



Lesson plan Italy

How to communicate
through emotions:
Self-management of
emotions

Lesson activity

- The teacher gives post-it notes to each student
- The teacher asks questions such as:

What is an emotion for you?

What are your sources of stress and how do you manage them?

How do you share them with others?

- Each student answers on his/her post-it and then attach them to the blackboard

What is the self-management of emotions?

- Self-management is the way you control and manage yourself and your emotions, interior resources and skills. It also includes the ability to manage your impulses.

Emotions

- Emotions help us to improve our adjustment with the environment, with ourselves and other people, giving us the chance to elaborate what happens to us and around us.

Stess-management

- Stress situations cause us an emotional overload, that, if not discharged, can cause a more or less serious discomfort. Stress-management means identifying its origin, and then finding strategies to modify the status in which we find ourselves, operating on the environment or on ourselves.
- This allows us not only to feel better with ourselves and the other, but also to have a better efficiency and a higher motivation in