

EMOTIONAL SKILLS LAB

STUDENT EDITION

BUILD EMOTIONAL STRENGTH IN REAL TIME



**At school, things happen fast.
with teachers. With parents. With other students.
One Moment. One reaction.
And everything can change.**

**This is where you learn how to pause...
think... and choose better.**

This is your Rep.



I PAUSE. I THINK. I CHOOSE.

I PAUSE



BECOME A PATTERN BREAKER





I PAUSE
I THINK



BECOME A PATTERN BREAKER

I PAUSE
I THINK
I CHOOSE



BECOME A PATTERN BREAKER

EMOTIONAL SKILLS LAB

Student Edition: Real School Moments

Interactive Pattern Breaker Lab



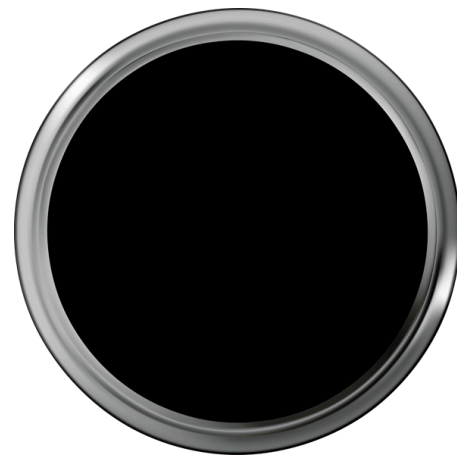
Build your emotional muscle in real time.

Pick a real-life situation



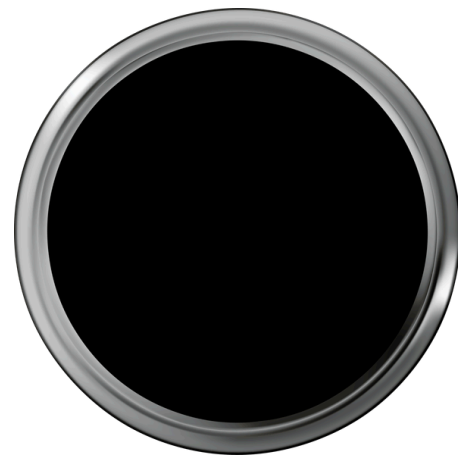
SCENARIO 1

LAUGHED AT



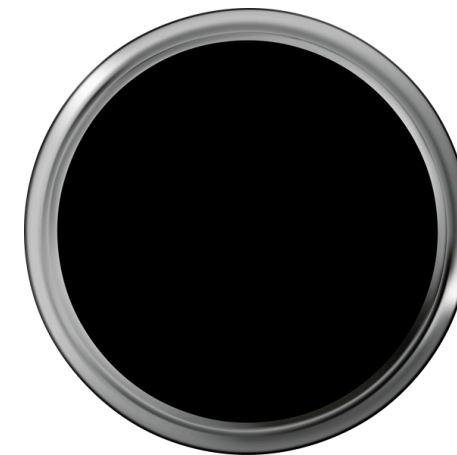
SCENARIO 2

BUMPED YOU



SCENARIO 3

PEER PRESSURE



SCENARIO 4

CALLED OUT



SCENARIO 5

TOLD NO

S1

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Interactive training

Laughed At



**You walk into class...
you hear your name...
then a couple students laugh.**

you don't know why they laugh.



WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



ANGRY



EMBARRASSED



DISRESPECTED



NERVOUS

EMBARRASSED

**Embarrassment makes you feel exposed.
but one moment does not define you.**

stay steady. Don't shrink.



DISRESPECTED

**Feeling disrespected can make you want to react
fast.**

**But reacting fast can cost you control:
control is your power.**



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ANGRY

Anger can make you react before you know the full story. Emotional intelligence means pausing, getting clarity, and choosing your response.



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NERVOUS.

**your mind is trying to protect you.
but you don't have the full Storey yet.**

Pausé. Breathe. Don't assume.

