

February Week 1

Monday Lesson: Introduction to expressions and reactions

Teachers: Often times a child's reaction and expressions are based on learned behaviors, either from others or because they have tested methods and the behaviors have worked for them in the past. Whether a child is sneaky and knows exactly what they are doing or behaving directly by impulsive instinct, a child can benefit in their expressions and reactions by learning how their brain works and understanding how to control them. This month's curriculum is focused on reaction and expression. Today's lesson is an introduction to expression and reaction. Be prepared to use exercises inside the lesson.

By a raise of hands, who knows what expressions and reactions are? (Teachers, you can choose to call on one or two children to give an answer for each). Well, an "expression" is the way someone gets out what they feel to someone else. A "reaction" is the way someone acts (their actions) that is in response to someone or something. Let's get a couple examples of each: So, what if I told you guys that right now we were going to have a pop quiz on what we've learned so far this year and everyone who knows all the right answers gets to go get pizza and ice cream? FREEZE!! Don't move! Some of you smiled and became happy! Some of you looked nervous like you aren't ready for that. Some of you used words and some of you didn't. But the majority of you used a facial expression that showed what you felt. All of those were YOUR expressions based on how you felt. It was your way, even if you don't realize it, of showing someone else how you felt. An expression can either be verbal or physical, showing outwardly how you feel on the inside. A "reaction" is the way you act as a response to someone or something. So, your reaction to me offering the pop quiz were the actions you chose.

(Teachers, pick a couple of reactions you saw from some of the kids- such as a face-palm, scream, etc. Discuss those reactions)

I don't want anyone to raise their hand, just look at me and think hard. How do you think that you have expressed yourself? Think about when you're at home, at school, with your friends, etc. How do you express your feelings when you are upset or frustrated? Do you express yourself by shutting down and pouting? Do you express yourself by yelling? Do you express yourself by talking about how you feel? Think for a moment about how YOU, as an individual person, express yourself.

Now, again, do not raise your hands. Look at me and think about your answers. How do you react to things? If someone makes you angry, how do you react? Do you cry silently? Do you lose your self-control and physically push or hit them? Do you try to hurt their feelings with your words? Think about how you react to things.

This month we are going to focus on expressions and reactions, what are good expressions and reactions and what are bad ones. We're going to learn about what happens in the brain during an emotional overload and how to help yourself take control over negative reactions and expressions.

No, there isn't a pop quiz. But, for anyone that is willing to earn a prize or some candy, I have a mission for you: Once you leave here today, every time you express an emotion or show a reaction, either at home or at school, write it down. Every single time, write it down. I want you to write a sentence that says what happened, and what your reaction or expression was. Bring it back tomorrow to share. That's your homework, if you choose to accept it. 😊