

Name \_\_\_\_\_

## Rising Feelings Answer Key

1. "Jayden crossed his arms and said, 'You never listen to my ideas anyway.'"
2. The crossed arms and blaming words showed frustration and anger.
3. They could have taken a short break, listened to each other's reasons, or asked the teacher for help.
4. Recognizing when emotions start to rise helps prevent arguments and gives time to calm down before reacting.

### Teacher's Guide:

- **Purpose:** Teaches students to identify early warning signs of emotional escalation and encourages reflection on calm communication.
- **Differentiation Tips:**
  - Read the scene aloud and discuss each line to ensure comprehension.
  - Provide visual cues (red for escalation, green for calm) to mark emotion shifts.
  - Allow students to act out the scene and pause when they sense tension rising.
- **Engagement Ideas:**
  - Invite students to write their own short argument scenes and exchange them with peers to identify escalation points.
  - Use color-coded highlighting to track emotional intensity within a dialogue.
- **Extension Activities:**
  - Have students journal about a time they noticed their own "escalation point."
  - Connect to self-regulation strategies like deep breathing or walking away before reacting.