REACT

PAUSE

EMOTIONS

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PAUSE/CHECK IT

Wrong reaction:

Feeling (fast) emotion
Drawn in by peer pressure
Assuming the worst
Reacting for attention

Correct response:

Get clarity first
Feeling aware
Pause before reacting
Choose with intention

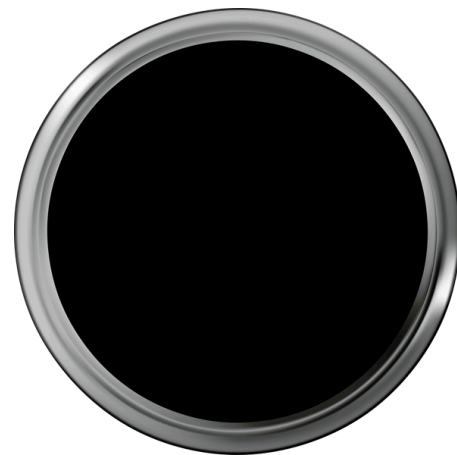
**NEXT**

What's the pattern breaker move?

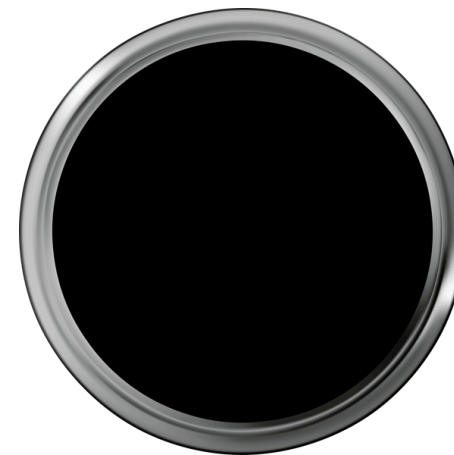
“Paused first. Think Clearly. Choose your move.”



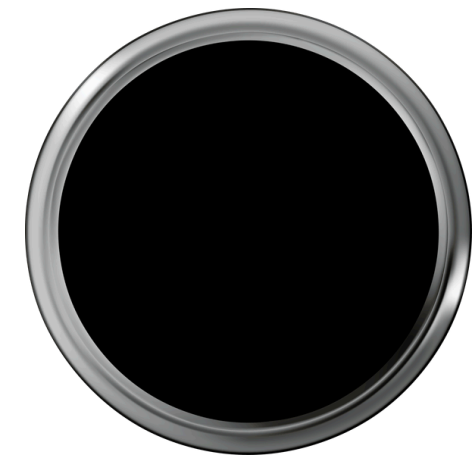
STAY CALM



WALK AWAY



ASK FIRST



THINK CLEAR

S1

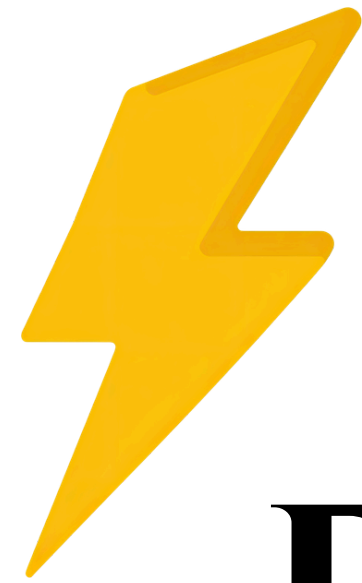


EMOTIONAL SKILLS LAB

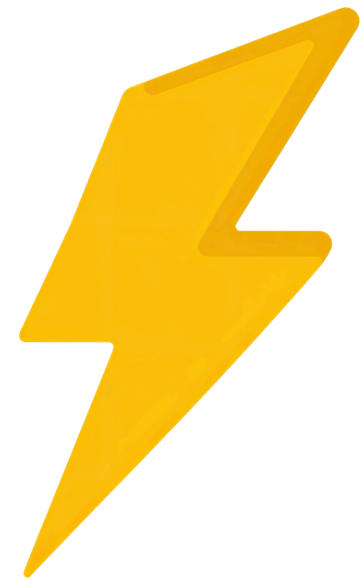
MODULE COMPLETE

IDENTITY EARNED

+1 Pattern Breaker point Earned



You felt it... but you stayed in control.



