

Emotional First Aid

This lesson allows students to discuss the importance of not avoiding emotions before they get bigger and more complicated to handle. It also builds their toolbox so that when their lids flip, they don't have to stay stuck and let emotional wounds fester.

LEARNING OBJECTIVE 1

Increase students' awareness of regulation tools.

LEARNING OBJECTIVE 2

Challenge and encourage students to recognize emotions that may lead to dysregulation.

LEARNING OBJECTIVE 3

Increase student knowledge and skills for managing and navigating emotions.

SUPPLIES NEEDED

- Emotional First Aid Worksheet (See the Downloadable Resources)
- Art Supplies

LESSON

- Emotional First Aid is the idea that we should take care of emotional injuries when they occur, so they do not become “infected,” causing long-term damage. When you cut your finger, you apply ointment and a bandage as preventative care and care that promotes healing. When your heart gets broken, you feel intense butterflies in your stomach or get choked up. How can you place a bandage to stop it from getting worse and help it heal?
- What are some examples of emotional first aid that can prevent emotional infection and scarring?

1. Hand out the Emotional First Aid Worksheet. Have students brainstorm a list of “bandages and ointment.” Here are a few examples:

- | | |
|-----------------------------------|--------------------------------------|
| a. A pet | f. Talking to a friend or safe adult |
| b. Service to someone in need | g. Getting more sleep |
| c. Responding instead of reacting | h. Eating healthy |
| d. Hugs | i. Moving around/exercise |
| e. A drink of water | j. Taking a break |

2. Direct them to draw activities or items that help soothe their emotional injuries in the emotional Band-Aids®.

Emotional First Aid

In the emotional Band-Aids® below draw or write what helps you soothe your emotional injuries.

Examples:

- A pet
- Service to someone in need
- Responding instead of reacting
- Hugs
- A drink of water
- Talking to a friend or safe adult
- Getting more sleep
- Eating healthy
- Moving around/exercise
- Taking a break
- Journaling


