



## EMOTIONAL WELL-BEING

### 1. MUSIC AND YOUR EMOTIONS

When you know how music connects to your feelings, you can learn how to use music as a tool to improve your mood. We associate certain music with certain moments so you can, for example, feel better in difficult times by playing the music that makes you happy.

#### Materials

- Pen or pencil
- Music you like
- CD or MP3 player
- Colored pencils or markers
- Printed handout

### STEP BY STEP

**A** Discuss as a class.

- 1 What music genre do you like listening to?
- 2 What do you think about the idea that music helps you understand how you feel?
- 3 Do you agree that you choose the music you listen to according to how you feel?

**B** Think of different songs you like and write them.

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**C** Work in small groups. Share your music with your classmates by playing some songs on a CD player, MP3 player, or any electronic device you have. Share why you like the song and how it makes you feel.



**D** In your group, choose an emotion and make a playlist on the printed handout with different songs that make you feel the emotion you chose.

**E** Exchange your playlists with other groups, read their playlists, and feel free to add other songs that make you feel the chosen emotion.



**F** Display the playlists in the classroom. Use them for further reference, so you can play a song that shows a positive emotion when you feel sad or classical music when you want to relax, for example.

**G** If you have time, you can play some songs from the playlists and discuss as a class how the songs make you feel.

**H** Discuss with your group.

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| <ol style="list-style-type: none"> <li>1 Do you think music influences your emotions?</li> <li>2 What kind of music do you listen to most of the time?</li> </ol> | <ol style="list-style-type: none"> <li>3 Do your friends listen to the same music as you?</li> <li>4 Do they react to that music like you do?</li> </ol> |
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#### IT

If you want to learn more about how music affects your mood and emotions, you can go to: <http://www.edutics.mx/iAs>



### EMOTIONAL WELL-BEING 1. MUSIC AND YOUR EMOTIONS



Our Playlist

Songs that make us feel

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## EMOTIONAL WELL-BEING

### 2. ANGER MAP

This activity helps you recognize anger and how you react to this emotion. Once you know how you react when you are angry, you can learn what to avoid and how to calm down. If you can't control your anger, you can do things you can be sorry later. Anger can be channeled and used to make great things, like running long distances or creating a work of art.

#### Materials

- Pen or pencil
- Colored pencils
- Printed handout

### STEP BY STEP

**A** Discuss as a class what makes you feel angry. Think of different situations and write some sentences.

*I feel angry when there are a lot of people talking at the same time.*

*I feel angry when there are people yelling at me.*

**B** Choose a situation that makes you feel angry.

**C** Think about the situation you chose and the way you react when you are angry. Use the handout on the next page to draw and color your face, write words or expressions you say, write how you behave, write other emotions you feel, and draw or write other things that help you calm down when you are angry.

**D** When you finish, read your work and reflect.

- 1 Do you like your actions when you are angry?
- 2 Do you think your angry reactions are good for you? Why or why not?

**E** If you want to share your work with your classmates, exchange your maps and share your answers. Compare and find what actions are more helpful or positive than others.

**F** Discuss in small groups.

- 1 What effect does your anger have on your friends or family?
- 2 Do your actions when you are angry cause you problems?
- 3 What helps you calm down when you are angry?



#### IT

If you want to learn more about how to control your anger, you can watch the following video: <http://www.edutics.mx/5J9>

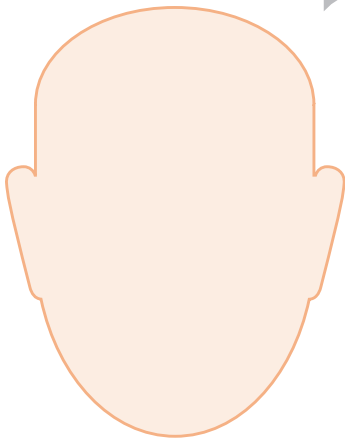




**EMOTIONAL WELL-BEING**

**2. ANGER MAP**

Things I say when I'm angry



**Facial expression**

**My behavior**

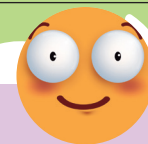


**Other emotions I feel when I'm angry**



Lined writing area for 'Other emotions I feel when I'm angry'.

**Things that help me calm down when I'm angry**



Lined writing area for 'Things that help me calm down when I'm angry'.



## GOALS

### 3. MAP TO MY GOAL

Sometimes you know where you want to go, but you don't know how to get there. Breaking a goal in small steps will help you get there more easily. This activity helps you think of actions you can follow as steps to reach a long-term goal. If you can plan actions to reach your goal, it will be easier to keep your goal in mind and stay motivated.

#### Materials

- Printed handout
- Pen or pencil

### STEP BY STEP

**A** Print the map on the handout on the next page to work on it. Think of a goal you have as a student and write it on the space provided inside the sun. Then add what you need to do to get to your goal on the space provided for the steps to follow.



You can ask our teacher for extra homework.

I know a page online that can help you with that.



**B** Share your maps in small groups. Do your classmates have more ideas to complete your map? Add to your map any valuable ideas you receive from them.

**C** Take action! Follow the steps to get to your goal and review your progress every now and then.

**D** Discuss in pairs.

- 1 When do you follow steps?
- 2 How do you feel when you have clear steps to follow?
- 3 How do you feel when you don't have a clear plan?



#### IT

You can read more about setting goals here: <http://www.edutics.mx/idb>



**GOALS**

**3. MAP TO MY GOAL**

**My Goal**

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**4th Step**

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**3rd Step**

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**2nd Step**

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**1st Step**

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