PATTERN BREAKER

I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

Total PB Points: 1

NEXT SCENARIO



Interactive training

BUMPED YOU

You're walking in the hallway

**someone bumps into you...
then says, move.**

You don't know if it was on purpose.You



WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



ANGRY



DISRESPECTED



NERVOUS



CONFUSED

ANGRY

**Something feels off...
and you take it personal.
you're mind jumps to:
they're playing with me.**

**this feeling is real...
but it's not always true.**



DISRESPECTED

**Feeling disrespected can make you want to react
fast.**

**But reacting fast can cost you control:
control is your power.**



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NERVOUS.

**your mind is trying to protect you.
but you don't have the full Storey yet.**

Pausé. Breathe. Don't assume.

REACT

PAUSE

EMOTIONS

CONFUSED

**You don't have all the information yet
your mind is trying to figure out what happened
don't react to something. You don't understand.**



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PAUSE/CHECK IT

**WRONG REACTION**

Feeling disrespected

Assuming intent

Reacting too fast

Trying to look tough

CORRECT RESPONSE

Feeling aware

Pause before reacting

Get clarity first

Staten control



NEXT



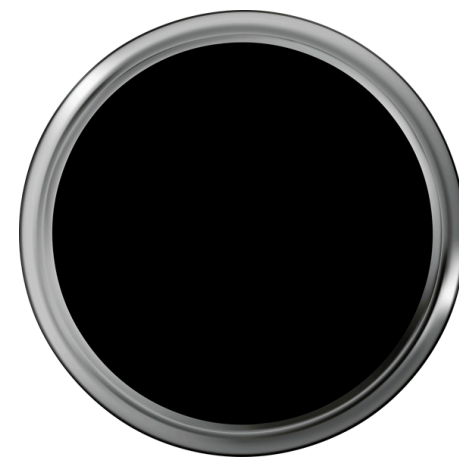
What's the pattern breaker move?

Now that you slowed it down...

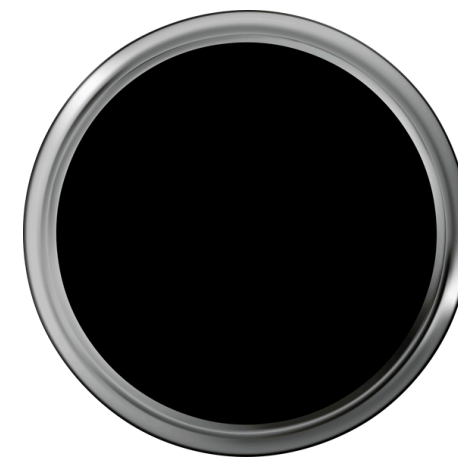
You don't react
you respond?



