

HOMework



care

Coping with And Responding to Emotions

SANDERS & LOSINSKI



HOMWORK: LESSON 1

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

Write down your classes and how each class makes you feel:

My Classes	How the Class Makes Me Feel
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____



HOMWORK: LESSON 2

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

Next lesson, we are going to talk about different emotions! Draw a face representing each emotion in the space below.

Happy

Sad

Angry

Annoyed

Bored

Worried



HOMework: LESSON 3

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

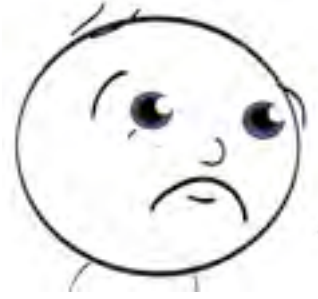
Different events can make us feel different emotions. And, not everyone feels the same way, even if they are doing the same thing!

Write down something that makes you feel each emotion **AT SCHOOL!**

Happy



Sad



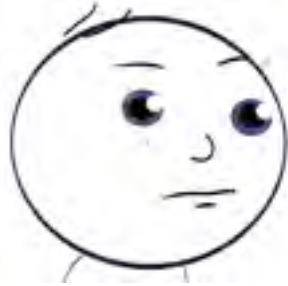
Angry



Excited



Bored



Worried



Scared



Annoyed



It is important to know what makes us feel different emotions. When we know what makes us happy or excited, we can do those things more often. Sometimes we can even stay away from things that make us feel bad.



HOMWORK: LESSON 4

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

What are three things this week that made you feel happy?

What are three things this week that made you feel sad?

What are three things this week that made you feel mad?

What are three things this week that made you feel worried?



HOMWORK: LESSON 5

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

1. A classmate takes something off your desk without asking

I Feel: _____

Rank on the Feelings Scale: _____

2. One of your friends calls you a mean name

I Feel: _____

Rank on the Feelings Scale: _____

3. You get a bad grade on your math test

I Feel: _____

Rank on the Feelings Scale: _____

4. One of your classmates is upset and yelling

I Feel: _____

Rank on the Feelings Scale: _____

4. You don't get a turn at the game during recess before it's time to come inside

I Feel: _____

Rank on the Feelings Scale: _____

5. You have a substitute for the day

I Feel: _____

Rank on the Feelings Scale: _____



HOMWORK: LESSON 6

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

This week you should follow your activity plan. One time after doing your pleasant activity to answer the following questions:

PRACTICE

Date: _____

Time of day: _____

What activity did you do?

How did you feel after doing your activity?

Would this be a good activity to do again?



HOMWORK: LESSON 7

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

My TRIGGERS: SADNESS

STOP

Let's figure out some of our triggers at school that can make us **sad**. Inside the stop sign, write down things at school that may make you sad. You can use the examples below or come up with your own.

Not having a friend to play with

Getting a bad grade

Answering a question incorrectly

Thinking about the future



HOMWORK: LESSON 7

My TRIGGERS: WORRY

STOP

Let's figure out some of our triggers at school that can make us **worry**. Inside the stop sign, write down things at school that may make you worry. You can use the examples below or come up with your own.

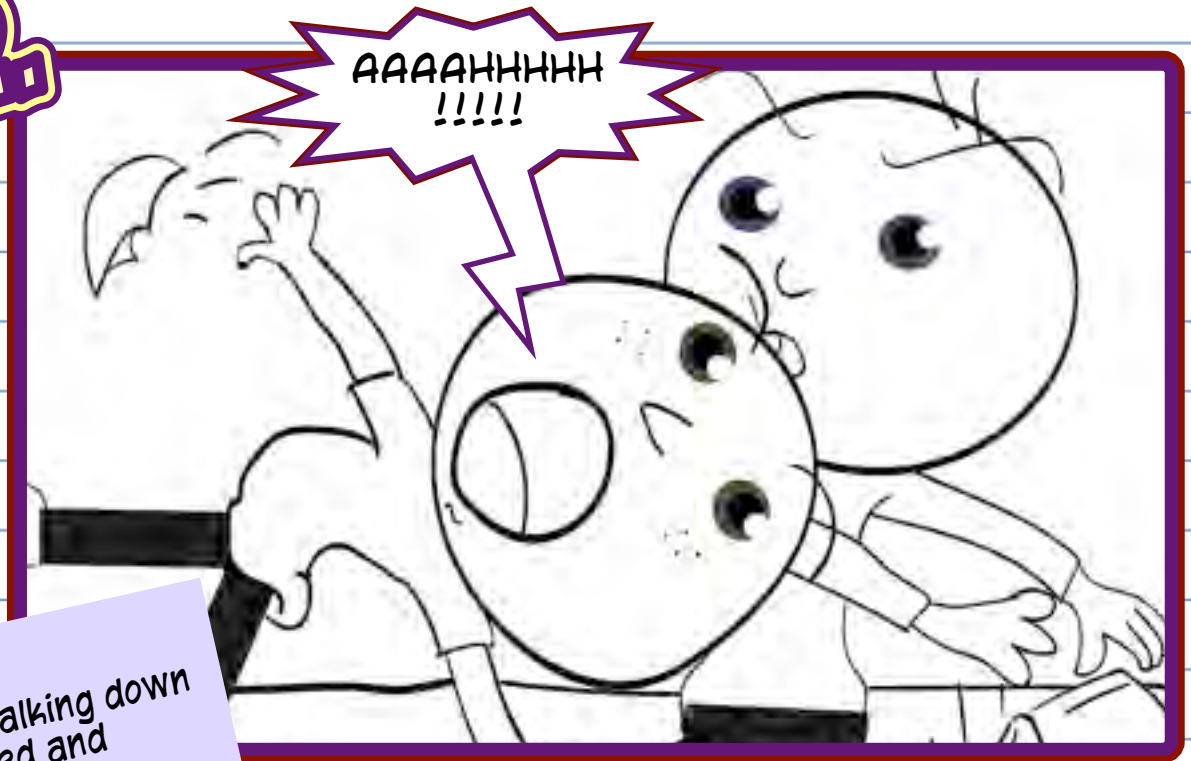
Answering a question in class	Recess
Giving a presentation	Working in a group
Fire Drills	Asking the teacher a question
Changes in the normal schedule	Taking Tests
Talking to new students	PE Class

LESSON 8: HOMEWORK

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.



