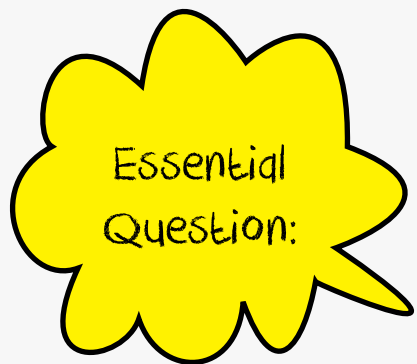


Drug and Alcohol Prevention

Emotional Awareness

Project and Purpose: Everybody feels upset or angry at one time or another, but knowing how to deal with those emotions takes practice. Students read a story and begin keeping a journal about their emotions to practice self-control.

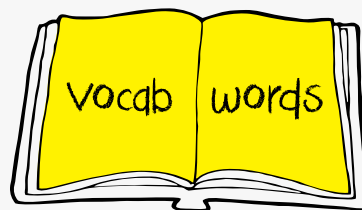


Essential
Question:

How do we
practice
self-control?



materials



vocab

words

Materials to create a journal
including lined paper and
construction paper for a cover

*Lily and the Purple Plastic
Purse* by Kevin Henkes

emotions

prevent

private

self-control

PreK-2

Procedure:

Introduction:

1. Ask students if they have ever had a rough day at school and discuss the details.
 - What happened?
 - Who was involved?
 - How did you feel?
 - How did you handle your emotions?
2. Write a list of the emotions they felt when they had a rough day.
3. Ask: How did you calm yourself down?
4. Talk about how we all have rough days and the emotions that come with them are natural. It's what we do to help ourselves understand and work through our emotions that is important in life. Knowing how to deal with our emotions in a healthy way is also important to help prevent using alcohol and drugs.

Direct Instruction (I do):

1. Explain that today they will read/listen to a story about a character who has a rough day at school. She goes through a lot of emotions, and sometimes not in a very positive way.
2. Read the book *Lily and the Purple Plastic Purse* by Kevin Henkes.

Guided Exploration (We do):

1. When the story is complete, talk with students about its message.
 - What happened to Lily?
 - What emotions did she feel?
 - Which of the emotions on our list did Lily also experience?
 - Did she handle her emotions in a positive or negative way?
 - What would you have done?

2. Discuss with the class that sometimes when rough times happen (and rough times can happen to all of us), it is up to us to decide how we are going to react to them. Are we going to turn to things that might be bad for us? What might some of those things be? (i.e. drugs, alcohol, violence, other bad behavior) This is sometimes called self-control or self-management.

Independent Practice (You do):

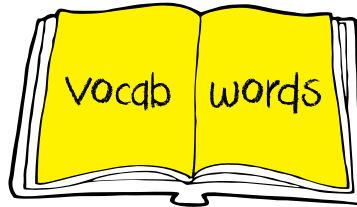
1. Introduce the idea of journal writing. Writing can be a way to work out and work through things that might be challenging, bothering us, or making us sad.
2. Explain that each student is going to create a journal, in which they can write and/or draw about whatever they want. These journals are to get out any inside feelings they may have bottled up inside. They should write about things that are bothering them in order to express themselves.
3. Explain to the students that when they write or draw about these problems/struggles, it prevents them from acting out negatively. At the end of each passage, the students should reflect on how they are going to deal with “rough times” in a positive way.
4. Explain to the students that these journals are completely private and no one else will read them. They are to help them express their feelings and take the time to think about how they are going to move on from here.
5. Ask students to determine a private place to keep the journals. Should the teacher hold onto them or should they remain in student desks or cubbies?

Conclusion:

Review the themes of the lesson. Close with a discussion of the following: Why is it good to think about ways we can deal with our emotions before we get into a difficult situation?

Notes:

Vocabulary & Definitions



emotions (n): Definition: strong feelings

Context: Tyler had a hard time controlling her emotions of sadness and anger when someone stole the necklace her grandmother had given her.

prevent (v): Definition: to stop something from happening or stop someone from doing something

Context: The best way to prevent a cold is to dress for the weather and wash your hands.

private (adj): Definition: for the use of a single person

Context: When Juan made a blanket fort, he created his own private space.

self-control (n): Definition: control over your feelings or actions

Context: Biki took several deep breaths, counted to ten, and relaxed his muscles to show self-control instead of being angry.