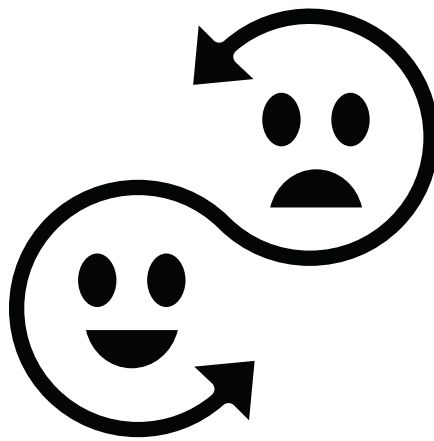




# FOCUS

Managing Emotions



**Focus** is a tutor time resource which explores a different topic over 4 sessions and brings different aspects into focus. The sessions are designed to be around 15-20 minutes, with a clear aim set out for each one. The sessions include questions for discussion, a video to watch or an activity to be creative, a time to reflect, a take-home focus point to share with students and a challenge for students to give a go throughout the week. Resources are available at the back to aid the session content.

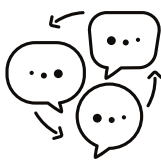
This focus is on the topic of **Managing emotions**.

We continually add to this resource to make it the best and most helpful for students and teachers.

We would love your feedback by completing this short feedback [form](#).



Aim



Discuss



Watch



Create



Reflect



Focus





# SESSION 1

## Managing Emotions



### Aim:

- To understand that we can all experience a number of different emotions and it is important to manage them well.
- Recognising that emotions are important, normal and helpful.



### Discuss:

**What are some of the different emotions we feel?** *(Try to see how many different emotions you can think off).*

**What causes us to feel different emotions?**

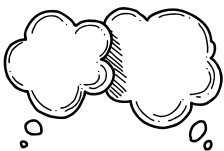
**Take it in turns to ask how you would feel if:** everyone forgot your birthday, you won the lottery, or you had an important test tomorrow.



### Watch:

Watch the short [video](#) from Inside out and think about the different emotions portrayed by the characters we meet.

The video is 2:30 minutes long and introduces us to the key characters from inside out and the different emotions felt.



### Reflect:

Which of the characters do you most identify with? Share this with someone you feel comfortable with.



### Take Home Focus:

**Focus:** *Emotions are normal, important and helpful.*

**Challenge:** *Make a note of the different emotions that you feel throughout the week and why you feel them.*



# SESSION 2



Feedback [link](#)

## Managing Emotions: Anger



### Aim:

- This session will look at the emotion of anger.
- The STOPP technique will be introduced as a strategy to help manage the emotion of anger.



### Discuss:

**What can make you feel angry?** (Examples may include: feeling like something is unfair, feeling powerless, being interrupted, and feeling frustrated).

**On a scale of 1-10, how often do you become angry?**

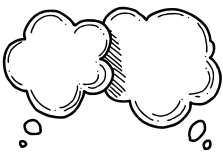


### Watch:

Watch this [video](#) introducing the STOPP technique as a strategy to manage emotions and, in particular, think about it in relation to the feeling of anger.

The video is 1:40 minutes long and explains STOPP. **STOPP** stands for **Stop**, **Take a breathe**, **Observe**, **Pull back**, **put in some perspective** and **Practise what works**.

If you would like a further video on breathing techniques, click [here](#).



### Reflect:

Take a minute to reflect on **STOPP** - **Stop**, **Take a breath**, **Observe**, **Pull back**, put in some perspective, and **Practise what works**.

### Some helpful questions to ask yourself include:

*What is the bigger picture? What advice would you give to a friend in this situation? How important will this be in a month?*



### Take Home Focus:

**Focus:** **STOPP** - **Stop**, **Take a breathe**, **Observe**, **Pull back** put in some perspective, **Practise what works**.

**Challenge:** When feeling angry remember to firstly stopp and take a breathe - slowly count to 5.



# SESSION 3



Feedback [link](#)

## Managing Emotions: Joy



### Aim:

- We will look at the emotion of joy and think about what things bring joy and the importance of gratitude for our wellbeing.



### Discuss:

**Name three things that bring you joy and make you smile** (*Ideas may include, being thankful, spending time with friends, being outside, playing sport, being creative, spending time with family, being by the sea.*)

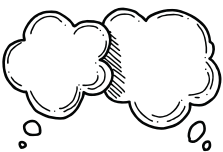
**What impact can joy have on our wellbeing?**



### Watch:

Watch this [video](#) on this experiment of how gratitude and telling someone what we are thankful for can affect our wellbeing.

The video is 7 minutes long and looks at the impact on our wellbeing when we tell someone significant to us what we appreciate about them.



### Reflect:

What is one thing you will do this week that brings you joy?



