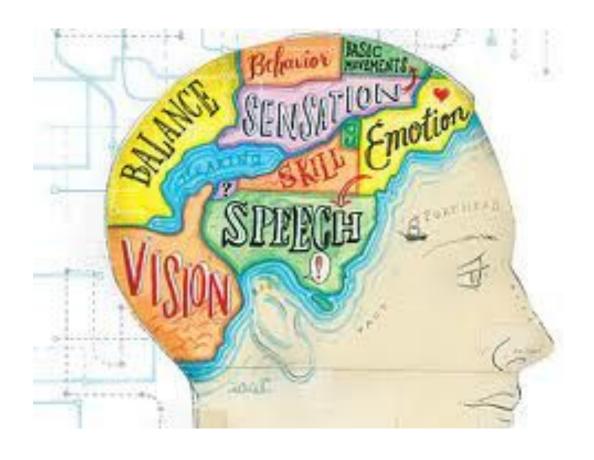


Dude...is it only me?

# 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?

<u>Hmm....</u>



#### 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 (<u>Take Charge</u> 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

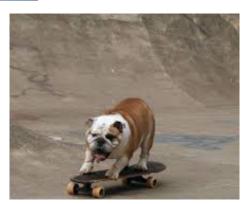
Use meditation techniques

Move your body

Act in the opposite way of the emotion

Distract yourself with something fun



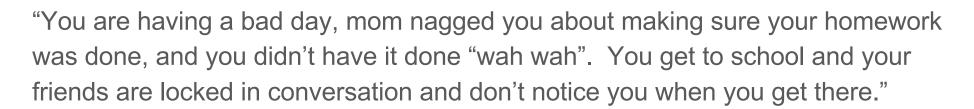


Reframing feelings before acting on them

Reflexive vs. reflective of reality

Reflexive-without conscious thought

Reflective-characterized by deep thought; thoughtful



WHAT IN TARNATIONS

IS GOING ON HERE

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



- -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.