

Prevention Program Overview

Program: Emotion Commotion!

Program Objective

Emotion Commotion: Introduces students to the concept of mental health in a relatable way. Students will learn that mental health is about how we think, feel, and act, and that it is just as important to care for our minds as it is to care for our bodies.

Through interactive activities, students will:

- Identify and name a variety of emotions.
- Recognize physical signs of different feelings.
- Practice mindfulness techniques, including deep breathing and the “Five Senses” exercise, to help calm and focus the mind.
- Explore positive thinking strategies and the importance of gratitude

Program Summary

Sessions	One
Population	Appropriate for 1st-5th grade students
Education	Emotions/Feelings <ul style="list-style-type: none">• Identify/Name emotions and recognize the physical signs Mindfulness <ul style="list-style-type: none">• Explain what mindfulness is and practice techniques Positive Thinking <ul style="list-style-type: none">• Practicing positive thinking strategies seeing the good in yourself, others, and situations/and exploring gratitude.
Activities	<ul style="list-style-type: none">• Act it Out -Student act out various emotions for their classmates to identify and then identify the physical feelings that accompany those emotions.• Five Senses Activity• Gratitude Jar
Skill	This program teaches emotional awareness and a healthy expression of feelings, mindfulness, positive thinking and coping skills.