



ELA Virtual Learning

English IV

April 16, 2020



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Lesson: April 16, 2020

Objectives/Learning Targets:

- Analyze a text, synthesize it and apply to your life
- Evaluate how the author's word choice contribute to a text's overall meaning and tone
 - Follow a writing process to produce clear and coherent writing

BELL RINGER

Answer the following questions on a piece of paper that you will be using to take notes and journal write.

How can you tell if you're about to get really upset? What happens in your body and in your mind? Use words and illustrations.



Overview

Everyone gets upset sometimes; what's important is how you can calm yourself down when you feel yourself getting upset. Learning ways of calming down shows you can control your emotions and when you can control your emotions, you can better make decisions. In this lesson, students will read an article and practice several cool down strategies in order to better be able to integrate them into their lives.

Objective:

Students will be able to understand -

- **Getting upset and stressed out is a normal part of life, but it's how you calm yourself down that shows your true level of self control.**

Learn:

On your paper, draw a t-chart like this one:

T-Chart

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Read the article and fill in the chart for each of the different methods for calming down with: what do you like and what do you not like about the method? Then circle your favorite method.

→ Read: [How to Calm Down when you are Upset](#)

Practice:

After reading the article, answer the following questions on a separate sheet of paper



Question 1

Read the following phrases from the article.

- *keep your cool*
- *storming off*
- *even corny at first*
- *hit the snooze*

How do these phrases contribute to the tone the author uses in the article?

- (A) They help to develop a sophisticated tone by developing important metaphors.
- (B) They help to develop a relatable tone through slang and idiomatic expressions.
- (C) They help to develop a concerned tone by emphasizing the dangers of being stressed.
- (D) They help to develop a serene tone through alliteration and allusion to the past

Question 1 Answer

(B) They help to develop a relatable tone through slang and idiomatic expressions.

An idiom is an expression with a figurative meaning that differs from the literal meaning. We hear idioms every day – both in conversation and in the media. Used correctly, idioms can amplify messages in a way that draws readers in and helps to awaken their senses.

Question 2

Read the selection from the section "Change Your Language."

For example, if you are upset about having accidentally broken something, you may think things like: "Nothing ever goes right for me." Or, "Everything always gets messed up." These are examples of all-or-nothing thinking, a common "thought trap." Instead, try to reframe your thoughts to statements like, "It was just an accident. Accidents happen all the time." Or, "everybody makes mistakes. It doesn't mean I need to get upset."

Based on the context, what is the BEST way to describe the meaning of the phrase "thought trap"?

- (A) ideas about kinds of behavior that cannot ever be changed because a person becomes stuck
- (B) ideas about events that some people use to try to feel better, but they usually fail
- (C) ways of thinking that negatively frame what happened and can keep a person feeling upset
- (D) ways of thinking that are repeated again and again to a person and can make a person feel angry

Answer Question #2

(C) ways of thinking that negatively frame what happened and can keep a person feeling upset

Sometimes authors will give you a context clue to the meaning of words somewhere in the text, usually right before or after the text.

In this example, the author tells you what “thought trap” means right before he uses it: “*These are examples of all-or-nothing thinking...*” All or nothing implies negative thinking.

Apply what you learned:

Using your notes, answer the following prompt on a separate sheet of paper:

- **Which of the methods presented do you want to incorporate in your life? Choose two methods and for each one, explain a situation in your life that you could incorporate them.**

Practice Answer Key:

(Answers will Vary)

- Check your answer to make sure it meets the following criteria:
 - Did you write in complete sentences?
 - Did you use standard conventions (spelling, punctuation, grammar)?
 - Did you respond to the prompt?
 - Did you support and explain your answer using at least 2 details from the article?
 - Did you apply these details to your own life?

Sample Response

In the article, “How to Calm Down when You’re Upset,” the author shares different ways to calm yourself down like counting to 10, removing yourself from the situation, and deep breathing (NewsELA). Deep breathing could make me look odd and I can’t always remove myself from a situation; I’d rather stay and handle things. However, the strategies I liked best are the ones that will help me create lasting habits and peace of mind. For example, in paragraph 9, the article suggests recognizing your thoughts, “Pay attention to the thoughts that you’re experiencing and accept that you’re upset...it’s an opportunity for us to learn about what triggers strong emotional reactions in us.” I would like to train my brain to accept my feelings, but not act upon them. Additionally, the article advises, “Reframe the negative thoughts you’re having into positive statements” (paragraph 15). Again, this allows me to create better habits of being positive, which changes my entire attitude. If I can change my attitude, I stand a better chance of becoming angry less often.

Reflection

We've all been witness to a child's impressive temper tantrums (and unfortunately sometimes adults).

Write in your notes:

Imagine that you would like to teach one of the strategies you just read to a younger sibling, relative or maybe even your future child. How would you explain to him or her in easy to understand language how to handle emotions in a more positive way? Remember that children need simple, concrete step-by-step directions.

Additional Resource

Click on the following link to watch this video on the RAIN (Recognize, Allow, Investigate, and Natural Loving Awareness) method of working through difficult emotions.

[Working with difficult emotions - the RAIN acronym](#)

Note: RAIN is an acronym. Acronyms are abbreviations people use to remember something useful long-term.