begin right away with **Mission: Managing big feelings**. As part of the extension activity, students will upload their handout or story to **Storyboard** and reflect on what they learned about the topic and themselves.

Vocabulary

- Emotion
- Feelings
- Manage
- Observe
- Reflect
- Strategy
- Respond
- Self-control

Student handouts

Click the link below to open the handout in Google Docs. Click **File** and **Make a copy** to save it to your own Google Drive. Now you can make your changes to the handout before sharing with students! Or, under **File**, click **Download** so you can begin sharing the PDF, as is.

Copy English handout

Copy Spanish handout

xello