

Understanding Complex Emotions and Managing Them Responsibly

Me and the World – Me and My Emotions



In our classroom, we respect different cultures and religions.
Emotional safety and dignity matter for everyone.

Complex Emotions

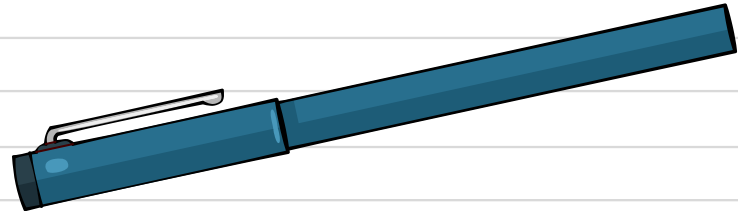


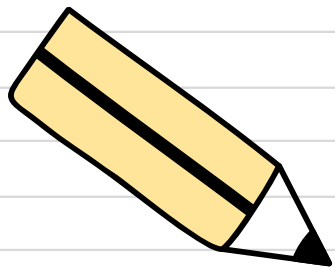
As we grow, our emotions become more complex. Complex emotions often appear in social situations and relationships.

They are connected to:

- Comparison with others
 - Expectations
 - Social rules

What makes an emotion “complex”?

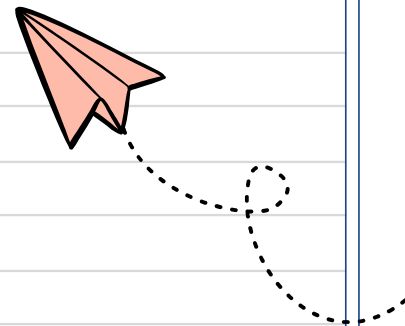




Examples of Complex Emotions



- Anger
- Frustration
- Jealousy
- Pride
- Shame



Can we feel more than one emotion at the same time?

Emotional Triggers

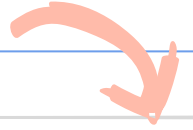
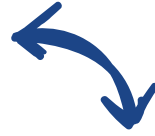
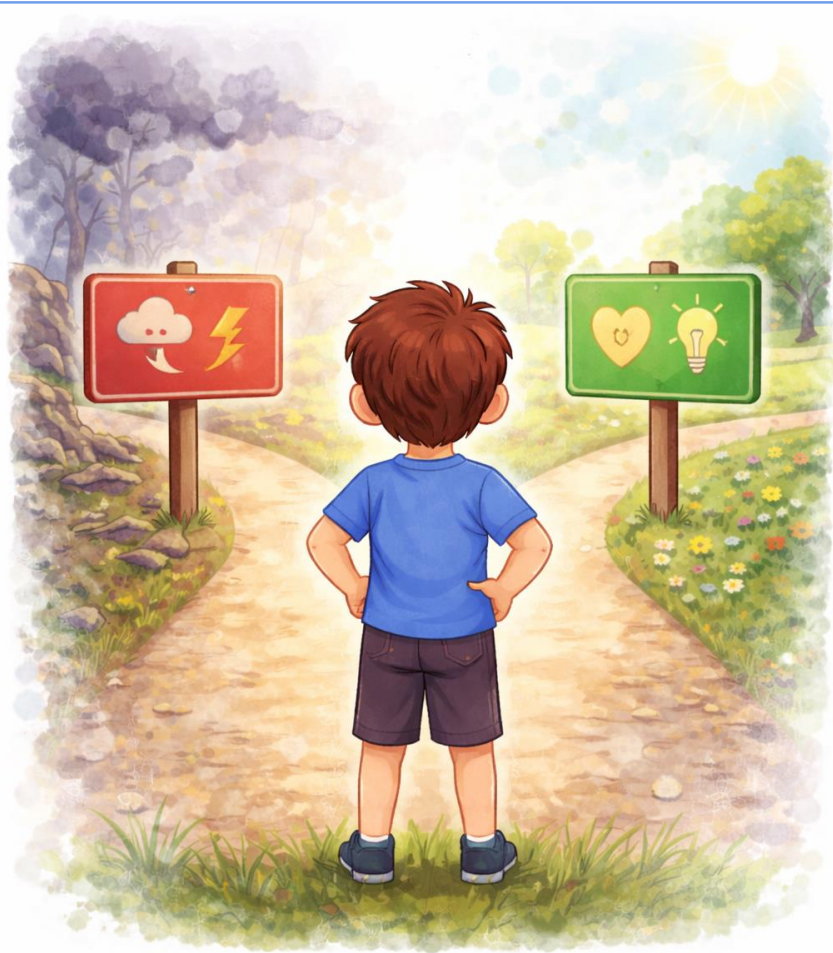
A trigger is something that causes a strong emotional reaction.

Examples:

- Feeling treated unfairly
 - Feeling excluded
 - Being judged

What usually triggers strong emotions at school?





