

## Planning

3.3

## What, When, Why, and How Messages

*Knowing how to communicate strong emotions constructively helps people take responsibility for the way they feel and helps get their needs met.*

*Learning strategies for expressing our full range of emotions, including strong ones, and communicating needs are key elements in social awareness.*

## SEL COMPETENCY

Social Awareness, Relationship Skills

**SKILL** empathy, seeking help

## MATERIALS

- ✓ Discovering Projectable 3.3.1
- ✓ Connecting Projectable 3.3.2
- ✓ Student Journals
- ✓ Family Connection take-home worksheet

## CLASSROOM CONFIGURATION

- 1 whole class 2 whole class  
3 pairs 4 individuals

## OBJECTIVES

Students will

- ✓ explain why it is important to tell others how we feel and how to treat us with respect;
- ✓ use What, When, Why, and How Messages to communicate emotions such as anger and frustration in a positive, appropriate way.

## ★ COMMON CORE CONNECTION

This lesson addresses the following Common Core Standards:

**SPEAKING AND LISTENING: COMPREHENSION AND COLLABORATION**

- ✓ SL.6.1

**SPEAKING AND LISTENING: PRESENTATION OF KNOWLEDGE AND IDEAS**

- ✓ SL.6.6

## SKILLS Progression

**LAST YEAR**, students practiced solving conflicts with positive compromises.

**THIS YEAR**, students will learn to constructively communicate strong emotions using What, When, Why, and How Messages.

**NEXT YEAR**, students will learn to use What, When, Why, and How Messages to tell others how they feel and what they need.

## 1 DISCOVERING

10 MINUTES

Lesson Link

ACTIVITY 1

Show **Discovering Projectable 3.3.1**. Invite students to look at the projectable and to think about the range of emotions they feel and the ways they communicate their feelings.

**ASK:** *How do teenagers typically communicate positive emotions? How do they communicate fear, jealousy, frustration, and fear? Which types of emotions are more difficult to communicate? Why is that true?*

Acknowledge that emotions are important to communicate clearly because they are an important part of who we are. Communicating our positive emotions helps us share our good feelings with others. However, strong emotions such as anger and fear are also important to communicate in a clear and effective way so that our strong emotions and needs can be expressed in a positive way to others.



## 2 CONNECTING

10 MINUTES

INSTRUCTION

**ASK:** *Why do you think it's important to learn how to express our range of feelings to others in a clear and positive way?*

## Introduce What, When, Why, and How Messages

Display the What, When, Why, and How Messages projectable (**Connecting Projectable 3.3.2**).

Tell students that What, When, Why, and How Messages help people express their positive and strong emotions constructively. Explain the elements of What, When, Why, and How Messages shown on the projectable.

## Model communicating strong emotions constructively

Use a think aloud to model using What, When, Why, and How Messages to communicate both positive and strong emotions to a friend.

**SAY:** *Using What, When, Why, and How Messages helps to constructively tell others how we feel. They can be for strong emotions, but also positive ones. For example, I'm feeling happy today with you as my friend so my What, When, Why, and How Messages are: What—I feel happy; When—you give me a compliment on my new glasses; Why—because I was nervous about wearing them to school; How—I hope we can continue to be friends who compliment*

