

Resources for Implementation

Chapter 3 Applied Learning Activity: Modeling Effective Emotion Regulation

Establishing a healthy approach to emotion regulation among all adults in your professional work and setting requires leaders who model these skills. The way you demonstrate **emotion awareness and understanding and emotion management** will influence how others regulate their emotions (inside and outside of the classroom). Complete the prompts in the chart below to reflect on how your behaviors may be impacting others' emotion regulation in your setting.

Emotion awareness and understanding	Emotion management
When you feel your “emotional pulse” begin to rise, what does it feel like in your body? (e.g., heart is racing, hands shake, rapid breathing, etc.)	How do you manage your emotions in tense moments?
What would it look like and sound like for someone observing you in these moments?	Do you think your emotion management sets a good example for other adults in your setting? Why or why not?
How do you typically interact with others in these moments? Do you notice any patterns?	What would you like to change about the way you manage your emotions? What are some strategies you can employ in tense moments?