

## Managing emotions

**Older brother:** Hey, bro!

**Younger brother:** Hey.

**Older brother:** Are you OK? I heard you got a bit angry at school today.

**Younger brother:** Yeah, it was so embarrassing. I lost control. Everyone was looking at me.

**Older brother:** What happened? Don't worry, I won't tell Mum and Dad.

**Younger brother:** I just ... urgh, it's so frustrating. I handed in a project to my teacher and I thought it was really good. I worked really hard on it. But today they gave it back, and my grade was really low. My friend, who didn't really work hard, got a really good grade. It's so unfair!

**Older brother:** Oh, that's not cool. I mean, that must be really frustrating. Did you speak to the teacher about it?

**Younger brother:** Yeah, I tried, but I felt like they didn't listen and so I got angry and started shouting.

**Older brother:** OK, look, there's something that helps me to keep calm in situations like this. Don't laugh, but it's all about breathing.

**Younger brother:** Are you joking? How will that help?

**Older brother:** You need to find a quiet space and then breathe in and out slowly, like this [inhales deeply through nose]. In through your nose, hold your breath and [exhales] out through your mouth. [Brother copies.] When you're angry, you lose control, and it doesn't help. Your teacher won't listen when you're shouting.

**Younger brother:** No, it just makes everything worse.

**Older brother:** But if you breathe like this first, it helps you to keep calm. And when you're calm, your teacher will listen and take you seriously.

**Younger brother:** Yeah, I'd like that. Breathing, huh? OK, I'll try it. School makes me really angry sometimes. But then, after, I feel bad.

**Older brother:** Don't feel bad. Everyone gets angry – and it's OK to be angry. It's just about the way you control it.

**Younger brother:** Yeah. Thanks.

**Older brother:** No worries, and speak to your teacher – or me – if you are getting stressed about school ... but calmly, right?

**Younger brother:** Yeah. Thanks. I got it.