



Dude...is it only me?

What is the **ONE** part of our  
person that controls  
everything?



That would be the BRAIN

What does our brain do in regards to emotions?

Hmm.....



# Drive Your Brain, do not let it DRIVE YOU

Feelings: it's a brain thing

Brain as an “engine” it generates thoughts, memories, moods, which forms

## Emotions



How you think affects how you feel...

Use your brain to help yourself, not hurt yourself (Take Charge of your brain, not the not the other way around

# How does your “engine” run?

Table Groups

Jigsaw 4 sections of “How hot or cold does your emotional “engine” run?”

Share Out



# Self-Calming Methods

Soothe Your Senses

Do relaxation activities

Use meditation techniques

Move your body

Act in the opposite way of the emotion

Distract yourself with something fun



# Reframing feelings before acting on them

Reflexive vs. reflective of reality

**Reflexive**-without conscious thought

**Reflective**-characterized by deep thought; thoughtful



“You are having a bad day, mom nagged you about making sure your homework was done, and you didn’t have it done “wah wah”. You get to school and your friends are locked in conversation and don’t notice you when you get there.”

Reflexive thought?

Reflective thought?



# Conflict creates Anxiety

- Recognize there's a conflict, and define it
- Empathize with the other person
- Agree on what the problem is
- Collaborate on a solution that's workable for both people
- Recognize that there may not be a solution
- Offer a sincere apology if you've said or done anything hurtful to someone



# Partner Up

1-Student

2-Teacher



You, a student, in (Mr. Denham, Mannion, Engelis, Ms. Bair's), America in Global Contexts class just failed their first graded test. (I'm so sorry) However, you don't know why because you studied so so hard. Your reflexive thought is that "my teacher just doesn't like me" but mom and your school counselor wants you to talk to your teacher about the test. Using the conflict resolution tools, have this conversation.