



RELATIONAL TEACHING FRAMEWORK

Title : **Managing emotions when you are upset**

Area : **Relational Teaching**

Process

Check in

A time when I felt upset was

Mixer

Those who might have hurt someone at one time.
Those who have felt hurt.

Activity

Role Play:

1. In a group of 2, one will be the friend and the other one will be the person role playing.
 - a. One who has fall out of love **or**
 - b. One who has just got bad grades for a recent assessment that he/she thought will achieve.
2. Close friend to listen & offer coping strategies to the one role played.

Feedback

1. Highlight the good strategies that the close friend has offered and has helped you to feel better.
2. In addition to the strategies highlighted, list the good traits that your friend exhibited as a listener.



Energiser

Rabbit Game

1. Person who is starting the game will select a person's name to call out.
2. The person is to call out the name in this manner: "Rabbit.....Seow Chong"
3. While saying "Rabbit", the person should raise both his/her hands, pointing the index and middle finger upwards together (simulating rabbit's ear). When the name of the person is called out, the one calling out should point both hands in the direction of the person, keeping the fingers in the same way.
4. In response, the person eg. Seow Chong should raise his both hands in the same manner at the shortest time. The person sitting to the left of Seow Chong should raise his/her right hand and the one sitting to the right of Seow Chong should raise his/her left hand in the same manner simulating the ear of a rabbit.(person on left raise right hand and person on right raise left). At the same time, he should start to say "Rabbit....." while he/she selects another person to call.
5. Repeat step 1 to 5.

Note :

1. Those who are slow in response (including those on the left and right) may be selected for forfeit activities, if there is a need.
2. To raise level of difficulty, facilitator may allow players to point at other members in the circle, as a form of distraction and decoy, to raise alertness. For example, Ai Ling may call out Seow Chong but may not point at him but another person.

Check out

The next time when I'm upset, I'll