

Lesson Overview

Managing Big Feelings



Recommended
3rd Grade



Length
50 - 100 Minutes

About This Lesson

In this lesson, students will identify strong emotions in others and in themselves, consider why they occur, and explore strategies they can use to respond. They will also reflect on a time they struggled with a strong emotion, how they responded, and what advice they would give to someone else who struggles with that same emotion.

Learning Objectives

By the end of this activity, students will:

- Identify and name strong emotions, consider why they occur, and how to respond
- Explore different strategies they can use to handle strong emotions
- Reflect on a time when they struggled with a strong emotion, how they responded, and describe how they would advise someone else who struggles with the same emotion
- Create a new Xellion character based on a strong emotion and tell a short story about them

Driving Question

How do you manage strong emotions when they show up?

Future-Ready Skills

Self-Awareness

Self-Management

Problem Solving

Respecting Differences

Lesson Breakdown

30-40
minutes

Mission: Managing Big Feelings

Direct students to complete **Mission: Managing Big Feelings**, where they will explore how to manage strong emotions when they show up.

20-60
mins
minutes

In-Real-Life Mission: Bring a Feeling to Life!

In this extension activity, students create a new Xellion character based on one of their emotions and write a short story about them. They can use the handout to record their story, or create a video or audio recording of their mission. They then upload the artifact to **Storyboard**, and reflect on what they learned.

View the Spanish handout on page 6: [¡Da vida a un sentimiento!](#)

Xello Entry Points

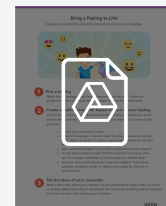
Students can begin right away with **Mission: Managing Big Feelings**. As part of the extension activity, students will upload their handout or story to **Storyboard** and reflect on what they learned about the topic and themselves.

Vocabulary

- Emotion
- Feelings
- Manage
- Observe
- Reflect
- Strategy
- Respond
- Self-Control

Student Handouts

If you have a Google account, choose a version below to make a copy of the handout in your Google Drive. Edit the copy and share it with your students.



[Copy English handout](#)



[Copy Spanish handout](#)



Bring a Feeling to Life!

Create a new Xellion character based on one of your feelings



1 Pick a feeling

Which of your feelings would love to become a real-life star? Choose an emotion that you are curious about and want to get to know a bit better

2 Create a Xellion character based on your chosen feeling

Try to imagine what your emotion would be like if it was a character you could bring to life. Use these questions to help build your character, or come up with your own:

- What is your character's name?
- What form does your character take? Are they based on an animal, plant, object, or person? Is there a connection between the emotion and how the character appears?
- Does something happen in your life to make the character appear?
- Do you get any physical signs that this character is about to show up? For example, butterflies in your stomach or a flushed face?
- What are some of this character's likes and dislikes? Think about activities, situations, foods, or hobbies they might be drawn to or want to avoid.

3 Tell the story of your character

Write a short story about your character on the worksheet or make a video or sound recording. Upload your story to Storyboard. Be sure to add anything new you learned about this emotion after creating your character.

Bring a Feeling to Life!

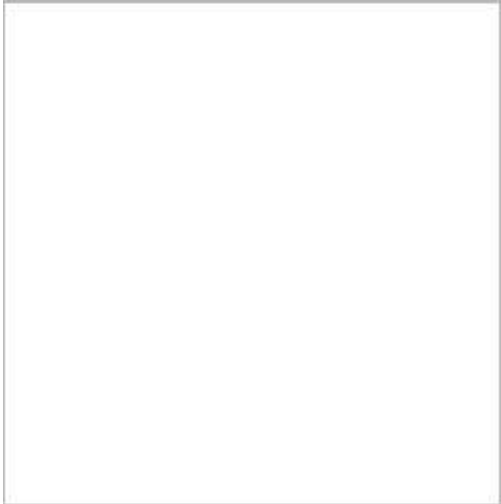
Create a new Xellion character based on one of your feelings

Which feeling did you choose? _____

Use these questions to help build your character, or come up with your own:

- What is your character's name?
- What form does your character take? Are they based on an animal, plant, object, or person? Is there a connection between the emotion and how the character appears?
- Does something happen in your life to make the character appear?
- Do you get any physical signs that this character is about to show up? For example, butterflies in your stomach or a flushed face?
- What are some of this character's likes and dislikes? Think about activities, situations, foods, or hobbies they might be drawn to or want to avoid.

