



Keeping Cool

Lesson 5

During conflict, we all experience a jumble of feelings, symptoms, and thoughts.

What are some of the feelings we might experience?

Humiliated

Afraid

Excited

Frustrated

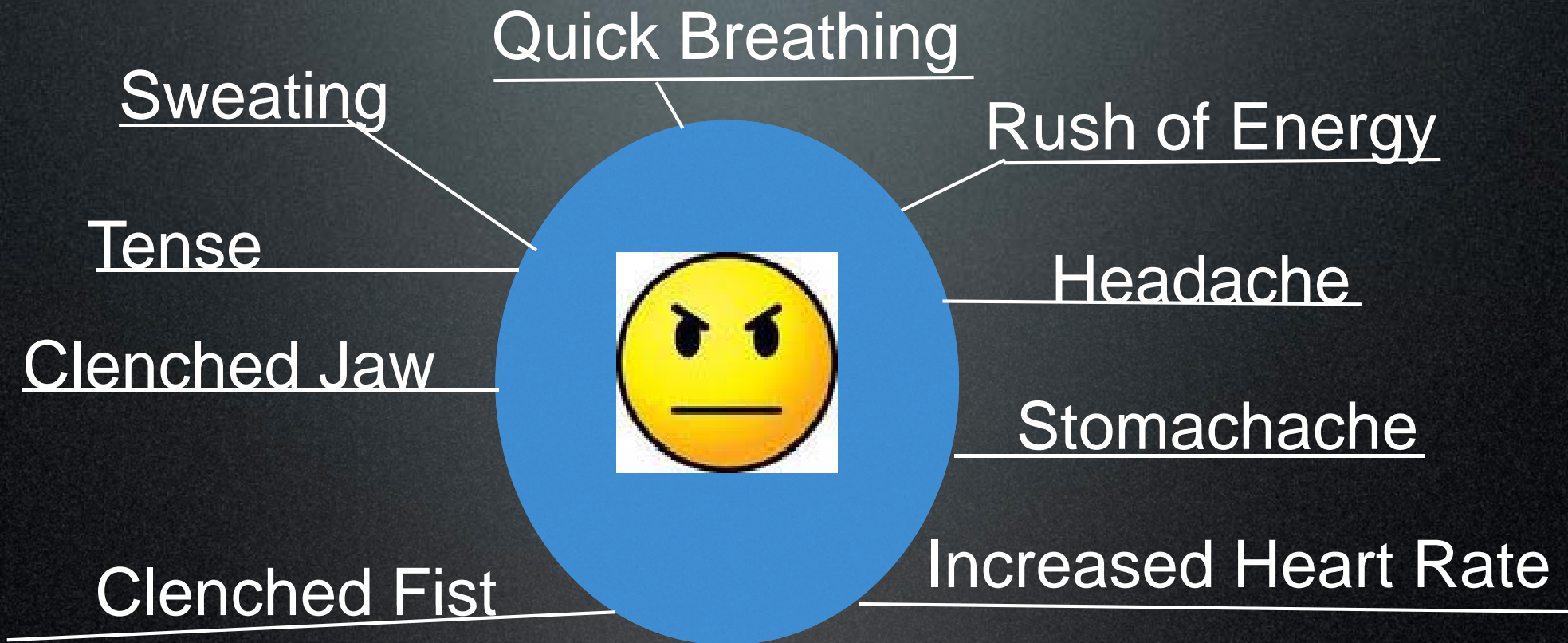
Hurt

Angry

Embarrassed

Confident

What are some of the Physical symptoms we might experience when we are mad?



You have all experienced hot -headed thoughts and feelings. During those times you need to find ways to deal with your anger, to keep cool or to stay cool.



What are some ways you keep cool when you are angry or frustrated?

What are some of the Techniques for staying calm?

Think Positive Thoughts

Take Deep Breaths

Go for a Walk

Count back from 10



Exercise

Talk to Someone

SITUATION

Carla has always had lots of different friends at school. Her latest friend is a new girl named Judy.

Unfortunately, Carla's regular group of friends do not like Judy very much.

They think she is pretty strange because she speaks with an accent and her skin color is different. So one day, when Carla is hanging out with her regular group of friends at lunch, Judy comes up to the table and asks if she can join them. Carla's other friends look up. One of them Luka, tells Judy, "No way! There is no room for that girl! She's the wrong color."

1. WHAT ARE SOME IMPULSIVE , HOT -HEADED THOUGHTS CARLA MIGHT BE HAVING?

2. WHAT COULD SHE DO TO STAY COOL-HEADED IN THIS SITUATION?

3. WHAT CAN CALRA DO TO HELP JUDY WALK AWAY FOR THIS SITUATION WHILE STILL MAINTAINING RESPECT?

4. WHO ARE THE VICTIMS, AGGRESSORS, AND BYSTANDERS?



We all experience times of conflict when we become upset. During these times, we feel a rush of thoughts and feelings that tells us we are upset. Feeling angry and upset and thinking angry thoughts is normal during conflict. However, we do not have to act on our hot-headed thoughts and feelings. Instead, we need to pay attention to our anger signals and find ways to stay calm. Once we cool down, we are able to pause and think about the situation with a clear head and are more likely to stay in control and choose a cool response. To really keep cool you need to size up the situation and find out what's going on.