



BREAK THE CYCLE

Lesson 2: Emotions

Learning intention Students understand that emotions can come in a host of forms such as fear anger, guilt shame and joy. Even our painful emotions can be a powerful source of energy and guidance as are our more pleasurable emotions. We can channel our fear into fuel and our troubles into triumphs.

Evaluation	<ul style="list-style-type: none">• The question is how can we harness the power of emotions, particularly painful ones, for productive outcomes?
Awareness	<ul style="list-style-type: none">• Start the class with five minutes of mindfulness. Teacher may use an app such as smiling mind or headspace. Students write down three things they are grateful for that has happened to them, since the last class.
Intervention	<ul style="list-style-type: none">• Read the Person who had feelings story. Unpack what leads some emotions to feel more uncomfortable than others. For what reason did the boys feelings make the Father respond as he did? What happens when we try to feeling? Is it a positive or negative to express your emotions?<ul style="list-style-type: none">○ Is it possible to experience a range of emotions in one day? Where do we feel our emotions? What do students think the purpose of emotions are?

Reflection	<ul style="list-style-type: none">• Write down three takeaways, three questions or observations having read the person who had feelings story. Now get the students to stand up and give a take a way, and get one, from as many people in the class as they can in the time allowed. When back in their seats, go around the room and get feedback from the class one at a time.• What advice would you give someone trying to bottle up their feelings?• What messages might our emotions be trying to tell us?
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Key message. Never take sides with your pride and suppress stress. What you meet and greet you defeat, what you resist tends to persist.

The Person Who Had Feelings

Once there was a person who had feelings. He had many feelings and they got them out every day. His family liked him when he showed his feelings. So, he started wearing them on his sleeve.

Then one day, his father said he did not like to see the small person's **fear** feeling anymore, and he tried to pull it off. But the feeling would not come off. So, the father said he would give the small person some **tough** to cover his fear.

It was very hard to cover the **fear** with **tough**. Mother and Grandmother helped. It took many days. "Now you look wonderful." father said when it was done. "We've covered some of your feelings with **tough**. You will grow into a good strong person."

When the little person was a little older he found a friend. The friend wore his feelings on his sleeves, too. But one day the friend said, "My mother wants me to cover my **lonely** feeling and I'll be different from now on." And he was! The small person decided to hide his **lonely** feelings, too. And he got some **anger** from a stranger. He put big patches of **anger** on top of his **lonely**.

It was hard work trying to cover the **lonely** feelings. One day when the small person went to school, some of his **lonely** started showing. So, the teacher kept him late and gave him some **guilt** to cover his feeling with.

Sometimes at night, when he was alone, the small person would look at his feelings. He would pull off the **tough** and **anger** and look at his **lonely** and **fear**. Then he would have to take a long time putting the **tough** and **anger** and **guilt** on again.

One night he noticed his **lonely** and **fear** were growing and beginning to stick out around the patches. The small person had to go out to find more **anger** to cover the **lonely** and he got all the **tough** his father could spare to cover the **fear**.

The person grew bigger and he was very popular. Everyone said he could hide his feelings very well. One day the person's father said he had a **proud** feeling and he would share it because the person was growing up with so much **tough**. The person couldn't find any place to wear the **proud** feeling because the **tough** was getting so big. The person had trouble finding room for any other feelings on his sleeve. The **tough** and **anger** were all that showed.

Then one day he met another person and they became friends.

They thought they were very alike because they both had only **tough** and **angry** feelings. But one day the friend told the person a secret. "I'm not really like you...my **tough** and **anger** are only patches to hide my **fear** and **lonely**." And then he pulled back the edge of his **tough** and showed the person his **fear**. Just for a second. The person sat very quietly and didn't speak. Then he carefully pulled a little edge of his **tough** back and showed his **fear**. And the friend saw it. And the person folded back a corner of his **anger** and the friend saw his **lonely**.

Then the friend reached out gently and hugged the person's **fear**, and then he hugged his **lonely**, and the friendly hug was like magic...for a feeling of **acceptance** appeared on the person's sleeve! And when he looked again he saw that he was different. His real feelings were showing and his **tough** and **anger** were smaller!

And then the person knew that whenever someone gave him **acceptance**, he would need less **tough** and then there would be more room to show his real feelings whatever they were: **happy, lonely, proud, bad, love, good, warm, hurt, fear...** human feelings.

About John Doran, Author

John Doran has been a teacher and guidance counsellor for over 24 years. A founding Chairman of the Network of School Planners from its foundation, he is author of the acclaimed *Ways to Wellbeing*. It is currently taught in over 140 schools both here and in mainland Europe. He is passionate about the transformative power of education to disrupt poverty, and help young people do all that they can, with all that they have, in the time that they have got, in the space that they are in. John speaks to management bodies, Education Trusts, teachers, parents and students on the topics of resilience, Wellbeing, stress management and maximising performance both nationally and internationally. John is a member of the Board of Directors of the Make A Wish Foundation Ireland.

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