### Take Home Focus:

**Focus:** "Joy does not simply happen to us. We have to choose Joy and keep choosing it every day."

**Challenge:** Tell a friend or family member three things you are thankful for about them. You could even write them a letter or send a text.

# SESSION 4



Feedback [link](#)

## Managing Emotions: Fear



### Aim:

- We will look at the emotion of fear.
- We will look at a practical strategy for overcoming a fear.



### Discuss:

**How would you describe the emotion of fear?** *A dictionary definition is "afraid of (someone or something) as likely to be dangerous, painful, or harmful."*

**Has fear ever held you back from doing something?**

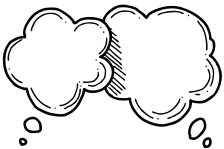
**Can you think of a time when you overcame a fear?** *(Examples may include: holding a particular animal, going away from home, going on a plane, climbing).*



### Create:

Think about a fear or something you would like to do but find difficult.

Create a fear ladder (example in the resources), thinking about how you could reach your goal of facing your fear or achieving what you would like to, breaking it down into small steps, starting with the easiest step to the hardest.



### Reflect:

Take 30 seconds to reflect and then share with the person next to you how easy or difficult it was to create your step ladder.

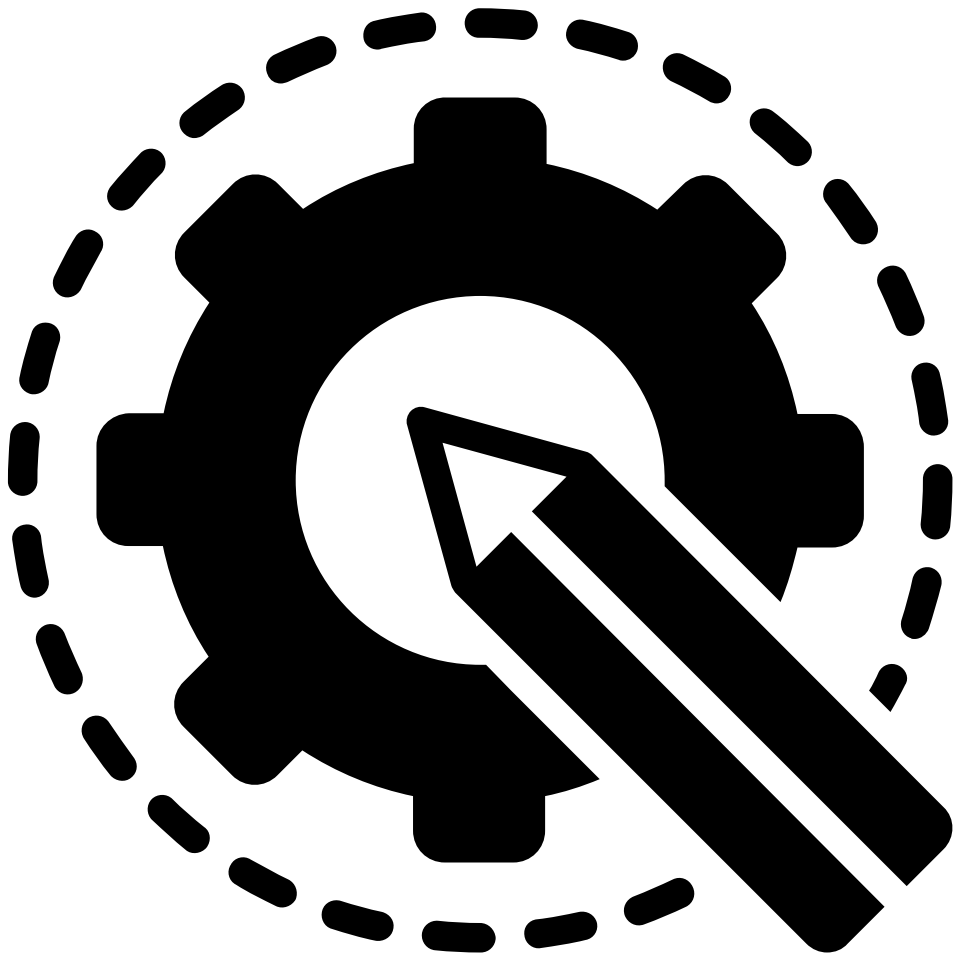


