

# Lesson

# 7

## OUR EMOTIONS

### Coaches – Are You Ready?

#### > Learning Goals:

- To name the emotions we experience.
- To explore comfortable and uncomfortable emotions.
- To recognize the times we have felt specific emotions.

#### > Target Life Skills:

- Competence
- Confidence
- Connection

#### > Think About It:

- What are some emotions you've experienced? When did you feel that way?
- Do they make you feel comfortable or uncomfortable?

#### > Materials:

- 71" x 70" shower curtains (2)
- Index cards (2 per girl, plus 10 extra – See Coach Note.)
- Cones (3)
- Gallon Ziploc bag
- Identity Cards
- Markers

### Coach Note

F

You will need the index cards and Ziploc bag from today's lesson for the next lesson as well, so keep them in your coach bag.

### Girls – Are You Ready?

#### > Informal Conversation:

Use this time to observe and investigate what is going on with the girls regarding family, school, friendships, etc. by asking questions and engaging in conversations. This informal time is a great opportunity to connect with the girls one-on-one.

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## Getting On Board: Flip the Curtain (15-20 min.)

### > Set up:

- Materials: 71" x 70" shower curtains (2)
- You will have to decide whether to use one or two shower curtains (6-8 girls per curtain works well). If there are too many or too few girls on the shower curtain, the activity won't serve its purpose.
- If you decide to use two curtains, have both groups complete the activity simultaneously.

### Coach Note

F

Remember that there are no bad emotions – all emotions are good!

### > How it's done:

1. Discuss the GOTR GOAL from last practice (*pay closer attention to the characteristics that make someone beautiful on the inside*) with the girls and get feedback on how it went.
2. Say, "Today's theme is: **Emotions**. What are some emotions you have felt today? When did you feel that way? (Get girls' input.) Let's see what emotions we experience during the next activity." (See Coach Note.)
3. Depending on the size of your team, lay one or two shower curtains on the ground.
4. Explain that the goal of the activity is for the team to flip the shower curtain completely over.
5. Set the ground rules:
  - Everyone's feet must stay on the shower curtain – they cannot touch the bare ground, nor can they jump in the air.
  - If someone steps off the shower curtain, you have to start over.
  - You may not lift each other up.
6. They have five minutes to complete the task.
7. Check for understanding.
8. Have the girls get in position and begin the timer. (See Coach Note.)

### Coach Note

F

The goal of this activity is for the girls to experience a range of emotions, not flip the curtain over.

### > Processing:

1. What were some of the emotions you were feeling during that activity? (*Proud, frustrated, disappointed, silly, etc.*)
2. One of the things we want you to know about emotions is that there are no bad emotions; all emotions are good. Why do you think we say that? (*We experience different emotions in different situations, there are certain times when we should feel specific emotions.*)

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## Stretch and Strengthening Exercises (3-4 min.)

### > How it's done:

1. Use the **Running Conditioning activity sheet** to lead girls through four Cold Warm-up Exercises.
2. Use the **Running Conditioning activity sheet** to lead girls through Running Conditioning Exercises: Circuit 1.

### Cold Warm-up Exercises (Choose 4)

#### 15 Seconds Each

- High Knee Marches
- Wide Knee Marches
- Knees Up Running
- Heels Up Running
- Toy Soldiers
- Forward Walking Lunges

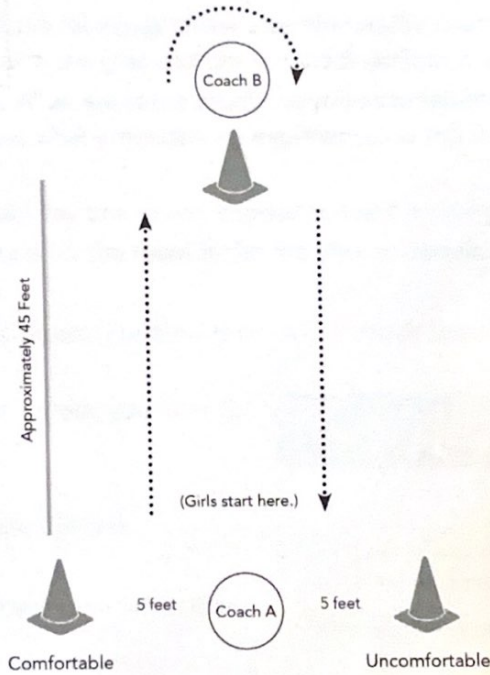
### Running Conditioning: Circuit 1

- Squats (15 reps)
- In & Outs (10 reps)
- Running Arms (30 sec)

Warm-Up: Emotions Continuum (15-20 min.)

> Set up:

- Materials: Cones (3), index cards (2 per girl, plus 10 extra), markers
- Write one emotion from the list of additional emotions on the next page on each of the 10 extra index cards.
- Place one cone about 45 feet away from Coach A.
- Place two cones near Coach A about 10 feet apart. Label one cone "Comfortable" and the other "Uncomfortable."