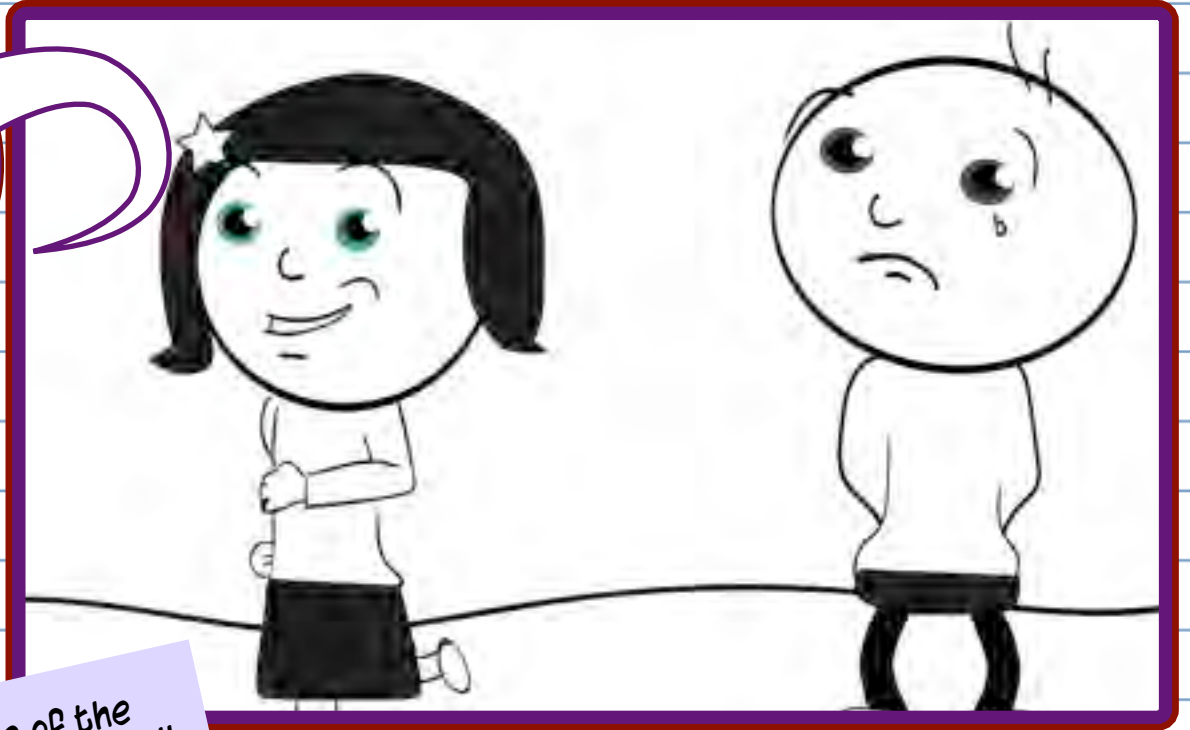
Derrick was walking down the hall, tripped and

1. What is Derrick thinking?

2. What is Momo thinking?

LESSON 8: HOMEWORK

EMILY IS ON MY TEAM!



Megan is one of the captains during kickball and is picking people to be on her team. She picks Emily before she picks Momo, even though Megan and Momo are best friends.

1. What is Megan thinking?

2. What is Momo thinking?



HOMWORK: LESSON 9

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

Part of active listening is repeating, or paraphrasing, what the person said. This lets the other person know you heard what they said. Practice paraphrasing for the following examples.

1. Your teacher tells the class: "Before school is over, you need to pick up the area around your desk, turn in your math paper, and write down the homework on the board. Everyone needs to do these three things before we leave for the day!"

2. Your friend is talking to you about math class: "I'm really worried about math. I'm really bad at adding fractions, and I don't think I'm going to get a good grade on the test on Friday. I'm worried I'm going to get an F!"



LESSON 10: HOMEWORK

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

Fill out the I am... worksheet

I AM...

My Dreams

My Characteristics

My Talents

My Hobbies



HOMework: LESSON 11

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

1. I'll never be able to add and subtract fractions.

Coping Thought: _____

2. My best friend and I got into a fight. We will never be friends again!

Coping Thought: _____

Identify your own thinking trap:

Coping Thought: _____

Can you come up with some coping thoughts for these thinking traps?

Come up with your own thinking trap and coping thought!



HOMWORK: LESSON 12

1.

Don't forget to fill out your self-monitoring sheet everyday this week!

2.

Use the IDEA plan on this scenario:

Before school, another student calls you a mean name and it hurts your feelings. This is the third time this week that this student has made fun of you or said something mean. What should you do?

Identify the Problem and Perspectives:

Develop and Evaluate Ideas:

Idea #1: _____

Good Outcome: _____

Bad Outcome: _____

Idea #2 _____

Good Outcome: _____

Bad Outcome: _____

Idea #3 _____

Good Outcome: _____

Bad Outcome: _____

Idea #4 _____

Good Outcome: _____

Bad Outcome: _____

Action1 Choose an Idea:

Final choice: _____