

Lesson 31



Area: Be Agreeable

Title: **Healthy/Unhealthy Expression**

Objective: Students will learn to distinguish between healthy and unhealthy expression of feelings.

Materials: “Healthy/Unhealthy Expression” Worksheet
Board or Overhead

Activity:

1. Discuss the difference between healthy and unhealthy expression of feelings. For example, if a person were angry, unhealthy expression would be throwing something and breaking it, whereas healthy expression would be talking about the problem without exploding. Invite students to share a few additional examples.
2. Ask the students to find a partner and give each pair a Healthy/Unhealthy Expression Worksheet. Partners are to work together to fill in the worksheet.
3. After students complete the worksheet, have several pairs share examples of healthy and unhealthy expression for selected feelings. Record all suggestions on the board or overhead under the headings *Healthy Expression* and *Unhealthy Expression*.

Closure: Discuss the following questions (or journal):

1. “Was it more difficult to think of healthy or unhealthy ways to express the feelings?”
2. “Do you see any payoffs from unhealthy expressions of emotions?”
3. “Do you see any advantages to healthy expression?”



Healthy/Unhealthy Expression Worksheet

Directions: Identify healthy and unhealthy ways to express each of the following feelings. For use with the lesson “Healthy/Unhealthy Expression”.

A student...	Healthy	Unhealthy
<p>1. Anger</p> <p>is continually picked on for his/her appearance.</p>		
<p>2. Disappointment</p> <p>is not selected for a part in the school play, sports team, etc.</p>		
<p>3. Fear</p> <p>is expected to give an oral report in English class.</p>		
<p>4. Worry</p> <p>is worried about her/his parent’s reaction to a poor grade on a Math test.</p>		
<p>5. Sadness</p> <p>has a friend or relative who dies unexpectedly.</p>		