



## MAKING AGREEMENTS

### 1. STOP NEGATIVITY

Negative emotions such as anger, grief, or envy can make you feel uncomfortable and stop you from seeing situations as they really are. When this goes on for a while, you stop thinking and behaving rationally and start having disagreements with everyone all the time. The best thing you can do is identify negative feelings (instead of avoiding or denying them) and take action, so you can transform them into positive feelings. The key is to think about the best way to express your feelings. If you put this into practice, your everyday life and school work will be much easier.

#### Materials

- Printed handout
- Pen or pencil
- Blue and red pencils or pens

### STEP BY STEP

- A** If possible, print the handout on the next pages or copy it in your notebook so you can work on it.
- B** Individually, imagine the best possible version of yourself in the near future. Look at the positive emotions on the handout, and circle in blue the ones that can help you become this ideal self and that you need to practice more in order to achieve it. Then look at the negative emotions, and circle in red those that you definitely need to get rid of in order to achieve your ideal self.
- C** In pairs, read all the positive affirmations in the handout, and discuss with your partner what you think they mean. Then think of five more positive affirmations that can help you when struggling with negative emotions.
- D** Individually, take a moment to reflect on recent negative emotions you've struggled with and choose one. Then read the PATH section in the handout, follow the steps, and fill in the blanks. Finally, discuss how the PATH steps can help you manage negative emotions.
- E** Discuss in small groups. Write your conclusions.



1 How can positive feelings and positive thinking help you manage negativity?

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2 What happens if you deal with negative emotions inappropriately? Why?

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3 Can a negative emotion ever be healthy for you? Why or why not?

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### IT

If you want to learn more about dealing with negative emotions, go to: <http://www.edutics.mx/5AG>



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**1. STOP NEGATIVITY**



**POSITIVE  
EMOTIONS**

- Joy
- Curiosity
- Excitement
- Interest
- Gratitude
- Love
- Empathy
- Satisfaction

**NEGATIVE  
EMOTIONS**

- Anger
- Frustration
- Boredom
- Fear
- Anxiety
- Jealousy
- Sadness
- Grief



*My Positive Affirmations*

- I matter, but so does everyone else.*
- I embrace my flaws because I know that nobody is perfect.*
- I don't compare myself to others.*
- I belong, and I am good enough.*
- I control my emotions; they don't control me.*
- The mistakes I made yesterday are creating the person I'll be tomorrow.*



**MAKING AGREEMENTS**

**1. STOP NEGATIVITY**

**PATH**

Remember the word PATH—which stands for Pause, Acknowledge, Think, and Help—when trying to deal with uncomfortable or unpleasant emotions healthily.

**Acknowledge**

Look within and try to pinpoint the situation that is creating these negative emotions. Are you mad at someone, or are you sad because your feelings were hurt? Whatever it is, it's OK to feel that way. Don't judge or criticize yourself.

*Because...*

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**Pause**

Take a moment to stop and think things through, to identify how you're feeling. Before beginning this reflection try counting from one to ten and taking a deep breath.

*I feel...*

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**Help**

Take action to help yourself. Make changes in your life that can reduce your negative emotions by finding healthy outlets for these emotions, like regular exercise or meditation.

*I will...*

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**Think**

After having reflected and figured out what exactly it is that you are feeling, think about how you can make yourself feel better.

*I can...*

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## MAKING AGREEMENTS

### 2. CHANGE YOUR ATTITUDE

When you face a problem at home or school, how do you behave? Do you get angry? Do you keep calm and speak reasonably? Everyone has a way to respond to different situations. If your attitude during a conflict is not as positive as you would like and you would like to change it, consider asking for a timeout. That means stepping away from the situation for a few minutes. You can walk away or just be silent. When you feel calm enough to work on the problem or conflict again, go back. Learning to control your emotions during a conflict can help you have a broader and more objective perspective. This will allow you to change your attitude towards conflicts and solve them in an easier and better way.

*Materials*

- Printed handout
- Pen or pencil

### STEP BY STEP

- A** If possible, print the handout on the next page or copy it in your notebook so you can work on it.
- B** Individually, identify five ways you normally behave during a conflict and write them down in the space provided on the handout.
- C** In pairs, discuss your common behaviors. Then ask your partner to recommend different ways you could improve or even avoid that behavior. Reach a consensus and write down the suggestions you consider to be the most useful for you to put into practice.
- D** Then think of a conflict you experienced related to teamwork in the classroom and what your reactions were. Write in the space provided what the conflict was about and then answer the questions in the table by filling in the second column describing your behavior at the time.
- E** Next, imagine that you are having the same conflict now, but this time you decide to take a timeout to reflect and put into practice the suggestions you chose. Then answer the questions by filling in the third column in the table. This can be useful to identify what caused the first behavior and to know when to take a timeout. In pairs, think of other situations in your personal life where it might be a good idea to take a timeout. Share your answers as a class.
- F** Discuss in small groups:
- 1 Why is it important to be calm during a conflict?
  - 2 What do you think is the best way to control your emotions?
  - 3 What other ways do you know of changing your attitude for the better?



### IT

For other suggestions on how to control your emotions, go to: <http://www.edutics.mx/5AN>



**MAKING AGREEMENTS  
2. CHANGE YOUR ATTITUDE**

**My Common Behaviors  
During a Conflict**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



**Ways I can improve or avoid  
that behavior**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

**What was the conflict about?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

	<b>The first time, before applying the timeout strategy</b>	<b>Now, having applied the timeout strategy</b>
What were your emotions during the conflict?		
What was your behavior during the conflict?		
During the conflict, did you try to behave rationally or did you let your negative emotions control your behavior? Why?		