**Grade 7-20**

**SEL: Emotion Vocabulary Week 20**

* **Context:**Following 2 sessions on emotion understanding, this is the 1st focused on emotional regulation. This session we learn about calming down strong emotions by Naming them and improve our ability to use this approach by practicing distinguishing between different intensities of emotion to help us find the right name for what we are experiencing.
* **Start on slide 24**
* **Activity Link:**

<https://curriculum.characterstrong.com/ssel/grade-7-session-10/>

* **Other Notes:**Students will need something to write with and write on.