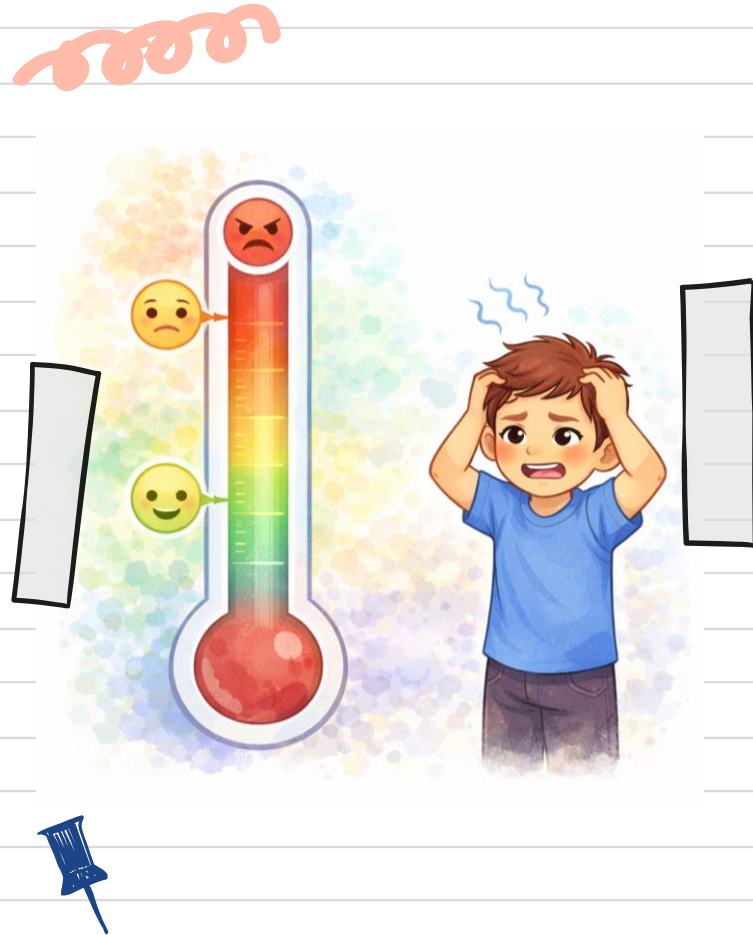
Emotions, Choice and Responsibility

Emotions happen automatically.
Actions are choices.

Emotions influence behavior, but
they do not control it.

Do we control our emotions, or do
we control our actions?

Intensity of Emotions



Some emotions feel stronger than others.



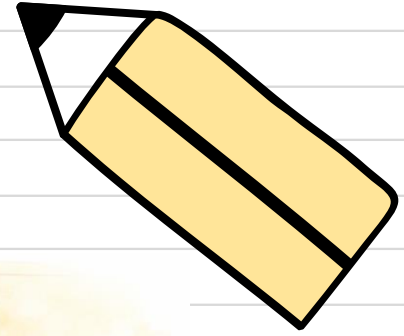
Strong emotions require:

- Time
- Space
- Reflection



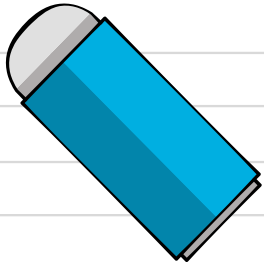
What helps you calm down?

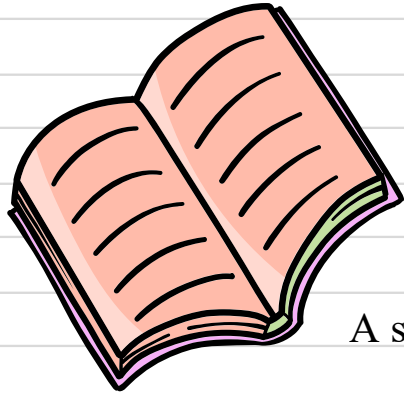
Case Study 1 – The Group Project Conflict



A student works very hard, but everyone receives the same grade.

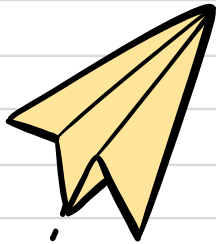
- What emotions might appear?
 - What is the trigger?
- What responsible action is possible?



