**Grade 7-18**

**SEL: Identifying Emotions Week 18**

* **Context:**This session is focused on understanding and regulating emotions. Across this session and the last 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.
* **Start on slide 21**
* **Activity Link:**

<https://curriculum.characterstrong.com/ssel/grade-7-session-9/>