

Oak Specialist

Independent Living Personal Care Lesson 5 - Managing emotions

Building Understanding



Unit 2- Personal Care

Lesson 1- Five a day

Making a healthy smoothie using five fruit and vegetables.

Lesson 3- Turn taking

Games and activity suggestions to encourage turn-taking.

Lesson 5- Managing emotions

Recognising familiar emotions and identifying strategies to manage these.

Lesson 2- Morning hygiene routine

Identifying morning hygiene activities and creating a routine.

Lesson 4- Fine/gross motor circuit

Activity suggestions to encourage development of fine and gross motor skills

Lesson 6- How to relax

Activity suggestions to learn how to relax and self regulate.



Teacher notes- Managing emotions

Learning Intention: To label common emotions and explore self regulations strategies

1. Label common emotions.
2. Use a mirror to model facial expressions and explore how the face changes depending on the emotion.
3. Identify different strategies that can help us when we are feeling different ways.
4. Create help cards for emotions which are tricky to manage. E.g. when you are feeling angry it may be hard to remember what strategies help.

Resources- mirror, paper and pens



Lesson Activity Stages

1. Label emotions and feelings
2. Copy the emotions
3. How to manage our emotions



Recognising emotions

These are familiar emotions. Can you label them? Point to each emoji and ask your learner if they can label the emotion or feeling. You could use symbols or colours to support understanding. Label each one.

SAD/UPSET



TIRED/BORED



CALM/HAPPY



EXCITED



FRUSTRATED/ANGRY



Task

This task is to be used with the following 4 pages.

Use a mirror to copy the facial expressions of someone with each emotion.

Talk about how our face changes when we feel the same emotion.

E.g. Talk about a furrowed brow and tears and an upturned mouth when you are sad / upset.

Talk about yawning, closed eyes and using hands to hold our head up when we are tired / bored;
mouths turning into a smile and open eyes when we are happy;

open mouths, clenched mouths, open eyes, raised eyebrows and moving our hands when we are excited; and

Having furrowed brow, a scrunched up face, an open mouth showing teeth and closed fists when we express anger.

You could also take photos of yours and your learner's face after practising with the mirror.

To extend the activity you could ask or give an example of a time when you each have felt each emotion.



Feeling sad or upset

Use a mirror to copy the facial expressions



Feeling tired or bored

Use a mirror to copy the facial expressions



Feeling calm or happy

Use a mirror to copy the facial expressions



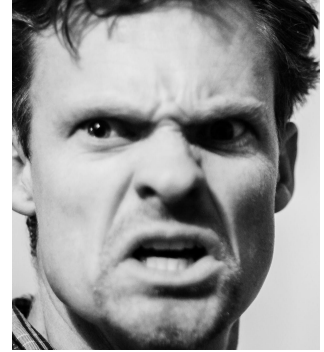
Feeling excited

Use a mirror to copy the facial expressions



Feeling frustrated or angry

Use a mirror to copy the facial expressions



Activities/strategies to help

Talking	Jumping	Relaxing	Listen to music	Dancing	Deep breaths
Yoga	Go for a run	Painting	Play a game	Have a drink	Sing or hum



This is the lesson activity. Choose emotions that your learner is familiar with and that they may need support in managing. The task is to create help cards so that there is a visual support to identify ways to help. It is often tricky to think clearly when we are feeling different emotions or even recognise and label the emotion.

If I'm feeling....

I can....



**If I'm feeling sad...
I can....**



Listen to music

Talk to someone

Have a drink



Create help cards

Create help cards for emotions that are familiar to your learner and that they may need support with to manage.

Use the cards when you can see that they are experiencing an emotion.

Label the emotion- “I can see that you’re feeling....”.

Flip the help card to the support activities on the back.