### Take Home Focus:

**Focus:** *An acronym for Fear can sometimes be:  
F.E.A.R: False Evidence Appearing Real.*

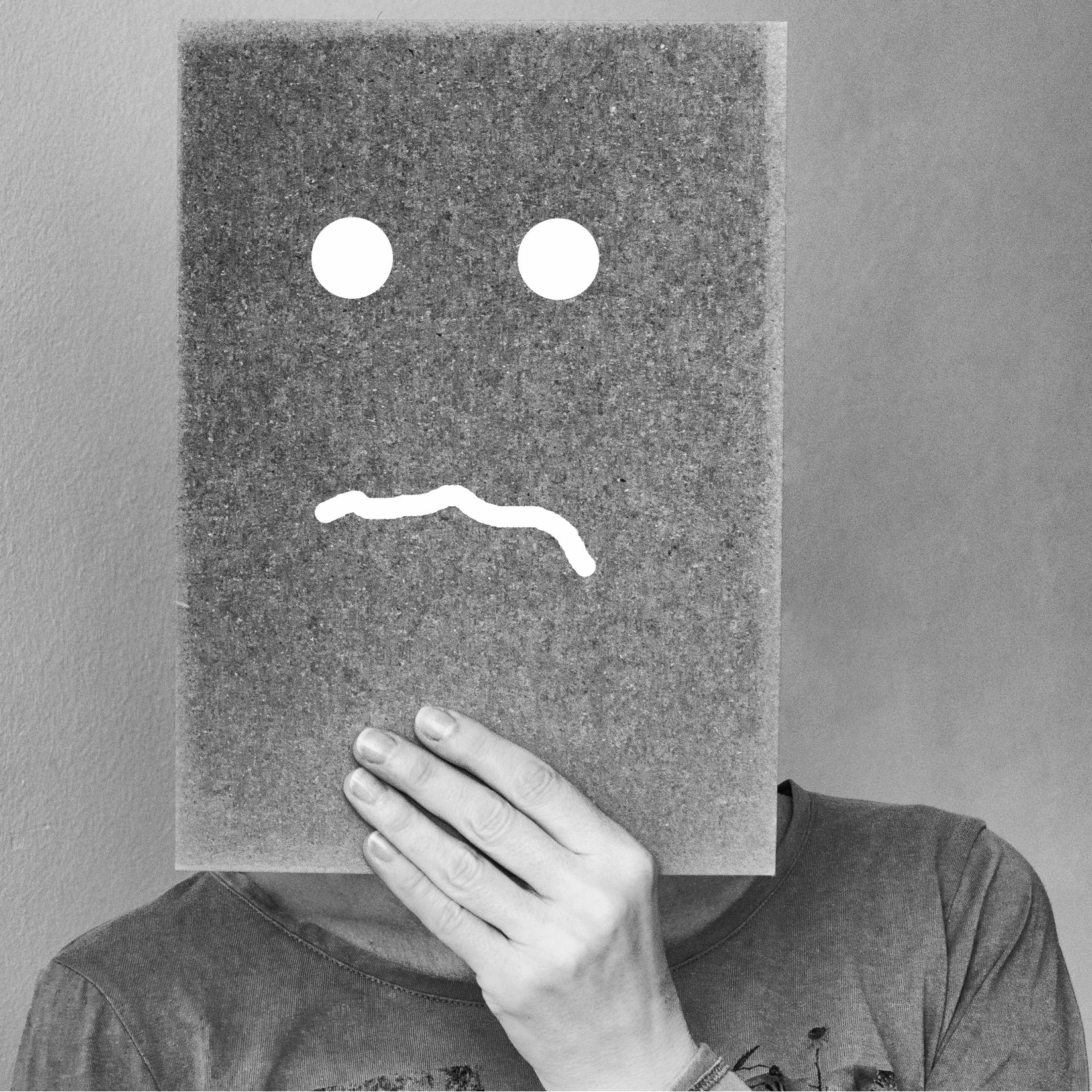
**Challenge:** *To use your step ladder to help reach your goal and face your fear.*

# RESOURCES





When I feel  
Anxious  
I can...



1. Take some deep breaths

2. Focus on the things that I am thankful for

3. Spend time with those I feel safe with and can just 'be' with

4. Do something that brings me joy

5. Practise Self-Care e.g. have a bath, read a book

6. Listen to some relaxing music or sounds e.g. sea, rain, birds

7. Do something active

8. Get outside and have some fresh air

9. Engage my senses - what is something I can see, hear, smell, touch and taste

10. Develop and maintain a good sleep routine



When my mood  
feels low  
I can...



1. Take some deep breaths

2. Do something active e.g. go for a walk, cycle, youtube workout

3. Be creative e.g. drawing or painting

4. Do something that brings me joy

5. Practise Self-Care e.g. have a bath, read a book

6. Listen to some music

7. Spend time with those I feel safe with and can just 'be' with

8. Practise some grounding techniques - what is something I can see, hear, smell, touch and taste

9. Develop and maintain a good sleep routine

10. Journal - Write down my thoughts and feelings



# TAMING YOUR ANGER TIPS

## 1. Use an I-message

I feel ...

When you ...

Because ...

I need ...