Write a short story featuring the new Xellion character you created. Try to include the details you came up with as you invented your character. You could draw a picture, too!



What's one new thing you discovered about this emotion by creating a character?

¡Da vida a un sentimiento!

Crea un personaje de Xellion basado en uno de tus sentimientos



1

Elige un sentimiento

¿A cuál de tus sentimientos desearías mucho darle protagonismo en la realidad? Elige una emoción que te despierte curiosidad y desees conocer mejor.

2

Crea un personaje de Xellion basado en uno de tus sentimientos

Intenta imaginar cómo se vería tu emoción si fuera un personaje al que pudieras dar vida. Para crear tu personaje, usa las siguientes preguntas o crea tus propias preguntas:

- ¿Cómo se llama tu personaje?
- ¿Qué forma tiene? ¿Está basado en un animal, una planta, un objeto o una persona? ¿Existe una conexión entre la emoción y la forma en que el personaje aparece?
- ¿Algo en tu vida hace que el personaje aparezca?
- ¿Recibes señales físicas de que este personaje está a punto de manifestarse? Ejemplo: sientes cosquilleos en el estómago o tu rostro se sonroja.
- ¿Qué cosas le gustan y no le gustan a este personaje? Piensa en actividades, situaciones o pasatiempos que podrían resultarle atractivos o que quisieran evitar.

3

Cuenta la historia de tu personaje

Escribe una historia breve sobre tu personaje, o bien grábala en video o sonido. Carga tu historia en el Guión gráfico. Asegúrate de agregar los nuevos conocimientos que hayas adquirido sobre esta emoción después de crear el personaje.

¡Da vida a un sentimiento!

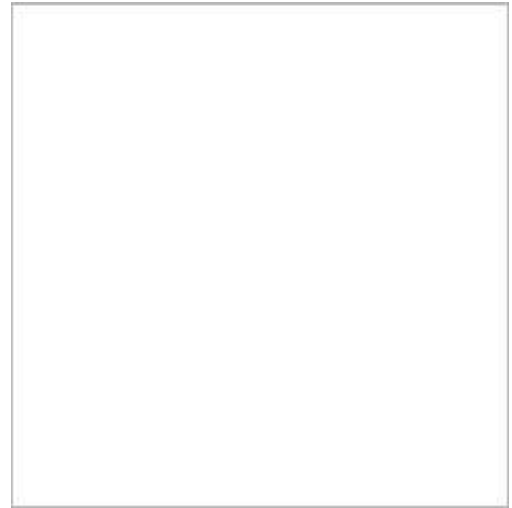
Crea un personaje de Xellion basado en uno de tus sentimientos

¿Qué sentimiento elegiste? _____

Para crear tu personaje, usa las siguientes preguntas o crea tus propias preguntas:

- ¿Cómo se llama tu personaje?
- ¿Qué forma tiene? ¿Está basado en un animal, una planta, un objeto o una persona? ¿Existe una conexión entre la emoción y la forma en que el personaje aparece?
- ¿Algo en tu vida hace que el personaje aparezca?
- ¿Recibes señales físicas de que este personaje está a punto de manifestarse? Ejemplo: sientes cosquilleos en el estómago o tu rostro se sonroja.
- ¿Qué cosas le gustan y no le gustan a este personaje? Piensa en actividades, situaciones o pasatiempos que podrían resultarle atractivos o que quisieran evitar.

Escribe una historia breve sobre el nuevo personaje de Xellion que creaste. Intenta incluir los detalles que se te ocurrieron al inventar el personaje. También puedes hacer un dibujo.



¿Qué aspecto nuevo descubriste sobre esta emoción al crear un personaje?
