

Managing emotions

Task 1: Listening

Listen to the conversation again and write true (T) or false (F). If you write 'F', why is it false?

1. The teacher listened to the younger brother when he explained his frustration.
2. The older brother gives advice about how to stay calm with breathing techniques.
3. The younger brother thinks that the breathing technique is a good idea at first.
4. The younger brother decides not to try the breathing technique.
5. The younger brother says that school sometimes makes him very angry.
6. The older brother says it's OK to feel angry sometimes.
7. The older brother thinks it's a bad idea to talk to the teacher again.

Task 2: Ranking

These techniques can help us manage emotions. Read them, then give them a number according to what helps you the most/the least.

6 = helps you the most

1 = helps you the least

<p>Physical exercise</p> <p>Sports like running and activities like dancing can help us reduce stress. When we exercise, we release chemicals, like endorphins, in our brains. They make us feel happier. Even a short walk helps!</p>	<p>Creative activities</p> <p>Activities like drawing, painting, playing a musical instrument, writing poetry and building things can help us to relax and focus. They can also help us to express how we feel when it's difficult to explain in words.</p>
<p>Journaling</p> <p>Writing down our thoughts and emotions can help us to understand how we feel and why we feel it. It's also good for relaxing. The great thing about writing a journal is that it's private, and so no one else needs to see it (or know about it!).</p>	<p>Guided meditation</p> <p>There are lots of apps and YouTube videos that we can use to help us relax through guided meditation. We find a quiet place and listen to instructions from someone who guides us to feel calm. It only takes five minutes!</p>
<p>Asking people for help</p> <p>Sometimes our emotions can be too much for us to manage alone. This is when we can reach out to someone we trust, like a teacher, a parent or guardian, a sibling, a school counsellor or a friend. People can offer us advice that we didn't think of before.</p>	<p>Connecting with nature</p> <p>Find a tree, a park or another place in nature to connect with. Take some deep breaths! This can help us to relax and focus on what is important, because fresh air and being outdoors helps us think about things differently and feel refreshed.</p>

Commented [jo1]: sounds a bit unnatural? 'no one else needs to see it (or know about it)'

Commented [MC2R1]: agree - sounds better