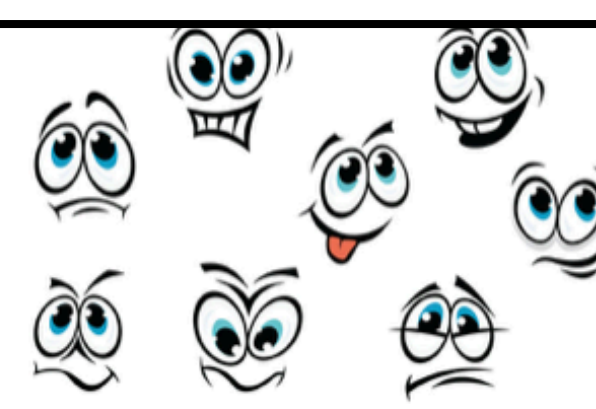


Creating Tolerance for Feeling *All* Emotions

Lesson P13c, I10c, M8d



Teacher Self-Reflection:

It is important to examine your beliefs about feeling and expressing emotions and to be aware of your beliefs. Many of us grew up in homes and went to schools where expressing emotions was strongly discouraged. Your beliefs could influence how you teach Social and Emotional Learning.

1. What are your beliefs about feeling and expressing emotions?
2. Is it okay to feel and express anger at school? Fear? Sadness? Hurt?
3. Which of the following emotions do you feel okay about expressing in school?

Anger

Happiness

Fear

Hurt

Sadness

Love

