

# Drawing on Positive Emotions



## Thriving Target: Positive Emotions

Definition: Thriving youth are positive and optimistic and are able to manage emotions in ways that lead to emotional health and overall well-being

Learning to manage emotions effectively is something that all youth need to do. Emotions that arise from events that are disappointing, frustrating, or unfair can be quite strong. All youth need to learn positive ways to express their emotions rather than hiding their feelings or expressing them in negative ways. Research shows that helping youth develop reappraisal skills can give youth the tools they need to manage strong emotions effectively. Reappraisal skills help youth explore their powerful emotions rather than suppress them and redirect negative emotions into positive emotional responses. Emotional management is part of emotional intelligence, a key social skill needed throughout life.

## Life Skills: (Iowa Targeting Life Skills Model)

- ⇒ **Resiliency** - the ability to recover after experiencing misfortune or distress; coping with change; overcoming problems and difficulties .
- ⇒ **Managing Feelings** – expressing one's feelings appropriately and in proportion to circumstance

Success Markers for the Thriving Target: Positive Emotions
<p><b>Expect to See -- Youth will participate in a game of the do's and don'ts in handling emotions.</b></p> <p><b>Like to See -- Youth will illustrate do's and don'ts of handling emotions.</b></p> <p><b>Love to See -- Youth will apply the 'positive emotions' lessons learned in the game on the range.</b></p>

Lesson Objective
Youth will draw a contrast of the different ways to handle emotions positively and appropriately.

Shooting Better Scientifically is a regularly scheduled program to assist 4-H volunteers, leaders, and staff to conduct lessons with their 4-H Shooting Sports clubs using the Thriving Model. This lesson was developed by Tammy Stuhr and Chandra Plate, Level 3 4-H Shooting Sports Coordinator Trainers.

### **Preparing for Youth Activity for Positive Emotions**

1. Set up range as normal. Have the firearms and/or bows you are using ready along with ammo and arrows.
2. Supplies Needed: Large sheets of paper to write on for drawing scenarios (like the game Pictionary), multiple colors of markers, tape or a way to hang the sheets, and copies of the drawing cards (folded in half with the scenario hidden on the inside), and timer (cell phone clock works fine).

### **Conduct Lesson**

1. **What do you do when you are angry with another person?** (take answer)  
**What about embarrassed?** (take answers)  
**What about frustrated?** (take answers)  
**What about when you are disappointed in yourself?** (take answers)
2. **All of these emotions are normal. You are allowed to be angry, embarrassed, frustrated, and disappointed. Just like it is ok to be happy, calm, proud, cheerful, and excited for yourself.**
3. **When you have these feelings, how do you think it effects your shooting?** (take answers)  
**What about the people around you when your emotions are negative?** (take answers)
4. **We are going to play a game to help you reflect on the do's and don'ts of experiencing your emotions, specifically emotions around anger and frustration. You are going to divide into two teams, and take turns drawing. Your team will guess what your two teammates are drawing. If they don't get it in 90 seconds, then the other team can try to steal what they think the phrase is.**
4. Game Directions are as follows:
  - a. Two people from each team will come up together.
  - b. They will draw the first scenario on the card which will always be a don't. Then after the team guesses, or the other team steals, they will draw the second scenario that starts with "Do".
  - c. Then it will be the next team's turn to draw and guess.
  - d. When the team draws, they can start by writing blank lines for the number of words in the phrase.
  - e. (Play the game, remember to read the coaching moment before moving on to the next round of drawing).
5. **When you go out to the range, think about each of these do's of handling your emotions. Remember, it is OK to feel frustrated, angry, embarrassed, and disappointed. You'll just want to handle those emotions in ways that leave you feeling positive afterwards, and believing you can change things for the better.**
6. Debrief - **What was your highlight, lowlight, and insight from playing the game and learning positive ways to handle tough emotions?**

