**How Are You? (Emotional Awareness)**

**What is Emotional Awareness?**

How are you? It is a basic question. While many of us may answer “fine”, there is likely more to it! When you were young, you might have used words like “happy” or “sad” to describe how you were feeling. As we grow up, it is great to become better and better and knowing AND describing how we are feeling and

why we are feeling that way

what we can do with our emotions (they can be powerful in good and bad ways)

This is our emotional awareness.

**Why Learn About Emotional Awareness?**

Whether we are experiencing positive emotions or negative emotions, we can work on our emotional awareness. There are many strategies for exploring how to increase our positive emotions AND how to deal with negative emotions.

**What is the Goal of this Activity?**

Grade 7-9 students can benefit from the experiences of other students. The goal of this activity is

a) to try an emotional awareness strategy

b) to clearly communicate your opinion on whether the strategy was effective for you.

**How will we Reach this Goal?**

1. Try the strategy from now until the Health class 2 cycles from now.
2. Prepare posters/displays to give other students details on helpful strategies in 3 areas of emotional awareness.

**How Do I do it?**

Find the websitehttp://kidshealth.org/en/teens/your-mind/#catemotions

A direct link is found under Ms. Maxwell’s homework on-line. A list of the topics you should

see is found on the next page.

Research the categories under teenhealth.org

Choose one of the following categories to explore:

1. 5 Ways to be more Aware of Your Emotions
2. 3 Ways to increase positive emotions
3. 5 Ways to fight off depression

Within that category, choose ONE strategy. Work with a partner only if that strategy is something you both want to try. If you have a strategy that you use already, you can share it with a partner and have them try it! Please talk to me in person in this case.

Sign up for that strategy to make it official.

Try the strategy from now until your Health class in 2 cycles from now.

Prepare a display of the strategy which explains that strategy. The display must include:

1. What is the strategy? This is your title.
2. What is the strategy used for?
3. At least 1 visual that enhances the audience’s understanding of the strategy
4. Your opinion about how effective the strategy is

Decide whether you are ready to have your display shown during Canada’s Mental Health week in May. This would just be a display that students could read during that week.

**Choices**

**5 Ways to Be More Aware of Your Emotions**

http://kidshealth.org/en/teens/emotional-awareness.html?WT.ac=t-ra#catemotions

1. Notice & name That Emotion
2. Track 1 Emotion
3. Build Your Vocabulary
4. Emotion Intensity
5. Emotion Journal

**3 Ways to Increase Positive Emotions**

[http://teenshealth.org/teen/your\_mind/emotions/positive-emotions.html?tracking=T\_RelatedArticle#](http://teenshealth.org/teen/your_mind/emotions/positive-emotions.html?tracking=T_RelatedArticle)

1. Track Your Positive Emotions

2) Increase one positive emotion

3) Positivity Treasure Chest

**3 Ways to Practice Gratitude**

<http://kidshealth.org/en/teens/gratitude-practice.html?WT.ac=t-ra#catemotions>

1) Notice 3 Things You Are Grateful For

1. Keep a gratitude journal
2. Practice gratitude rituals

**5 Ways to Deal With Anxiety**

<http://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catemotions>

1. Become a relaxation expert.
2. Get enough sleep, nourishment, and exercise.
3. Connect with others.
4. Connect with nature.
5. Pay attention to the good things.

5 Ways to prevent Stress Buildup

<http://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catemotions>

1. Balance responsibilities with relaxation
2. Manage/organize (calendar or app)
3. Eat healthy food (keep track of it
4. Get proper sleep (keep track of it)
5. Exercise!

**3 Ways to Practice Gratitude**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 8-1 | 8-2 | 8-3 | 8-4 | 8-5 | 8-6 | 8-7 | 8-8 |  |
| Notice 3 Things you are Grateful for |  |  |  |  |  |  |  |  |  |
| Keep a Gratitude Journal |  | Jack  Engy |  |  |  |  |  |  |  |
| Practice Gratitude Rituals |  |  |  |  |  |  |  |  |  |
| Express Yourself |  |  |  |  |  |  |  |  |  |
| Notice Small Things (Gratitude) |  |  |  |  |  |  |  |  |  |
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**5 Ways to Deal with Anxiety**

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|  | 8-1 | 8-2 | 8-3 | 8-4 | 8-5 | 8-6 | 8-7 | 8-8 |  |
| Become a Relaxation Expert |  | Abdul & Navjot |  |  |  |  |  |  |  |
| Get enough sleep, nourishment, and exercise |  | Jeffrey |  |  |  |  |  |  |  |
| Connect with Others |  | Chamathi  Bruce  Shrey |  |  |  |  |  |  |  |
| Connect with Nature |  | Pavel  Hassan  Nareen  Rawan |  |  |  |  |  |  |  |
| Pay attention to the good things |  | Cooper |  |  |  |  |  |  |  |
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**3 Ways to Increase Positive Emotions**

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|  | 8-1 | 8-2 | 8-3 | 8-4 | 8-5 | 8-6 | 8-7 | 8-8 |  |
| Track Positive Emotions |  |  |  |  | Ivy |  |  |  |  |
| Increase Your Positive Emotions |  |  |  |  | Natalya/Fatima |  |  |  |  |
| Positivity Treasure Chest |  | Joyce/Vivian  Prachi/Nareej/Chloe  Leila/Tammy  Manisha | Feiyu, Li, Joy, YeonJae, Akil |  |  |  |  |  |  |
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**5 Ways to prevent Stress Buildup**

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|  | 8-1 | 8-2 | 8-3 | 8-4 | 8-5 | 8-6 | 8-7 | 8-8 |  |
| Balance Responsibilities with Relaxation |  |  |  |  |  |  |  |  |  |
| Manage/Organize Responsibilities  (calendar or app) |  |  |  |  |  |  |  |  |  |
| Eat healthy food  (Keep track of it) |  |  |  |  |  |  |  |  |  |
| Get proper sleep  (Keep track of it) |  |  |  |  |  |  |  |  |  |
| Exercise! |  |  |  |  |  |  |  |  |  |
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**5 Ways to be More Aware of Your Emotions**

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|  | 8-1 | 8-2 | 8-3 | 8-4 | 8-5 | 8-6 | 8-7 | 8-8 |  |
| Notice & Name |  |  |  |  | Ivy |  |  |  |  |
| Get enough sleep, nourishment, and exercise |  |  |  |  | Natalya/Fatima |  |  |  |  |
| Connect with Others |  |  |  |  |  |  |  |  |  |
| Connect with Nature |  |  |  |  | Shania Xu |  |  |  |  |
| Pay attention to the good things |  |  |  |  | Anu |  |  |  |  |
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