

Recognize their emotions, manage frustration properly and control motor impulses

Examples of what students are expected to learn

- Use words, gestures or signs to express their emotions (e.g. joy, anger, fear, sadness, surprise, disgust); recognize the different levels of intensity.
- Recognize the physical feelings evoked by strong emotions, as well as their reactions and what is happening around them.
- Recognize the signs of their own agitation; calm down and think before speaking or acting: stop, breathe, etc.
- Identify the places that may be more or less suitable to the context to express their emotion, whatever it might be.
- Think about what they can do to calm down and find things that soothe them: take deep breaths, take a step back, etc.
- Explore different possible solutions to problems that cause stress.
- Listen, understand and follow instructions properly when they ask an adult for help.
- Become familiar with the underlying needs behind an emotion.
- Identify potential triggers for these emotions.
- Etc.

Contribution of the content to adopting prosocial behaviours

Recognizing their emotions, managing frustration properly and controlling motor impulses increases their ability to interact well with others. This fosters appropriate communication as well as the ability to identify and respect their own needs and limitations, encourages the development of empathy and makes it easier to resolve conflicts. These concepts are key to the development of the competency *Adopts prosocial behaviours*.

Influence on the other personal and social competencies

This content also fosters the development of the following competencies:

- Acquires self-knowledge
- Manages emotions and stress



Content-related glossary

RECOGNIZE THEIR **EMOTIONS**, MANAGE FRUSTRATION **PROPERLY** AND CONTROL **MOTOR IMPULSES**

Emotion

Transient affective reaction of fairly high intensity, usually triggered by stimuli from the environment.

Properly

Proper means well adapted to a goal or use. For example, this term could be used to say that a person has difficulty finding the right words to express their emotions.

Motor impulse

Sudden reflex movement caused by a strong feeling in the individual (e.g. a young person hitting their locker in a fit of anger).

ADDITIONAL RESOURCES

- For more information on the content related to the development of personal and social competencies
- To find ideas for turnkey structured educational interventions that are in line with the proposed content
- For training designed to help convey the content and establish conditions for implementing it with students
- For other resources and tools related to the content and to the implementation of actions designed to promote the well-being of young people



Resources available
on [Québec.ca](https://www.quebec.ca)