



Understanding and Managing Emotions at Home

An EZducate Social Learning Story

Target Skill: Emotions

Reading Level: Teen

Story Type: Everyday

Approach: Modeling

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Every day I come home from school, I have different feelings. Sometimes I feel happy, and sometimes I feel frustrated. It is okay to have different emotions. It is important to understand what I am feeling and why. When I know this, I can make choices that help me feel better.



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Creating a schedule at home helps me manage my emotions. A schedule shows me what I need to do and when to do it. When I follow my schedule, I feel more organized and less stressed. This can make me feel calm and content. My mom helps me create my schedule. Together, we write down the tasks I need to do at home, like doing my homework, having dinner, and relaxing.



When I come home and see my schedule, I know what to expect. If I know what to expect, my emotions feel easier to manage. For example, after school, I might feel tired and frustrated. That's okay. My schedule says I can have a break before starting my homework. Taking a break helps me feel relaxed. I can listen to music or play a game for 15 minutes. This helps my feelings move from frustrated to calm.

Sometimes, I might feel overwhelmed if my homework is difficult. When I feel overwhelmed, I can ask for help. I can talk to my mom or dad and say, 'Can you help me with this?' Asking for help is a good way to lower my stress and understand my work better. When I practice asking for help, I am taking care of myself.



At home, I share my feelings with my family. If I feel happy or relaxed after finishing my homework, I can tell my parents, 'I did it. I feel proud!' Sharing my emotions with them helps me connect and feel supported. It is normal to feel many emotions, and talking about them helps me understand myself better.

When the day is almost over, I follow my nighttime routine from the schedule. Taking a shower, changing into pajamas, and reading a book before bed help me wind down. When I stick to my evening routine, I feel peaceful and ready for sleep. A good night's sleep is important for how I feel the next day.

Every emotion I feel at home is part of me. My schedule helps me manage my day and my feelings. When I understand my emotions, I make choices that help me stay calm, happy, and connected with my family.



Key Social Concepts

understanding emotions

creating a schedule

managing stress

asking for help

sharing feelings

Social Rules

- It is okay to have different emotions.
- Using a schedule can help manage emotions.
- Taking breaks can help reduce frustration.
- Asking for help can lower stress.
- Sharing emotions can build connections.



Social Understanding Questions

1. What is one way the story suggests managing emotions when feeling frustrated after school?

- A. Taking a break before starting homework *
- B. Skipping homework entirely
- C. Watching TV for an hour
- D. Going to bed early

2. How can following a schedule help with emotions according to the story?

- A. It makes you do things faster
- B. It helps you feel more organized and less stressed *
- C. It always makes you happy
- D. It lets you skip unwanted tasks

3. What should you do if you feel overwhelmed with your homework, based on the story?

- A. Ignore the feeling and continue alone
- B. Take a nap and forget about it
- C. Ask mom or dad for help *
- D. Get angry at your homework

4. Why is sharing your feelings with family important, as described in the story?

- A. It helps you finish homework faster
- B. It makes your feelings go away completely
- C. It helps you connect with family and feel supported *
- D. It always makes you feel proud

** Indicates the correct answer*



Social Cues Guide: Emotions

Skill Description

The ability to recognize, understand, and respond appropriately to different emotions in social settings. This skill helps teens build relationships and navigate social situations effectively.

Social Cues to Watch For

Social cues for emotions include facial expressions like smiling or frowning, body language such as crossed arms or relaxed posture, tone of voice varying from excited to flat, and contextual signals like the environment or ongoing activities. Together, these aspects convey how someone might be feeling.

Common Misunderstandings

- Confusing a neutral expression with a negative one
- Misinterpreting sarcasm as genuine emotion
- Overlooking subtle cues like a slight change in tone suggesting irritation

Practice Scenarios

1. Imagine your friend looks down at their phone and sighs. How do you think they're feeling? What could you say or do to check on them?
2. You notice your classmate is unusually quiet during lunch. What might this mean? How could you approach them to show support?
3. During a group project, one team member is speaking loudly and moving their hands a lot. What could their emotional state be? How should you react?
4. Someone gives a big smile and waves enthusiastically when they see you in the hallway. What emotion are they showing and how might you respond?
5. You work on a group assignment, and one member rolls their eyes when another speaks. How could you interpret this reaction, and what should you do next?