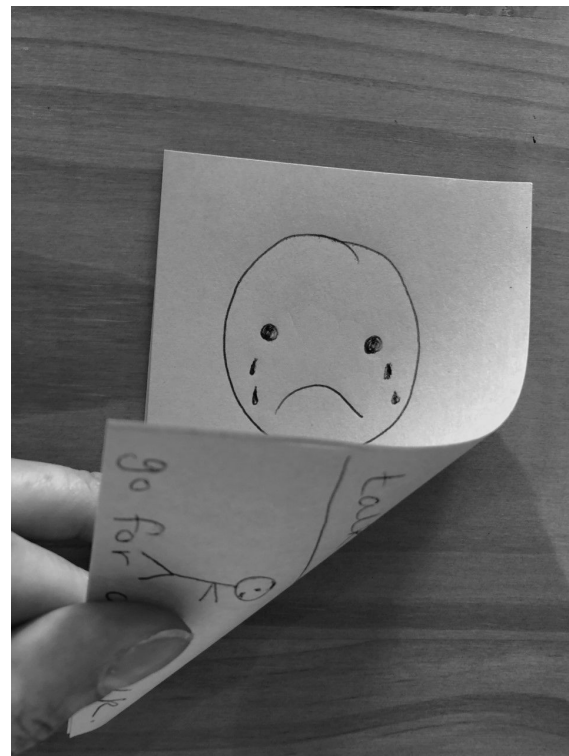
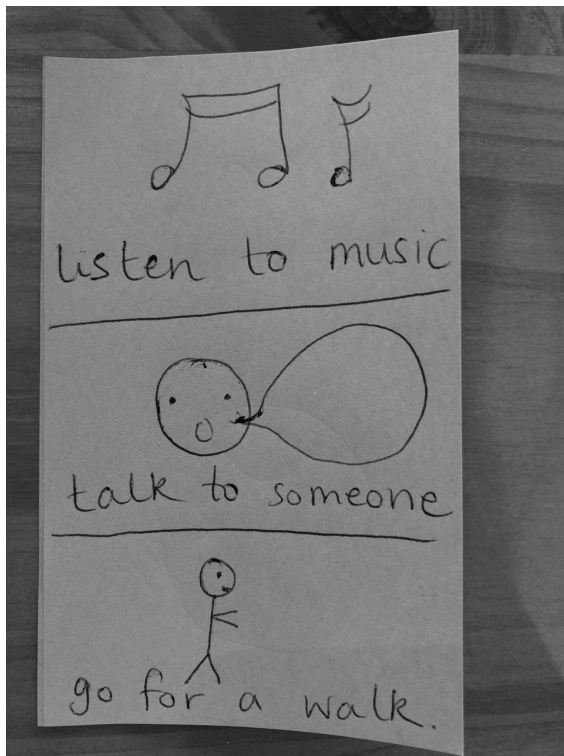
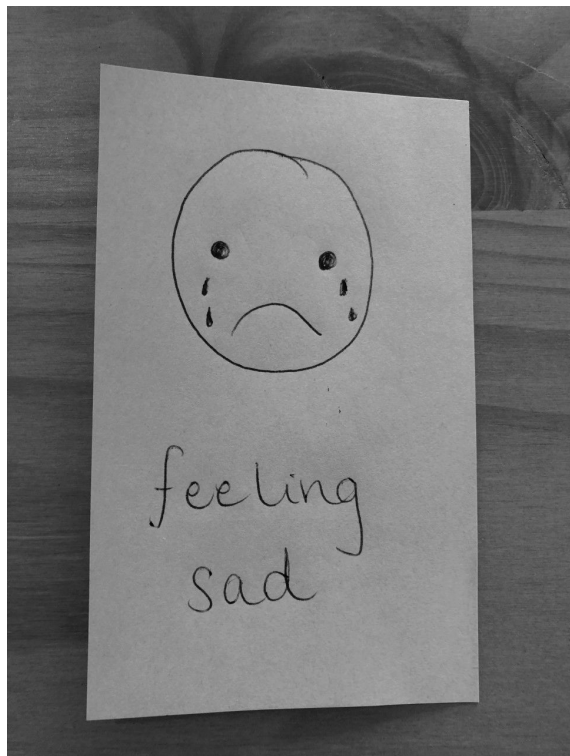
This can then prompt your learner to choose an activity to help with managing the emotion.

Praise them for choosing something to help them.

You may want to make the cards to put on a lanyard so that they are easily accessible.



Create help cards



Images teacher's own



Independent Living: Personal Care

Managing emotions

Make it easier

- Choose emotions your learner is familiar with.
- Model choosing an activity when identifying a feeling.

Make it harder

- Can you think of other emotions not listed?
How do you manage these?
- How do you share your feelings?

More ideas

- Use emojis when teaching emotions.
- Use images/videos of others to label and talk about emotions.



Further Learning with Oak National

Independent Living:

- Building Understanding- How to relax (Unit 2)
- Applying Learning- Managing feelings (Unit 2)
- Applying Learning- Balanced leisure activities (Unit 2)

Communication and Language:

- Building Understanding/Applying Learning- Our World (Unit 5)



References

Slide 8- Mirror, George Hodan, Publicdomainpictures / Sad Woman, Pxfuel / Child Crying, Pxfuel / Upset Man, Pxfuel

Slide 9- Bored Girl, Pikist / Tired Woman, Andrea Piacquadio, Pexels / Woman sleeping, Andrea Piacquadio, Pexels

Slide 10- Man, DMCA, Pxfuel / Happy Child, DMCA, Pikist / Happy Family, DMCA, Pikist

Slide 11- Excited Woman, RobinHiggins, Pixabay / Thumbs up, Public Domain, Pxhere / Boy, DMCA, Pikist

Slide 12- Nathan Cowley, Pexels, Man / Man, DMCA, Pxfuel / Woman, Linsenhajhaj, Wikimedia Commons / Man, DMCA, Pikist / Boy, DMCA, Pikist

