



KNOW YOURSELF

THE HIGHTS AND THE LOWS



INTRODUCTION

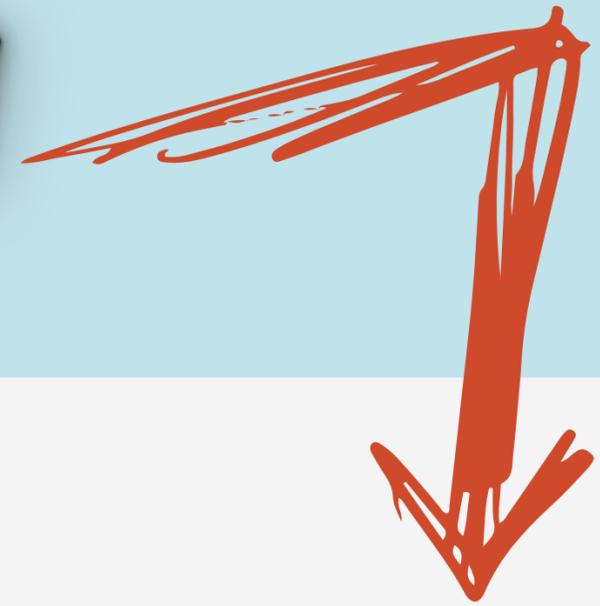
Life can often be an emotional rollercoaster. In a matter of seconds, we can go from feeling elated to dismal and vice versa.

Recognizing that highs and lows are inevitable during the school year allows you to develop coping strategies as your emotions fluctuate.

This lesson is designed for you to reflect on past experiences and identify how you might handle similar situations differently in the future.



SEL CONNECTION



Self-management is critical to navigating the high and low points of life. It's important to celebrate the highs when they come and develop coping mechanisms when the lows surface.





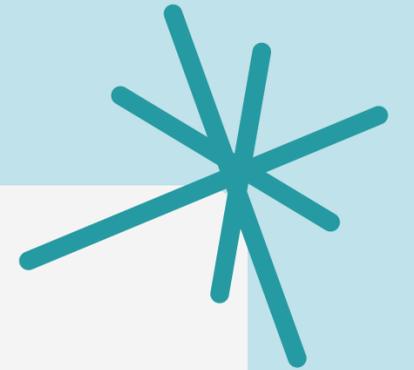
ICEBREAKER

MINGLE-PAIR-SHARE





MINGLE - PAIR - SHARE



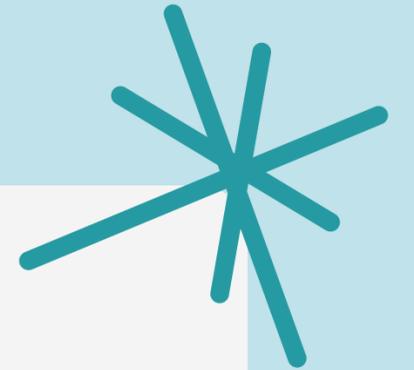
READ ALOUD

Elated one minute, sad the next: it's called the emotional rollercoaster. It's a whirlwind of feelings that can leave you feeling confused and emotionally exhausted. If you feel like you're on a rollercoaster of emotions, getting off it can seem like an impossible task. And that's understandable because it's hard to think logically or take well-reasoned actions when your feelings seem so out of control." -Better Help





MINGLE - PAIR - SHARE



Independently reflect on a time your emotions fluctuated from low to high or high to low.

PROMPT

I was feeling emotionally low/high because _____

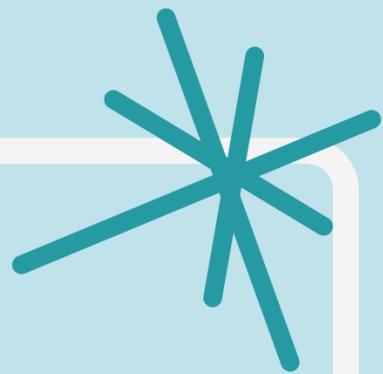
My feelings changed when _____



ICEBREAKER

>>> GET MOVING!

MINGLE - PAIR - SHARE



1) Listen to 10-20 seconds of "The Highs and the Lows" as you mingle around the class, similar to musical chairs.

2) When the music stops, find a close-by partner and give them a fist bump.



3) You will have 90 seconds to share per round. After each round one person will share out with the class.

PROMPT

I was feeling emotionally low/high because _____

My feelings changed when _____





LESSON PART ONE

THE HIGHTS AND THE LOWS

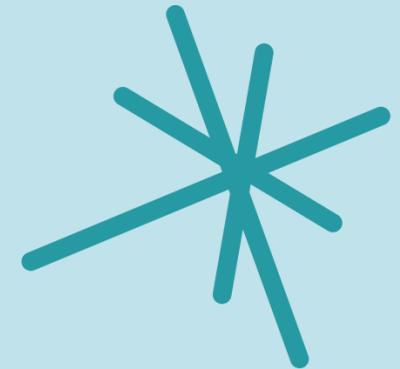


LESSON: PART ONE



WATCH A VIDEO

THE HIGHS AND THE LOWS



THE HIGHS AND THE LOWS

After watching the video analyze lines 1-4 and lines 5-8 separately. Use the Highs and Lows Note Catcher to respond to the guiding questions below.

- Which lines from the hook of the song are resonating with you?
- What connections can you make to your life?
- What feelings are coming up for you as you think about these lyrics?



LESSON: PART ONE



THE HIGHS AND THE LOWS

Now, analyze all the song lyrics and respond to the following questions.

- What lyric from Chance the Rapper or Joey speaks to effectively handling the ups and downs of life?
- What feelings are coming up for you as you think about these lyrics?
- Share an idea or question you have about applying these lyrics to your life.





LESSON PART TWO

LYRICIST LOUNGE



LESSON: PART TWO



WORK TOGETHER

LYRICIST LOUNGE

"YES, AND..." PROTOCOL

- 1) Exchange worksheets with a partner.
- 2) Look at the lyrics your partner selected and their responses.
- 3) Respond to your partner's idea with a comment beginning **"Yes, and..."**

EXAMPLE

Student 1:

Lyrics: I was feelin lifeless, I had to cut my vices
Now the feelin that I feel is priceless.

Student 2:

Comment: Yes, and you can also watch this video that might motivate you (share a related video).

Idea or Question:

I can start small and focus on getting rid of one vice/bad habit at a time so I don't feel overwhelmed.



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LESSON PART THREE

KNOWLEDGE OF SELF-ASSESSMENT



KNOWLEDGE OF SELF-ASSESSMENT

- 1) Self-assess using the 4 components outlined in the Knowledge of Self-Assessment Note Catcher.
- 2) Choose one area to highlight as your most important area to grow in and small steps you can take towards growth.
- 3) Share with a partner, then the whole class will share out.

4 COMPONENTS

1. Choose Behaviors That Increase Emotional Stability
2. Avoid Acting on Rapidly Changing Emotions
3. Pursue the Goals That Matter to You
4. Build Healthy Relationships





DEBRIEF / EXTENSION





CELEBRATE PROGRESS

- 1) Re-visit your knowledge of self-assessment in one week.
- 2) In a week, pose the following reflection question:

How have you grown in the component you chose to focus on?

TIP: CELEBRATE EVEN THE SMALLEST PROGRESS!