## 2. Stop and Think

Picture a stop sign to help you remember to think before you act

## 3. Breathe

Take 5 slow and deep breaths to calm your body down and control your response

## 4. Exercise

Running on the spot, stomping your feet, squeezing a cushion, clapping your hands are all ways to help you release angry energy

## 5. Take a time-out

Step away from an angry situation until you calm down. Then return to talk about your feelings





STOPP Technique Grid				
Stop (Step back from the situation)	Take a breath (Breathe deeply)	Observe (Think about how you are reacting)	Pull back, put in some perspective (Ask yourself what advice you would give to a friend?)	Practise what works (What can I do to help the situation?)



# WHAT BRINGS YOU JOY...

1.

2.

3.

4.

5.

# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

A GRATITUDE JOURNAL MIGHT SEEM LIKE IT IS TOO SIMPLE TO MAKE A DIFFERENCE, BUT PSYCHOLOGISTS HAVE FOUND THAT THIS SIMPLE ACT CAN HAVE AN EXTREMELY POSITIVE IMPACT ON YOUR WELLBEING. THERE ARE 3 SIMPLE STEPS, IT TAKES 3 MINUTES.

- EVERY NIGHT, JUST BEFORE YOU GO TO BED, SIT DOWN FOR A WHILE AND LOOK BACK AT YOUR DAY.
- THEN THINK OF 3 NEW THINGS THAT WENT WELL FOR YOU DURING THE DAY.
- WRITE THEM DOWN. REFLECT UPON EACH OF THEM.

READ MORE ON  
GRATITUDE HERE

DAY 1

1.  
2.  
3.

DAY 2

1.  
2.  
3.

DAY 3

1.  
2.  
3.

DAY 4

1.  
2.  
3.

DAY 5

1.  
2.  
3.

DAY 6

1.  
2.  
3.

DAY 7

1.  
2.  
3.



# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

THE ACTION OF WRITING DOWN THREE THINGS YOU ARE GRATEFUL FOR IS A KEY STEP IN BUILDING POSITIVE THINKING AS IT HELPS TO CREATE PATHWAYS IN YOUR BRAIN AND MINDSET, IT HELPS YOU THINK AND REFLECT ON WHAT IT WAS AND WHY IT MADE YOU GRATEFUL.

I'VE ALWAYS BELIEVED THAT YOU CAN THINK POSITIVE JUST AS WELL AS YOU CAN THINK NEGATIVE.  
JAMES BALDWIN

DAY 8

- 1.
- 2.
- 3.

DAY 9

- 1.
- 2.
- 3.

DAY 10

- 1.
- 2.
- 3.

DAY 11

- 1.
- 2.
- 3.

DAY 12

- 1.
- 2.
- 3.

DAY 13

- 1.
- 2.
- 3.

DAY 14

- 1.
- 2.
- 3.

# GRATITUDE JOURNAL

## 21 DAYS TO POSITIVE THINKING

HERE ARE IDEAS AND EXAMPLES TO HELP YOU:

WHAT ONE GOOD THING HAPPENED AT YOUR WORK/SCHOOL/COLLEGE TODAY?

WHAT ONE GOOD ACT OF GENEROSITY OR KINDNESS YOU DID TODAY?

WHAT ONE THING MADE YOU SMILE, LAUGH OR MADE YOU THINK 'WOW!' TODAY?

FOR MORE TOOLS AND IDEAS FOLLOW

@PHASEHITCHIN

DAY 15

1.  
2.  
3.

DAY 16

1.  
2.  
3.

DAY 17

1.  
2.  
3.

DAY 18

1.  
2.  
3.

DAY 19

1.  
2.  
3.

DAY 20

1.  
2.  
3.

DAY 21

1.  
2.  
3.

# Stepladder Goals

To help face and overcome a fear through gradual exposure.

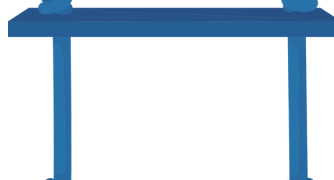
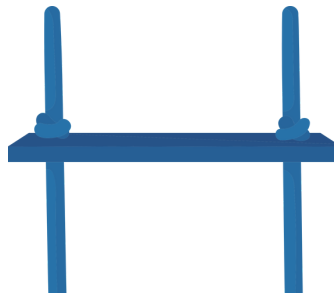
My goal is:

My end reward is:

Steps to success

Anxiety  
rating  
scale

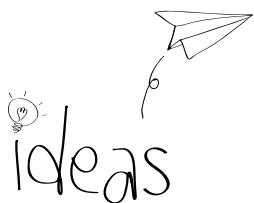
Reward for  
success





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@phasehitchin  
Charity No. 1154364**



**We are continually adding to this resource to make it the best and most helpful for both students and teachers, so if you see a need that you think would value from focus topic sessions- let us know. We would love to hear from you!**