



Understanding My Changing Emotions

An EZducate Social Learning Story

Target Skill: Emotions

Reading Level: Intermediate

Story Type: Everyday

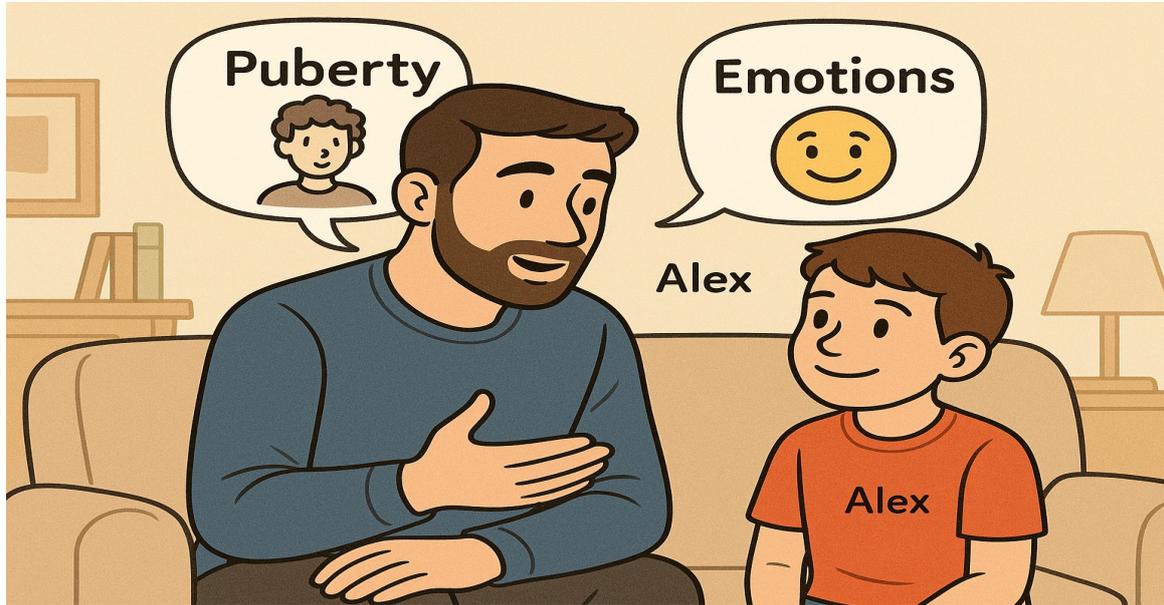
Approach: Explicit

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Hi, I'm Alex. I'm ten years old, and some things are starting to change in my life. Last night, my older brother Jake talked to me about something called puberty. Puberty is a time when our bodies and feelings start to change as we grow up.



Understanding My Changing Emotions



Hi, I'm Alex. I'm ten years old, and some things are starting to change in my life. Last night, my older brother Jake talked to me about something called puberty. Puberty is a time when our bodies and feelings start to change as we grow up.

Jake explained that it's okay and normal to feel different emotions, sometimes all at once. He said I might feel happy one minute and sad the next, and that it's all part of growing up. Emotions are how we feel inside, like being happy, sad, angry, or excited.

One day at school, I had a math test. I felt nervous about it. My hands were sweaty, and my heart was beating fast. Jake told me that feeling nervous is normal. He also said that taking deep breaths can help me feel calm. When I did this, I felt better and more focused on my test.



Sometimes, I feel angry when things don't go my way. Jake said that it's important to pause, take a deep breath, and try to explain how I'm feeling. This can help others understand me better. I practiced this when my friend took my turn at a game. I told him, 'I feel upset because it's my turn,' and he understood.

Jake reminded me that even when I'm feeling lots of emotions, talking to someone I trust, like him or Mom, can help. They can listen and help me understand my feelings better.

When I feel sad, Jake suggested telling someone or taking a break to do something I enjoy, like drawing or riding my bike. These activities make me feel happier and more relaxed.

I learned that it's normal and okay to feel all these emotions. Talking about how we feel can help us understand and manage our emotions. I'll remember to take deep breaths and talk about my feelings when I need to.



Key Social Concepts

emotions

puberty

communication

deep breathing

emotional expression

Social Rules

- It's normal to feel many emotions
- Communicating feelings is important
- Take deep breaths to stay calm



Social Understanding Questions

1. What did Jake say is normal to feel during puberty?

- A. Different emotions *
- B. Only happy emotions
- C. Only sad emotions
- D. No emotions at all

2. When Alex feels nervous about a test, what does Jake suggest he should do?

- A. Run outside
- B. Draw a picture
- C. Take deep breaths *
- D. Ignore the feeling

3. How did Alex handle his emotions when his friend took his turn in a game?

- A. He walked away
- B. He yelled at his friend
- C. He explained how he felt *
- D. He ignored his friend

4. What activity does Jake suggest Alex do when he feels sad?

- A. Watch TV
- B. Tell someone or do something enjoyable *
- C. Stay by himself
- D. Eat a snack

** Indicates the correct answer*



Social Cues Guide: Emotions

Skill Description

Emotions involve understanding and responding appropriately to others' feelings. This skill helps children recognize, interpret, and express emotions in social settings, leading to better communication and relationships.

Social Cues to Watch For

[object Object]

Common Misunderstandings

- Interpreting a neutral face as a negative emotion.
- Confusing excitement with anger due to similar vocal tones.
- Mistaking personal space invasion as friendliness rather than over-exuberance.

Practice Scenarios

1. A child at a birthday party notices another child sitting alone and frowning.
2. During a group project, a teammate appears frustrated after their suggestion was rejected.
3. A friend jumps up and down after receiving a gift, displaying visible excitement.
4. One child pushing another on the playground—was it in fun or aggression?
5. A teacher giving a student a thumbs up after they answered a question correctly.