> How it's done:

Say, "As we talked about in the Getting On Board, there are no bad emotions; instead, we want to think about emotions as being either comfortable or uncomfortable. For today's warm-up, we're going to explore different emotions and decide how they make us feel. Let's start by brainstorming some emotions that we have felt before."

1. Brainstorm several emotions with the girls. Push them to think beyond happy, sad, angry, etc. and think about more complex emotions such as nervous, frustrated, excited, etc.
2. Pass out two index cards and a marker to each girl.

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3. Have girls write one emotion on each card. Encourage them to write down an emotion they do not think the other girls will write down. This will lead to more variety in their responses.
4. Collect the girls' index cards.
5. Explain the warm-up:
  - You will read one of the emotion index cards.
  - The girls will run to the cone and back as they think about whether that emotion is comfortable or uncomfortable for them.
  - When they get back to the start, they will stand by the comfortable cone, uncomfortable cone or somewhere in between.
6. Model this process with your co-coaches and/or girls.
7. Check for understanding.
8. Play several rounds of this activity as time allows using the emotion index cards the girls created as well as the 10 additional emotion index cards that you created before practice.
9. After every few rounds, call on 1-2 girls to share or have them share with a partner.

### List of Additional Emotions

- Loved
- Hopeful
- Grateful
- Amused
- Peaceful
- Shocked
- Confused
- Guilty
- Lonely
- Calm
- Jealous
- Brave
- Confident
- Worried
- Bored
- Disappointed
- Relaxed
- Annoyed
- Hurt
- Nervous
- Frustrated

### > Processing:

1. What makes an emotion comfortable for you? (It's familiar, it makes you feel happy, you're smiling, etc.) Uncomfortable? (Your heart might be racing, it's unfamiliar, it makes you feel uneasy, you start to sweat, etc.)
2. Do you think everyone finds the same emotions comfortable or uncomfortable? Why or why not? (No, because what makes each of us comfortable/uncomfortable is different, the warm-up shows this.)



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### Workout: Exploring Emotions (40-45 min.)

(3 min. directions/32 min. workout/5 min. processing & stretching)

#### > Set up:

- Materials: Emotion index cards from the warm-up, gallon Ziploc bag
- Place the emotion index cards from the warm-up into the Ziploc bag. (See Coach Note.)

#### > How it's done:

Say, "We've spent some time thinking about which emotions make us feel comfortable and uncomfortable, and now we're going to think about times we've felt these emotions."

#### 1. Explain the workout:

- Every girl will start with an emotion index card.
- They will complete one entire lap with each girl on the team (time permitting).
- While they complete their lap, the pair will discuss a time they have felt, or could imagine feeling, the emotion on each of their index cards.
- If they have extra time, they can discuss whether this is a comfortable or uncomfortable emotion for them.
- When they finish their lap, the girls will put their emotion index card into the bag, take a new one and find a new partner.

#### 2. Check for understanding.

#### 3. Pass out an emotion index card to each girl and put the girls in pairs. (See Coach Note.)

#### 4. Before they begin the workout, say, "Today you have the opportunity to run with each of the other girls on our team. Depending on your partner, you might need to speed up or slow down. Respect each other's pace as you're completing today's workout and adjust your pace as necessary."

#### 5. Have the girls set their lap goal and begin the workout. (See Coach Note.)

### Coach Note

**B**

Placing the index cards into a bag frees you up to run with the girls, helps you learn more about their experiences and allows you to share your experiences with them.

#### > Processing & Stretching:

As you lead the girls through some cool-down stretches (see Introduction), ask girls the following questions:

1. How did it feel to discuss these emotions with your teammates? Did you both have the same experiences? (Answers will vary by girl.)
2. Why is it important to discuss our emotions? (So we can learn about when we feel different emotions, to remind us that we all feel emotions, to understand which situations elicit certain emotions, etc.)

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### Identity Card and Wrap-up (5-10 min.)

#### > Set up:

- Materials: **Identity Cards**, markers
- Girls seated in a circle.

#### > How it's done:

1. Pass out the **Identity Cards** and a marker to each girl and have her fill out her lap chart.
2. Say, "On your Identity Card today, **write or draw one thing you learned about emotions today.**"
3. Allow 3-4 girls to share.
4. GOTR GOAL: Before the next time we meet, pay attention to your emotions and notice whether they make you feel comfortable or uncomfortable and why.
5. Give out ENERGY AWARDS and end with a CLOSING CHEER.



#### Coach Note

F

One way to put girls into pairs is to have them line up by their birthday month and then pair them off.

#### Coach Note

M

Because the girls will be running with a different partner each lap, they may need to adjust their lap goal for today.