

EMOTIONARY

CALM

JOY

HAPPINESS

SORROW

SADNESS

PAIN

CONCERN

FEAR

DREAD

ANGER

RAGE

FURY

WORRY

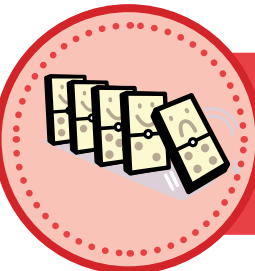
ANXIOUS

ENVY

HATE

FRIENDSHIP

LOVE



DOMINO EFFECT

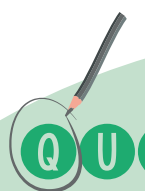


I regret that day! I was so embarrassed I made a table so it won't happen again! I named it the **Domino Effect**, because every event that happens to us produces a **chain reaction** that includes a feeling, a thought and an action.

This is what I would do to break the chain!

CHAIN	ACTS	BREAK THE DOMINO EFFECT
Event	The coach sent me to the bench.	
Feeling	Fury.	Calm.
Thought	Why has he decided to do this? I am the best player!	The coach has a point. This way, other teammates can play.
Action	I yelled at him and disrespected him.	I apologize to the coach.

Look where I placed the STOP!



HOW MANY TIMES HAVE YOU BEEN ANGRY THIS WEEK AND WERE ABLE TO BREAK THE DOMINO EFFECT?

0123456789MAS DE 9

IT'S YOUR TURN THIS TIME. BREAK THE DOMINO EFFECT AND TAKE CONTROL OF YOUR LIFE!



- 1 Write an event in which you overreacted.
- 2 Explain how you felt, what you thought and how you reacted.
- 3 Break the domino effect! Stick the STOP sticker where you think you should have reacted differently.
- 4 Explain how you should have reacted instead next to each sticker.

CHAIN	ACTS	BREAK THE DOMINO EFFECT
Event		
Feeling		
Thought		
Action		

Game!

YOU ARE THE NEW COACH!

With the help of your team, give a student advice on when and how they should have broken their domino effect. Then, it's time to act it out!

ARE YOU READY? NOW PLAY IN REAL LIFE!



Got it!

EMOJI OF THE MONTH:

FURY



PROJECT

Look for a story where someone loses their temper. Rewrite the news story and break the domino effect wherever you think is best.