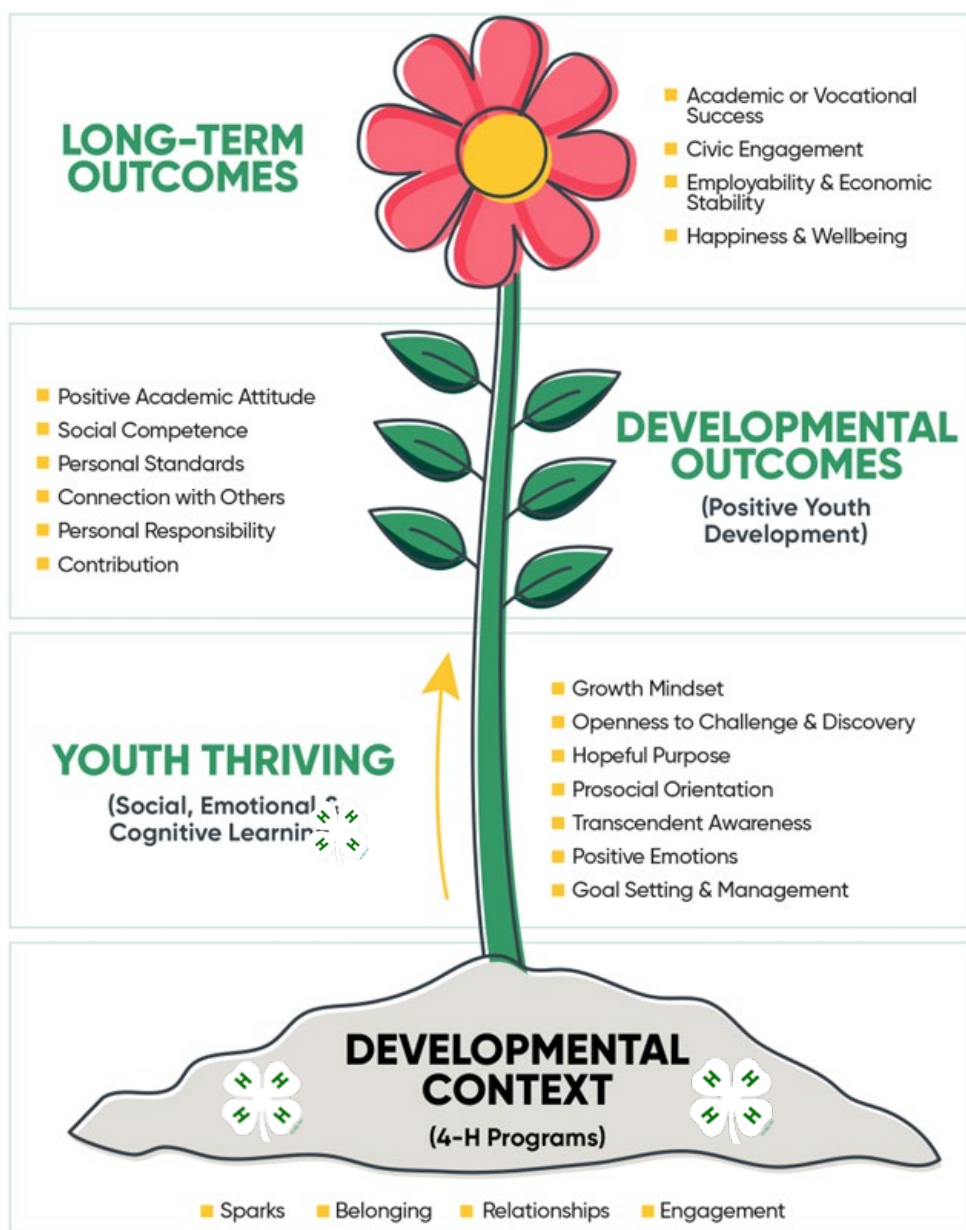


# Resources



For more information on creating a Positive Emotions:

- Visit Oregon State University's blog on [Helping Youth Thrive](#).
- One page handout on [Positive Emotionality](#).



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