**LESSON PLAN – NEGATIVE EMOTIONS**  
  
**School: COLEGIUL TEHNIC ”LAŢCU VODĂ” SIRET   
School counselor: Adrian Marmeliuc  
Class: Mixed  
Date: April 16, 2018**  
  
**Module: Quality of lifestyle  
Sub-module: Quality of personal life  
Topic: Negative emotions: fear, stress and panic**  
**General competences**  
5.1.- Assess the impact of social, cultural, economic and environmental factors on lifestyle  
5.2.- Analyze effective mechanisms for adaptation in situations of stress, fear and panic  
  
**Specific competences**  
1 - Identify signs that show a negative emotion  
2 - List the characteristics of negative emotions  
3 - Match the negative emotions and the corresponding manifestations  
4 - Show ways to avoid negative emotions

**Strategies**  
 Methods: conversation, explanation, problem solving, debate  
 Means: role play, cluster technique, contest

**Stages of the lesson**

1. Organizing pupils in groups  
2. Announcing the topic and aims of the lesson  
3.Stirring interest in the topic  
Pupils are asked to describe a situation in which they have experienced a negative emotion out of the three, and to say what they felt, using words other than those that define emotion.  
4. Running the lesson  
4.1. The school counselor defines the term of negative emotion and explains the characteristics, causes and ways of avoiding the three negative emotions.

**Definitions**

**Fear** is a survival mechanism that appears as a person's response to a concrete, usually negative threat. It depends on the person and can vary from prudence to phobia and paranoia. A fear of extreme, persistent intensity, referred to by the subject as irrational, is called phobia. Phobia is determined by the presence or just anticipation of the presence of an object, a living being or a situation. The American psychologist Jerome Kagan claims that in some people fear is inborn.  
          **Stress** is the adaptation syndrome that an individual carries out as a result of environmental aggression; an ensemble that includes tension, constraint, force and intense psychological solicitation.  
         **Panic** is a very intense episode that occurs suddenly and unexpectedly "as if out of the blue" usually following an unexpected incident.

4.2. Together with the pupils, through guided discussions, the school counselor discovers the underlying causes of negative emotions.

**Causes of negative emotions**

* Failure to observe a work and rest regime
* Lack of continuity and planning in the preparation of lessons
* Lack of motivation for learning and other activities
* Lack of physical activity
* Lack of relaxing activities
* Irregular meal hours and lack of proper nutrition
* Poor financial situation
* Lack of friends

4.3. Through guided discussions, the school counselor, together with students, discovers how we can prevent the emergence of negative emotions.

**How to prevent negative emotions**

* Appropriate work and rest schedule
* Positive thinking
* Humor
* Pleasant recreational activities
* Discussing difficulties with people closest to you  
  "Give and receive affection!"

4.4. Group work  
Students are grouped into three equal or approximately equal groups. Each group will choose a representative who will extract a note on which one of the three negative emotions is written. Thereafter, the school counselor will explain to the students that each group must characterize the negative emotion they extracted by assigning them human attributes, and each group will choose a pupil to play the embodiment of the negative emotion, specifying how it appears in people's lives and how it manifests itself.

4.5. Evaluation  
- Worksheet

**Resources**

* paper, markers, video projector
* See demonstrative video [Meeting with the psychologist - Romania](https://youtu.be/L49bCFc6mpg)in the section **Activities**on [http://lo18.szczecin.pl/erasmusplus/](http://lo18.szczecin.pl/erasmusplus/?fbclid=IwAR2D4e9IJ-REI3yeqIQhwcg_klVsGm_2GYQ0arxkM2TOFsbjMElnsWhF74I) or follow the link <https://www.youtube.com/watch?v=L49bCFc6mpg&feature=youtu.be>

**Worksheet**

**NEGATIVE EMOTIONS**

**TEAM NUMBER \_\_\_**

1. Make the connections between the two columns:

|  |
| --- |
| **FRIENDS** |
| **STRESS** |
| **FEAR** |
| **PANIC** |
| **COMPUTER** |

|  |
| --- |
| **THREAT** |
| **ADAPTATION** |
| **SUPPORT** |
| **UNEXPECTED** |
| **FATIGUE** |

1. Explain how a hobby helps you fight with the negative emotions.