

Emotional Control Journal Prompts.

Grades 1-4

1

Sometimes, it is hard to stay calm. Think about a time when you felt really angry. How did you feel in your body and mind? What did you do to help yourself calm down?

2

Sadness can be a hard feeling to handle. Think about a time when you felt really sad. Describe what it felt like in your body and mind. What did you do to help you feel better?

3

The feeling of worry can happen a lot. Think about a time when you felt really worried. What did you think about while feeling this way? What did you do to help you feel better?

4

Sometimes, you need help handling difficult feelings. Tell me who helps you when you have difficult feelings. What do they do to help you manage your emotions and feel better?

5

Think about a time in class when students could show more emotional control. Write a story about a hero who helps you and your classmates use emotional control during upsetting situations.

Emotional Control Journal Prompts.

Grades 1-4

6

When upset, breathing can help you become calm. How can taking deep breaths help you feel better when you are upset? Write or draw about when this has worked for you.

7

It is important for you to manage your feelings. Describe why it is important to know what you are feeling and how to manage those thoughts and feelings.

8

Emotional control helps you understand how other people may feel. Why is it important to know how others may be feeling? How could understanding their emotions help you?

9

Emotional control helps you manage how you react to problems. Write a letter to a classmate to encourage them to use emotional control when problems happen.



Emotional Control Journal Prompts.

Grades 5-8

1

Emotional control is the ability to manage feelings to achieve goals and complete tasks. Think about the last time that you showed excellent emotional control. It could have happened in class or at home. Maybe it was when you managed your reaction to an upsetting situation, calmed down when you felt upset or understood what caused your feelings. Describe how your body and mind felt before and after you showed emotional control.

2

Being angry is never fun. Think of a time when you should have managed your triggers that led to anger. Maybe you got upset at your parents when they asked you to do a chore or yelled at a classmate when they annoyed you. Describe your thoughts and actions during this situation. What would you change about your thoughts or actions if you could do it over again? Provide enough details so readers understand your thinking and how you would change your thoughts or actions.

3

Managing feelings of worry can be difficult. Think of when you felt anxious and struggled to manage those feelings. For example, maybe you experienced this feeling while taking an exam or thinking about all of your assignments due. Describe in detail how your body and mind felt before and after you were able to use coping strategies to manage your feelings. Be sure to provide enough details so your readers can understand what it was like to be in that situation and feel those feelings.

Emotional Control Journal Prompts.

Grades 5-8

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your emotions while experiencing a problem. For example, maybe your family moved, your phone broke after falling, or you failed a test. Then, write a story about a fictional character who travels back in time to help you use emotional control for your selected situation. Make sure you include details so readers understand and follow your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their emotional control skills. Tell me how you would help that student use emotional control strategies during class. Maybe you can help them by giving reminders or using a special signal. Describe your imagined classmate's actions and how you help them in three different situations.

6

Emotional control is important for students to use during class. Emotional control includes knowing the difference between big and small problems, managing reactions, expressing feelings calmly, and using coping strategies to calm yourself. Explain how your classroom environment would improve if students used more emotional control and why you think it is difficult for some students to use. Be sure to include specific details to support your explanation.

Emotional Control Journal Prompts.

Grades 5-8

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of emotional control you do well and what areas you need to work on. Explain how gaining additional emotional control skills could help you throughout your lifetime. Provide enough details so your readers understand how improving your emotional control skills could help you in the future.

8

More learning occurs if students use good emotional control skills in class. Emotional control includes understanding the size of a problem, knowing what is bothering you, controlling your reactions, and thinking of others' feelings. Imagine a student in your class with poor emotional control skills. Write a letter to this imaginary student to convince them to improve their emotional control. Include enough details to support your ideas and motivate the student to improve.



Emotional Control Journal Prompts.

Grades 9-12

1

Emotional control is the ability to manage feelings to achieve goals and complete tasks. Think about the last time that you showed good emotional control. It could have happened at work, in school, or at home. Maybe it was when you managed your emotions during an upsetting situation, determined the size of your problem, acted accordingly, or understood your feelings. Describe how your body and mind felt before and after you showed emotional control.

2

Being angry is never fun. Think of a time when you should have managed your triggers that led to anger. Maybe you got upset at your parents for taking your phone or yelled at your sibling when their music was too loud. Describe your thoughts and the actions you took during this situation. What would you change about your thoughts or actions if you could do it over again? Provide enough details so readers understand your thinking and how you would change your thoughts or actions.

3

Managing feelings of worry can be difficult. Think of when you felt anxious and struggled to manage those feelings. For example, maybe you experienced this feeling while considering your upcoming graduation or while studying to pass your exam. Describe in detail how your body and mind felt before and after you were able to use coping strategies to manage your feelings. Be sure to provide enough details so readers understand what it was like to be in that situation and feel those feelings.

Emotional Control Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wish you had a time machine to change how you managed your emotions while experiencing a problem. For example, maybe your friend ditched you, or you became upset after losing a game. Then, write a story about a fictional character who travels back in time to help you use emotional control strategies for your selected situation. Provide enough details so readers can understand your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their emotional control skills. Tell me how you would help that student use emotional control strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them in three different situations.

6

Emotional control is important for students to use during class. Emotional control includes knowing the difference between big and small problems, managing reactions, expressing feelings calmly, and using coping strategies to manage strong emotions. Explain how your classroom environment would improve if students used more emotional control and why emotional control is sometimes difficult to use. Be sure to include specific details to support your explanation.

Emotional Control Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of emotional control you do well and what areas you need to work on. Explain how gaining additional emotional control skills could help you during school. Provide enough details so your readers understand how improving your emotional control skills could help you next semester.

8

Emotional control skills are essential for life. Emotional control includes understanding the size of a problem, knowing what is bothering you, controlling your reactions, and thinking of others' feelings. Imagine a student in your class with poor emotional control skills. Write a letter to this imaginary student to convince them to improve their emotional control. Include enough details to support your opinion and convince the reader that learning these skills will help the student succeed.

