



Teen Leadership 20

Intended Audience:

- Teens

Lesson Objectives:

Participants will:

- Recognize their feelings.
- Identify productive and destructive behaviors for emotions.

Time: 20 minutes

Equipment and supplies:

- Feeling Chart handout
- Emotional Reactions handout
- Writing utensils for each participant

Do Ahead:

- Review lesson
- Prepare equipment and supplies
- Make copies of the Feeling Chart handout for each participant
- Make copies of the Emotional Reactions handout for each participant.

Knowing Your Emotions

BACKGROUND

Emotional intelligence is a person's ability to recognize and understand emotions and manage, control, and adapt the emotions, mood, reactions, and responses to them. When individuals are more aware of their emotional state, physical health and mental well-being benefit. In addition, individuals are better able to communicate feelings in a more constructive way, conflicts can be resolved, and people are more successful overall.

WHAT TO DO

Activity:

- Pass out the "Feeling Chart" and "Emotional Reactions" handouts to participants, along with a writing utensil.
- Have participants identify how they are feeling today using the "Feeling Chart".
- Ask for volunteers to share why they selected the particular feeling.
- Ask for participants what productive behavior is and what a destructive behavior is. Examples may help give a picture of these items.
 - For example:
 - Productive: behaviors that help to build relationships, manage emotions and accept and resolve conflict, e.g. anger: taking deep breaths
 - Destructive: responses prolong and inflame conflict and get in the way of productivity, e.g. anger: punching the person who made you angry.
- Have participants complete the "Emotional Reactions" handout.
- Ask for volunteers to respond to the following questions. (NOTE: Some individuals may not be comfortable sharing information, which is why it is suggested to have volunteers share.)
 - What were some of your productive reactions to an emotion? (You can either identify an emotion on the handout or have the participants self-select.)



Prepared by:

Hannah K. Epley
Extension Specialist
4-H Youth Development
Phone: 614.247.8144
Email: epley.24@osu.edu

Becca Goodman
Program Assistant
4-H Youth Development
Phone: 614.292.9314
Email:
goodman.230@osu.edu

Reviewed by:

Ohio 4-H Teen Leadership
Design Team Members

- What were some of your productive reactions to an emotion? (You can either identify an emotion on the handout or have the participants self-select.)
- How do your destructive reactions make you feel?
- How do your productive reactions make you feel?
- How can you make a destructive reaction into a productive reaction?

TALK IT OVER**Reflect:**

- What did you learn about yourself?
- How are you going to try to change your reactions to situations?
- How can you grow from how you react to a situation?

Apply:

- Use the feeling chart to identify how you are feeling. Keep a record or journal of your feelings for various day to day situations and experiences.
- Be mindful of how you react to situations.
- Challenge yourself to turn your destructive behavior into productive behavior.

Please take time to complete the Participant and Facilitator evaluations, found online at go.osu.edu/TeenLeadership20.

Feeling Chart

What emoji are you feeling like today?



ANGRY



DISAPPOINTED



ENERGIZED



HAPPY



HURT



LOVED



SAD



TIRED



SCARED



Emotional Reactions

For each emotion, write when you experience that emotion. Then, write what you do when you experience that particular emotion. Include productive and destructive behaviors for each emotion.

I am angry when _____

Productive Behavior	Destructive Behavior

I am disappointed when _____

Productive Behavior	Destructive Behavior

I am energized when _____

Productive Behavior	Destructive Behavior

I am happy when _____

Productive Behavior	Destructive Behavior



I am hurt when _____

Productive Behavior	Destructive Behavior

I am loved when _____

Productive Behavior	Destructive Behavior

I am sad when _____

Productive Behavior	Destructive Behavior

I am scared when _____

Productive Behavior	Destructive Behavior

I am tired when _____

Productive Behavior	Destructive Behavior