



## EMOTIONAL REGULATION

### 1. THE BIGGER PICTURE

Self-regulation can be defined as self-control. A person who has good self-regulation can resist impulsive reactions that may worsen a situation; cheer themselves up when they feel sad; and act consistently with personal values so that long-term goals are achieved. Being aware of our thoughts and emotions can help us manage our reactions. Self-regulation is matching emotions and behavior to the needs of the situation.

Essentially, self-regulation is behaving in a way that will help us reach an overall objective no matter if we are feeling upset or happy. It's being able to see the bigger picture. Focusing on the bigger picture helps us to put things in perspective and understand the real importance of everything.

#### 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** First, work individually. Study the information in the chart and read the examples. If you have any questions, ask your teacher.

**C** Fill in the chart with you own situations and reactions.

**D** Work in pairs. Share the information you both wrote.

**E** Discuss in pairs.

1 On a scale from 1 to 10, how difficult was it to acknowledge your feelings and personal emotions? Why?

---

---

2 What can you do better to acknowledge your feelings and personal emotions?

---

---

3 How could analyzing the bigger picture help you react in a better way?

---

---



#### IT

If you want to learn how to develop or improve your self-regulation, go to <http://www.edutics.mx/5w3> and share your thoughts as a class.



**EMOTIONAL REGULATION**

**1. THE BIGGER PICTURE**

Emotion	Stressed	Sad	Angry	Happy
<b>Situation</b>	I had to study for three exams that I had the next day and I felt really overwhelmed.			
<b>Thoughts</b>	I won't be able to study everything. I will fail my exams.			
<b>Body reactions</b>	I had a headache and I felt a hole in my stomach.			
<b>Behavior</b>	I decided it was too much to study, so I played video games and watched television.			
<b>The bigger picture</b>	Finishing high school.			
<b>Desired self-regulation reaction</b>	Start studying a few days before exams would be better. Remember that studying is for my own benefit.			





## EMOTIONAL REGULATION 2. EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to have a deep awareness of your emotions and the emotions of others. It is also to be able to use this information to guide your thinking and actions. Another important part of emotional intelligence is the ability to understand your effect on others, play to your strengths and admit your weaknesses, but still have the passion to challenge yourself and remain optimistic when the situation gets tough. This means you can control your impulses and avoid acting rashly. Therefore, it is important to deal with emotions. Ignoring them is not often the best approach.

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** In pairs, look at the chart on the next page with words used to express the intensity of feeling *happy, sad, angry, stressed, and ashamed*. Circle or highlight new words and use a dictionary, when necessary.
- C** Study the graphic organizer and complete it with your own experiences. Try to use words that appear in the feeling intensity chart.
- D** In pairs, ask each other questions about what you both wrote in your graphic organizer.
- E** Discuss in groups.

1 What can we do to address these emotions in an intelligent way?

---

---

2 Think of ways your emotions, even the negative ones, have helped you in any way.

---

---

3 How easy was it to relate (empathise) to your classmates' stories? Why?

---

---

### IT

If you want to learn what emotional intelligence is and how to improve it, go to <http://www.edutics.mx/5ww>



**EMOTIONAL REGULATION**  
**2. EMOTIONAL INTELLIGENCE**

<b>Happy</b>	<b>Sad</b>	<b>Angry</b>	<b>Stressed</b>	<b>Ashamed</b>
glad	disappointed	annoyed	nervous	uncomfortable
cheerful	upset	mad	frustrated	apologetic
thrilled	hurt	outraged	fearful	mortified
excited	depressed	furious	overwhelmed	remorseful

**Emotional experiences**

**A time when I was very happy was...**

**I usually feel sad when...**

**Last time I felt angry was...**

**Certain things stress me. For example,...**

**On a certain occasion, I was very ashamed because...**