

# A GUIDE TO PROMOTE THE DYNAMIC SOCIALIZATION OF ADOLESCENTS

Based on an idea by: Jasmin Roy



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**WHAT IS EMOTION REGULATION?**

Emotion regulation is an individual's ability to manage the emotional and physiological effects of an emotion in an appropriate and peaceful manner. An appropriate and peaceful manner means that there will be no negative impacts on yourself and others.

For example, we can draw, write a letter, discuss the situation with someone who can listen to and understand us, spend time alone, listen to music, etc. For some, it may mean doing physical activities to release the emotion, whether it is joy or anger.

We also often hear the term "emotional self-regulation," which means that the individual is able to manage their own emotions without help.

**A. In teams, complete the list of strategies to manage emotions.<sup>2</sup>**

- |                          |   |         |
|--------------------------|---|---------|
| • Kneading a stress ball | • Talking to someone I trust  | • _____ |
| • Drawing                | • Taking a walk   | • _____ |
| • Listening to music     | • Lying on your back and breathing  | • _____ |
| • Singing                | • Breathing   | • _____ |
| • Being listened to      | • Repeating a mantra  | • _____ |
| • Drinking water         | • Taking a time out   | • _____ |
| • Being alone            | • Doing physical activity<br>(focus on one particular activity that suits us) | • _____ |

**B. Discuss with your team members the emotions you find easiest to manage.****C. Discuss with your team members the emotions you find most difficult to manage.****D. Discuss strategies that you agree to use in order to regulate your emotions and discuss what strategies others are already using.**

**NOTES FOR THE FACILITATOR:** In everyday life, a good approach is to model the strategies with the students during your activities with them. During this classroom activity, you can be a role model by pointing out to students which strategies work for you and which ones don't work as well. You can stimulate discussion about various strategies and the fact that not all strategies work for everyone.

Also, you can take time to go around to speak with each sub-team.

2 - Note: This is a great opportunity to introduce the tools proposed and created by teachers and various school professionals.

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