

Self-Control and Emotional Intelligence [Managing Anger and Emotions]

Introduction:

Sometimes we get angry, frustrated or sad. These are normal emotions. But reacting without thinking can hurt ourselves and others. It's okay to feel angry or sad. But how you respond to those feelings is what makes you stronger.

Smart people don't just feel emotions - they manage them!

It's okay to feel angry or sad. But how you **respond** to those feelings is what makes you **stronger**.

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Simple Meaning



Self-Control means stopping yourself from reacting too quickly - especially when you'reupset.



Emotional Intelligence means understanding your own feelings, controlling them and alsounderstanding what others feel.

Importance

Why should we manage our emotions?

To stay calm and not regret our actions.

To be a better friend and teammate.

To learn how to express feelings positively.

To understand others and build good relationships.

To grow as a confident and thoughtful person.

Story time

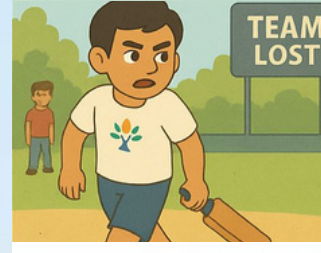
Aarav's Big Match Day



Aarav was the best cricketer in his class.



During a big school match, his teammate Rohan dropped an easy catch. Aarav shouted, "You ruined it!"



He walked off angrily. The team lost. Rohan felt hurt.



At home, Aarav's sister Meera saw that he was upset. He told her what happened at length.



She said, "Winning is great but friendship and teamwork matter more. You were angry but next time, try to breathe and speak calmly."



The next day, Aarav said sorry to Rohan. They practiced together and promised to support each other — win or lose.

That day, Aarav learnt

"YOU CAN'T ALWAYS WIN BUT YOU CAN ALWAYS BE KIND."

KEY VALUES!



Patience

Don't react in the heat of the moment



Empathy

Try to feel what others are feeling



Kindness

Use soft words even when you're upset



Responsibility

You are the boss of your emotions



Respect

Always respect for your own and others' feelings

Strong people don't shout - they pause, breathe and respond with wisdom.

Related Words



MENTAL
WELL-BEING



STAYING CALM



SELF-AWARENESS



EMOTIONAL
BALANCE



PATIENCE



EMOTIONS



ANGER
MANAGEMENT



KIND WORDS



TEAM SPIRIT



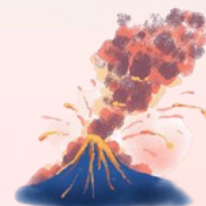
COOL MIND



CONTROLLING
FEELINGS



INNER STRENGTH



RESPECTING
FEELINGS



CONFLICT
RESOLUTION



UNDERSTANDING
OTHERS



Self-care Tip

Take deep breaths when angry
- calmness is your superpower.



CALM

Pledge

Say It With Heart

I will be the boss of my emotions.
I will not let anger control me.
I will pause, breathe, and then choose my response.
I will respect my feelings and the feelings of others.
I will grow into a kind, calm, and strong person.

Confidence Booster

Speak kindly even when upset
- that's how real leaders
behave.



Culture Connect

Forgiveness and patience are ancient
Indian strengths - practice them
every day.





Activity 1: Stop, Think, Act

Share with your parents and teacher about a time you felt angry:

- What made you feel that way?
- What did you do?
- What could you do better next time?



Activity 2: Emotion matching

Draw a line to match the emotion with appropriate situation written in the box.



Angry



Excited



Worried



Happy



Sad

Received a
gift from
parents

Friend
pushed and
fell down

Lost my new
eraser

Got an
invitation to
attend a party

Mother had
fever

Activity 3: Balloon Breathing

Close your eyes.

Imagine your anger is a balloon.

Breathe in slowly...

Now breathe out slowly, like you're deflating the balloon.

- Repeat 3 times. Feel the calm inside you.

