

## High School Youth Activity: How Do Emotions Impact Us? Infusing Emotional Intelligence Into Out-of-School Time

### Video 1

Note: This youth activity connects directly to the learning from the "[How Do Emotions Impact Us](#)" staff activity from Video 1 and is an iteration of that activity. For this reason, we suggest that your staff have viewed the video and completed the accompanying staff activities prior to facilitating this activity with youth.

**Learning Goals:** In this activity, youth will:

- Recognize that we feel many emotions through the day
- Consider how emotions affect their attention, memory and learning, relationships, decision making, creativity, and physical and mental health.

#### Materials

- Paper and writing utensils, (optional)
- Optional: Emotion word cards\*, pre-cut and located on page 4

**Time:** 15-20 minutes

### Facilitator Directions

1. Ask youth to sit in a circle.

2. Introduce the “emotions matter” mindset:

*“Our emotions are important because they give us information. In one day, we feel many different emotions. While some of these emotions are pleasant and some are unpleasant, they all give us information. We’re going to practice being Emotion Scientists, which means we are curious about our emotions like scientists. For example, I felt \_\_\_\_ when \_\_\_\_\_. (e.g. I felt embarrassed when I got caught passing a note in class today.)”*

3. Provide youth the prompt: “I felt   [emotion]   when   [situation]  ” to share. (e.g., I felt defeated when I studied hard but still got a low grade on the test.)

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#### Emotion Word Bank

Passionate

Connected

Understood

Defeated

Ashamed

Inspired

Motivated

Pessimistic

Competitive

Annoyed

4. Say:

*"I'm imagining that as you reflected, you noticed different emotions you've felt today. As a group, we've likely felt an array of various emotions, both pleasant emotions and unpleasant. We all have a rollercoaster of emotions that we feel through the day. Now we're going to think about how those emotions, this rollercoaster, might affect us. Our emotions affect us in five areas: our ability to pay attention, remember and learn, have healthy relationships, make good decisions, be creative, and feel healthy physically and mentally."*

5. As a group, review the impact of emotions on "physical and mental health." Refer to the Emotions Matter Tip Sheet to help guide the discussion. Ask the following questions:

- How/when might your emotions help you in this area?
- How/when might your emotions hinder you?

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#### Facilitator Directions

6. Next, divide into small groups and assign one of the remaining areas (attention, memory and learning, decision making, relationships, or creativity). For five minutes, each group will discuss and answer the following questions.

- Thinking about the impact area you discussed, what emotions might help you in this area? What emotions might hinder you?
- Groups can write ideas on paper, a whiteboard, or large chart paper. Allow groups to debrief their ideas with the whole group

7. Assign each group or individual an emotion word from the Emotion Word Bank. The words can be provided orally or they can be printed and distributed, one per group. Ask the following questions and allow time for discussion.

- Think about a time that this emotion helped you reach a goal.
- Now think about a time when this emotion hindered your efforts to reach a goal.

8. Individual reflection: Think about a friend, family member, or loved one. How might emotions impact their attention, learning, creativity, relationships, decision making, or well-being?

## High School Emotion Word Cards

**passionate**  
*(red)*

Intensely enthusiastic about or interested in someone or something

**understood**  
*(green)*

Feeling like others recognize your intention or see or “get” who you are

**ashamed**  
*(blue)*

Embarrassed about who you are or something you did that may reflect poorly on you and diminish your self-worth

**motivated**  
*(yellow)*

Enthusiastic about doing something

**competitive**  
*(red)*

Feeling like you want to win or be more successful than others

**connected**  
*(green)*

Feeling close to someone or part of a community

**defeated**  
*(blue)*

Feeling like you have failed at something or are unable to be successful

**inspired**  
*(yellow)*

Moved by something or someone to experience intense, pleasant emotion

**pessimistic**  
*(blue)*

Seeing the worst in things or believing the worst will happen

**annoyed**  
*(red)*

Bothered by something displeasing or uncomfortable