

Emotional Granularity

Self-Management and Self-
Care, Module 2



AGENDA



1. Brainstorm: List as many emotions as you can in one minute.



2. Activity: Working in pairs or small groups, review the list of emotions provided, add as many synonyms you can think of. Pick one emotion and describe it in detail. Be prepared to present to the class.



3. Reflect: On a scale of 1 - 5, how would you rate your level of emotional granularity?

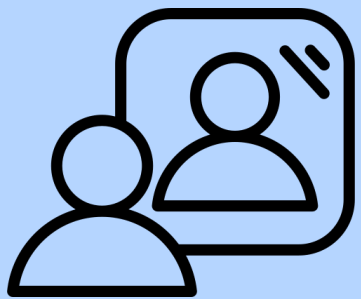
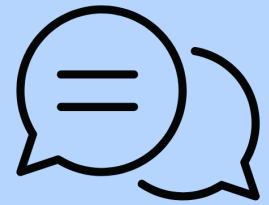


BRAINSTORM



List as many emotions as you can in one minute!

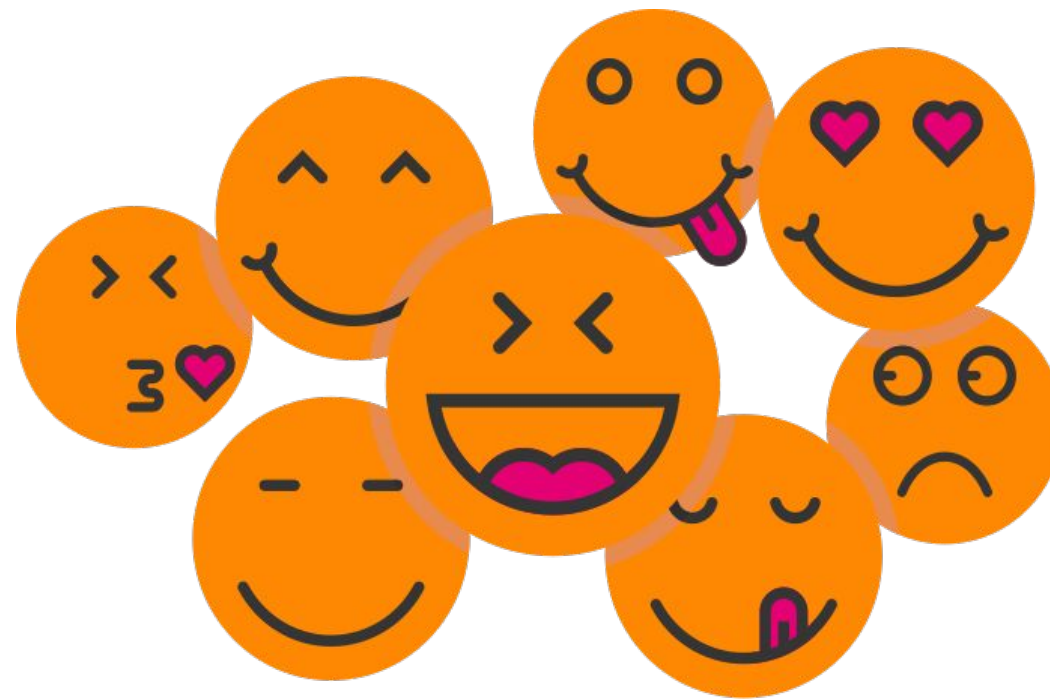


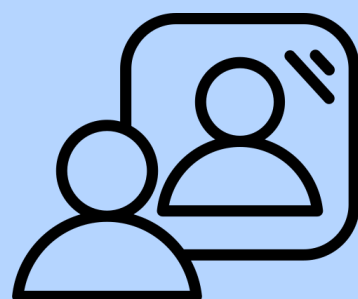


DISCUSS



Do you think it's important to distinguish one emotion from another? Why? How precise do you think you need to be? Is it enough to say you're happy or is it important to use specific words like cheerful, joyful or delighted? What might the benefit be of having a broad emotional vocabulary and understanding what the differences might be from one emotion to another?