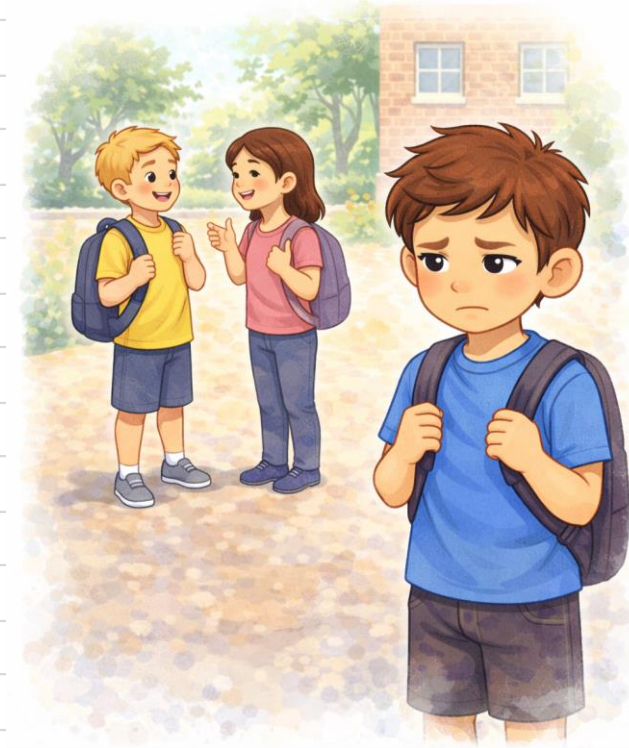


Case Study 2 – Jealousy Between Friends

A student feels jealous when a close friend spends time with someone else.



- Is jealousy a normal emotion?
- How can we communicate calmly and respectfully?



Case Study 3 – Pride and Shame

One student feels proud
after success.
Another feels ashamed
after failure.



Why are their reactions
different?
How can we support
someone who feels
ashamed?



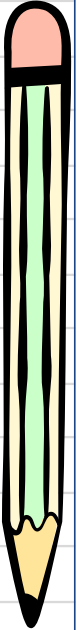
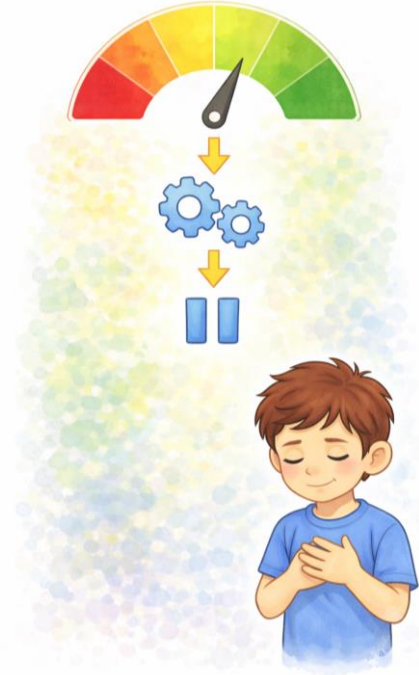
Emotional Regulation

Emotional regulation involves:

- Noticing the emotion
 - Naming it
- Pausing before reacting
- Choosing a responsible response



Regulation is a skill, not suppression.



Social Emotions and Development

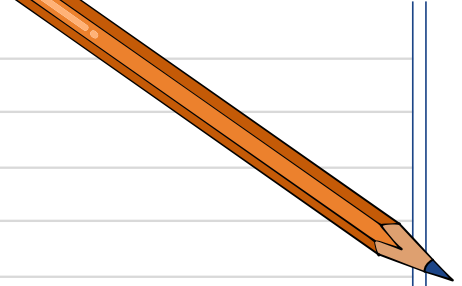
As we grow, we compare ourselves to others.
We begin to care more about fairness and belonging.

How does comparison influence our emotions?





Ethical Reflection

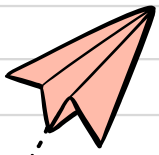


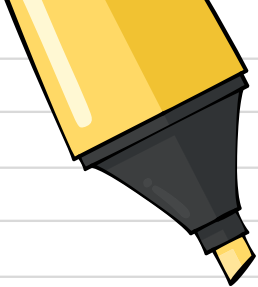
How do our emotions
affect others?

What is the difference
between intention and
impact?



Can empathy guide
responsible action?





Personal Reflection



Which emotion is hardest for you to manage?

How do you usually react?

How would you like to react next time?

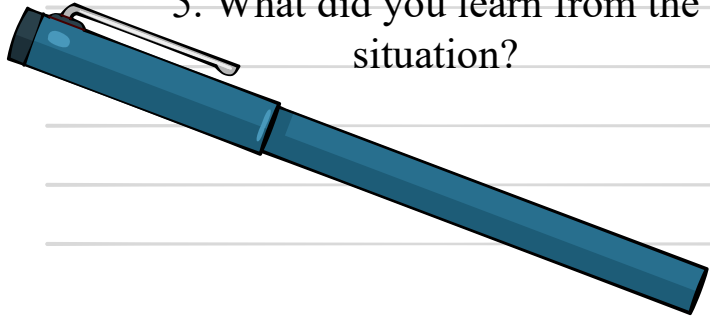


Activity – “Share the Emotion”

Think of a real situation where you felt a strong emotion.

On a piece of paper, write:

1. What happened?
2. What emotion did you feel?
3. Why did you feel that way?
4. How did you react?
5. What did you learn from the situation?



Optional:

“If I face a similar situation again, I would...”

This text does not have to be shared.
Writing helps us understand and release emotions responsibly.



Conclusion

Strong emotions are part of being human.

When we understand our emotions,
when we respect the emotions of others,
and when we choose responsible actions,

we create a classroom based on respect and
understanding.

Even though we are different,
we can live in harmony.

A better world begins with emotional awareness.

