

REFLECTING

- a) Identify a recent emotional experience where you reacted to a student's non-inclusive behaviour.
(If you cannot find a case, think about an experience with an adult)

In a couple sentences, describe what happened:

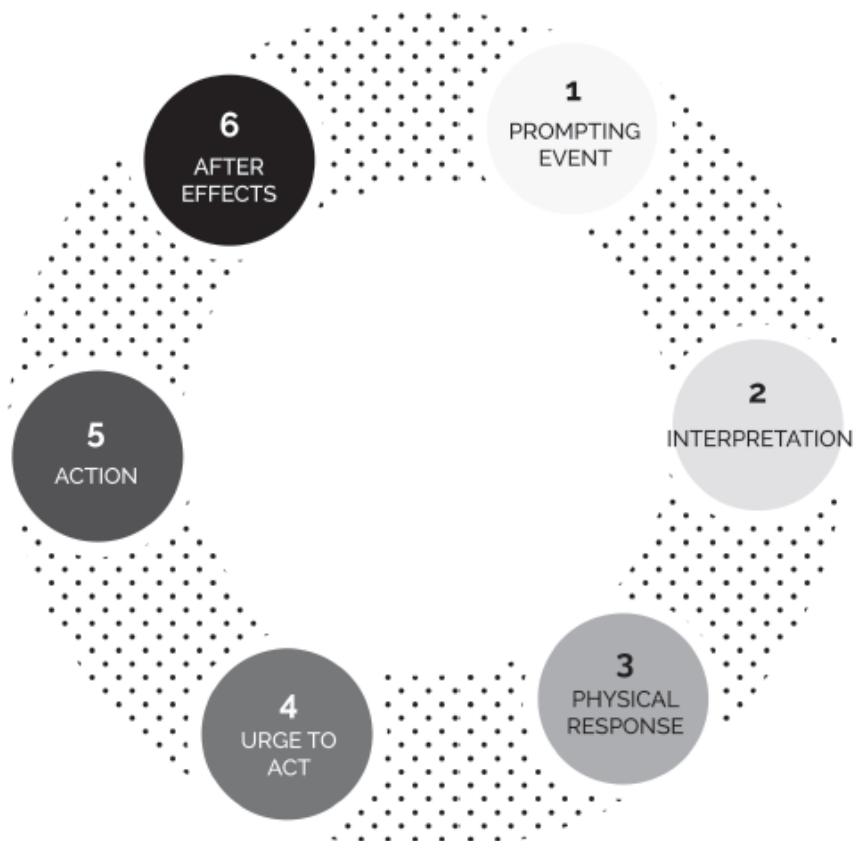
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- b) Name the emotion and the degree of intensity you experienced:

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Describe the Emotion Cycle



1. **Prompting event:** What event triggered this cycle? *(This is the who, what, when, and where)*

2. **Interpretation:** How did you interpret the event? *(This is the why)*

3. **Physical response:** What happened in your body?

4. **Urge to act:** What did you want to do?

5. **Action:** What did you actually do? What did you say? *(Be specific)*

6. **After effects:** What was the consequence of what happened and how you responded?

Example of getting to know an Emotion Cycle

What happened:

I got really frustrated because my principal did a surprise observation, and it was only the first week of school. The emotion was frustration (or anger), and the level of intensity was a 6.

Describe:

1. Prompting event: *My principal showed up in my classroom, unannounced, on the fifth day of school this year to do a formal evaluation.*

2. Interpretation: *I interpreted this as she wanted to check up on me because my evaluation last spring wasn't great. She moved me to kindergarten, and I've never taught this before, and I feel like every move I make is being watched.*

3. Physical response: *I felt my stomach tighten. I felt my breath get shorter.*

4. Urge to act: *I wanted to either run from the room or tell my principal to get out.*

5. Action: *I kept teaching. I ignored her. I focused on my kids. I wasn't as relaxed as usual, but I moved on in the lesson. My hands were shaking, though. I think I appeared really nervous.*

6. After effects: *I felt sick all day. I felt exhausted and also angry. I feel like she's trying to catch me messing up so she can get rid of me.*

*From The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive by Elena Aguilar.
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