**Grade 7-15**

**SEL: Understanding Emotions Week 15**

* **Context:**This next few sessions will be focused on understanding and regulating emotions. Across this session and the next we learn some basic brain science to help us understand where our emotions come from. We learn that our brains all create emotions quickly and automatically, which means people don't have their strong emotions on purpose. This can help us to take others' emotions less personally and not be too hard on ourselves for the emotions we experience.
* **Stop on slide 22**
* **Activity Link:**

<https://curriculum.characterstrong.com/ssel/grade-7-session-8/>

* **Grouping:**Students will be using an inside circle/outside circle method to rotate through multiple partners.
* **Educator Share:**In the virtual version, you will share using the Notice, Question, Connect frame related to the video.
* **Modifications:**If space or mobility is a challenge, you can have students find partners instead of the 2 circles.
* **Other Notes:**In the virtual version, students will need something to write with and write on. There is a [**video**](https://curriculum.characterstrong.com/ssel/grade-7-session-8/) in this session where the "hosts" discuss passing emotions to each other and how emotions work.