

Materials	None
Learning Outcome	Recognize how brain development affects emotions and impulses and discuss decision-making strategies and the importance of asking for support.

Description

Explain to the child that similar to their body, their brain grows and develops throughout childhood. Share that as they reach their teenage years, a part of their brain called the frontal lobe will go through a big phase of development.

While this development is occurring, it can feel like your emotions are heightened and your impulses are a bit out of control. Invite the child to discuss the following topics with you in relation to their growing brain.

- How do you think your emotions may be heightened as your brain continues to develop (e.g., may feel really sad when you have a conflict with a friend, etc.)?
- How do you think your impulses may feel out of control (e.g., may yell when angry, etc.)?
- What strategies can you use to manage these emotions and impulses (e.g., stop before reacting and think about consequences, etc.)?

Explain to the child that these feelings and impulses can be part of a normal stage of development for their brain but that it is important to develop the skills and knowledge to recognize them and ask for help in regard to how to manage them. As many children's brains develop, they also start taking more risks. Share with the child that taking risks is part of developing independence but that is essential they consider safety at all times.

Continue the discussion with the child and invite them to talk about their growth and development. Ask them how you can support them when they need it. Talk about any feelings they may have about friends, family members, school, or any other aspects of their life.

End the discussion by sharing that these are the types of talks you can have with them and communicate that you are there for them whenever they need it.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How did you feel after the discussion?*
- *Whom else in your life can you reach out to talk to if needed?*