

We're Emoging

Primary Competency:

- CASEL: Self-Management
- xSEL Labs: Self-Control

How *We're Emoging* Impacts Students:

We will be able to...

- Identify, recognize and name personal complex emotions.
- Practice selecting an emotional management strategy.
- Practice using self-management strategies to help reframe thoughts and behaviors.

In *We're Emoging*, we practice reflecting on coping strategies.



Skills:

- Managing emotions.
- Mindfulness.

How to facilitate *We're Emoging* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students will need to form a circle.
- Each day, students are guided to share an Emoger they would use depending on the prompt for that day.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- Facilitate a class discussion on whether students found the Emogers that they selected changing depending on the situation or if it remained the same.
- Ask students whether they learned any new coping mechanisms that they might use in the future.