



Transcript

Emily - Lesson 3, Audio 2



Play 'Emily - Lesson 3, Audio 2' **or** read this transcript during
'Don't Bottle Up' lesson plenary.

Emily

Hey guys, it's me again, Emily. I heard you guys were doing a really cool science experiment today - I love science! What you saw today during your experiment is like an emotional outburst because when we keep our emotions inside and don't let them out, the pressure builds and builds until we have a reaction. We might shout at our parents, be mean to our friends or snap at others and it's all because we haven't dealt with our inside emotions and we act out of frustration. If something in life is stressing you out or making you angry, it's better to deal with your emotions rather than trying to cover them up. We might think can cover our worries up well, but others can probably still see that we are upset.

You and your teacher should have made a mind map of different ways of handling emotions to prevent an emotional outburst. It's important to understand that we all get angry from time to time and we all have things that will stress us or upset us, but the way we deal with these things is very important. So next time you're angry, think of your class mind map and the different ways we can deal with our emotions. Remember, don't bottle up your emotions and always speak to someone if you need help.