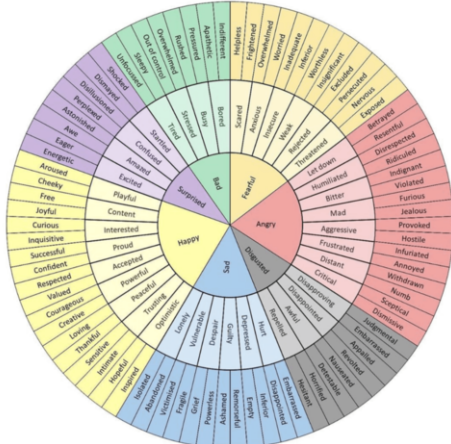


ATL Activity Template

<p>Specific Skill</p> <p><i>I.e. Thinking, Transfer Skills: Use effective learning strategies in subject groups and disciplines.</i></p>	<p>Self-Management</p> <p>Emotional management</p> <p>-Practice strategies to overcome impulsiveness and anger</p>
<p>Engagement Activity</p> <p><i>How are you going to explicitly teach this skill to students?</i></p>	<p>Writing Prompt</p> <ol style="list-style-type: none"> 1) Think of the last time you got angry? Why did you get angry? 2) Mind map the events that led up to your angry outburst. 3) Identify your feelings- not in a generic way. <p>What were the feelings that you were feeling this time?</p>  <ol style="list-style-type: none"> 4) https://www.youtube.com/watch?v=t9PFISPIJA8&ab_channel=NewLifeCommunities 5) Looking at the mind map after watching this video, Try to pin-point the feeling that overstepped your boundary. 6) What do you personally think would be a better way to manage your emotions? You can write to yourself, no need to share. 7) As a class we will discuss some emotional management techniques.
<p>Target Grade(s)</p> <p><i>Can you differentiate to accommodate more grades?</i></p>	<p>8-12</p> <p>Almost anyone can benefit from an activity such as this one!</p>

--	--