DIVE IN



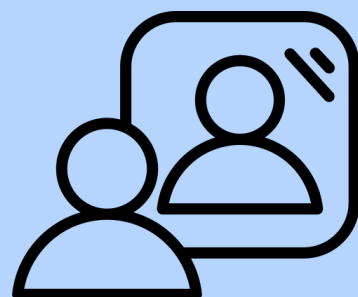
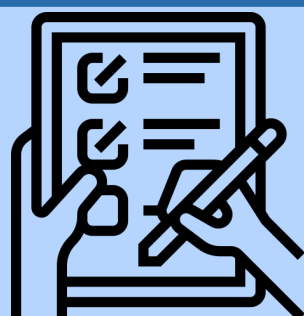
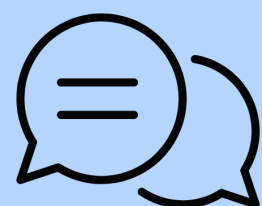
Emotional Granularity is our ability to precisely name our emotions and distinguish specific emotions from similar ones.

Click the button below.



Granularity





ACTIVITY



Activity: Working in pairs or small groups, review the list of emotions provided, add as many synonyms you can think of. Pick one emotion and describe it in detail. Be prepared to present to the class.

Guiding Questions

- Do you think it's important to distinguish one emotion from another? Why?
- How precise do you think you need to be?
- Is it enough to say you're happy or is it important to use specific words like cheerful, joyful or delighted?
- What might the benefit be of having a broad emotional vocabulary and understanding what the differences might be from one emotion to another?



High School

Worksheet

Name: _____

Date: _____

Emotional Granularity

Make a list of all the emotions you can think of in one minute.

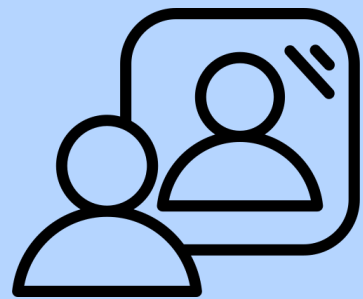
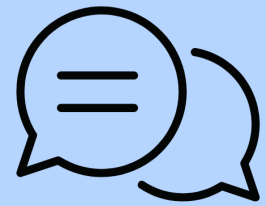
Commonly Identified Emotions and Synonyms

Anger	Anticipation	Disgust	Joy	Fear	Sadness	Surprise	Trust
rage mad	interest excited	disapprove hate	happy love	scared terror	grief unhappy	awe amaze	admire accept

Select one emotion from the list and present this emotion to the class. Use the following probing questions to help guide you:

- What is the emotion?
- What are some synonyms for the emotion? Antonyms?
- When are some times that you have experienced an instance of that emotion?
- What did it look and feel like when YOU feel the emotion? Why?

Reflect: On a scale of 1-5 (1 being not good at all and 5 being excellent) how would you rate your level of emotional granularity? Explain your reasoning.



REFLECT



To wrap up the lesson, ask students to respond to the Reflect question on the worksheet: On a scale of 1-5 (1 being not good at all and 5 being excellent) how would you rate your level of emotional granularity?



Home Connection

Emotional Granularity

Dear _____,

I'm excited to share that your student has been learning about emotional granularity in class. This concept involves precisely naming and distinguishing specific emotions from similar ones. By developing emotional granularity, students build greater self-awareness and a deeper understanding of their experiences. This helps them predict how certain situations might make them feel and allows them to express and manage their emotions more effectively. It also enhances their ability to understand others' emotions, which is crucial for building and maintaining relationships.

Please discuss this question with your student: Can you name some specific emotions you felt today and explain why you felt them? This will help reinforce their learning and encourage them to practice identifying and articulating their emotions.

Please do not hesitate to reach out with any questions or concerns.

Best,



Professional Development



Take 5 minutes and reflect on your own level of emotional granularity. How can you model more emotional granularity in the classroom?





Further Study

- Edutopia, Emotional Regulation Activities for Tweens and Teens:
<https://www.edutopia.org/article/emotional-regulation-activities-tweens-and-teens>
- Lisa Feldman Barrett, Try these two smart techniques to help you master your emotions:
<https://ideas.ted.com/try-these-two-smart-techniques-to-help-you-master-your-emotions/>
<https://www.learningforjustice.org/classroom-resources/lessons/showing-empathy>
- TED, You Aren't at the Mercy of Your Emotions - Your Brain Creates Them:
https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them





Lesson Complete!