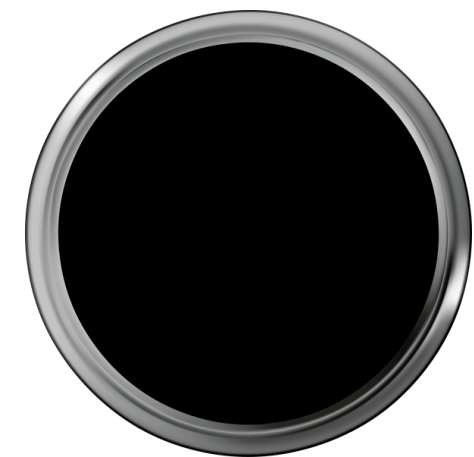
STAY CALM



LET IT GO



ADDRESS IT CALMLY



KEEP WALKING

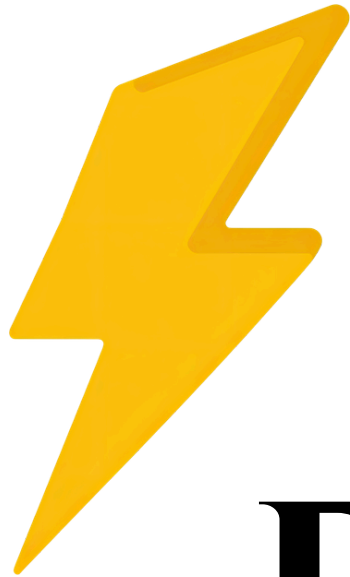


EMOTIONAL SKILLS LAB

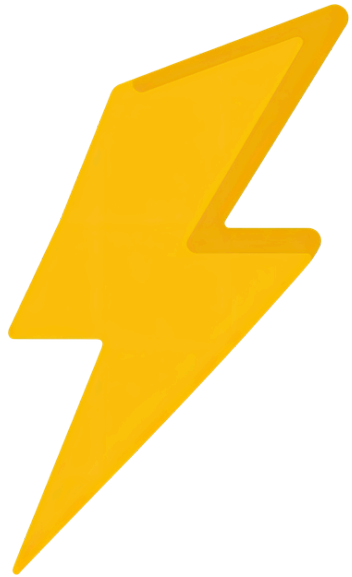
MODULE COMPLETE

IDENTITY EARNED

+1 Pattern Breaker point Earned



You felt it... but you stayed in control.



PATTERN BREAKER

I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

Total PB Points: 2



NEXT SCENARIO



Interactive training



PEER PRESSURE

**You're around your friends...
They start doing something they're not
supposed to do...**

**Then they look at you and say,
"come on, just do it."**

**You know it's not right...but you
don't want to look lame.**





WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



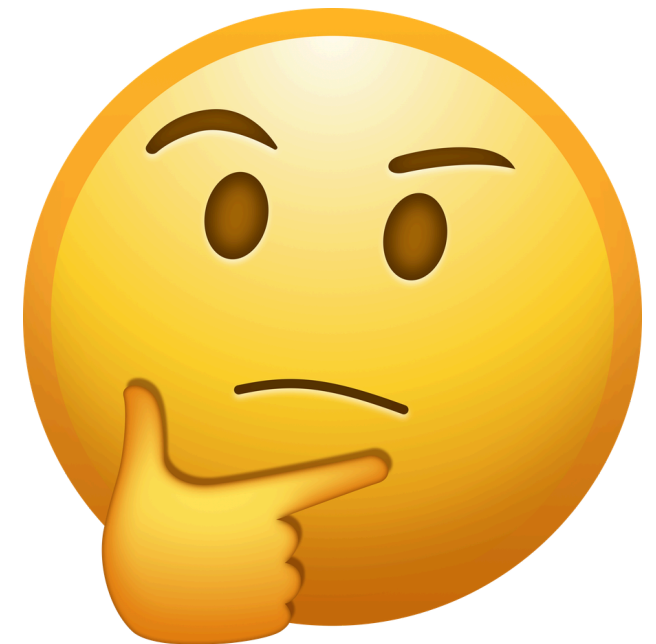
PRESSURED



NERVOUS



CONFUSED



LEFT OUT

EMOTIONAL SKILLS LAB

PRESSURED

It feels like you have to do it to fit in.
Like saying no will change how people see you.

But real strength is choosing for yourself.



NERVOUS.

Nervousness can make you follow the crowd just to fit in. Emotional intelligence means, pausing, Thinking For Yourself, and choosing what's right



REACT



PAUSE



EMOTIONS

CONFUSED

**Confusion can make you look to others
instead of thinking for yourself.**

**Emotional intelligence means slowing down,
getting Clear, and choosing what aligns with you.**



LEFT OUT

**It feels like you might loose your place with them.
like you won't belong if you don't go along.**

**But real belonging doesn't come from pressure.
It comes from being yourself.**



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PAUSE/CHECK IT

**REACT:**

Feel it, but don't allow it.
Emotions can move fast.
But fast emotions, don't
always make good decisions

Right now, you might feel pulled to go along...
that feeling isn't just you-it's pressure.

**AWARENESS:**

you don't have to follow pressure.
you can choose your response.

slow it down.
think it through.
choose on purpose.



What's the pattern breaker move?

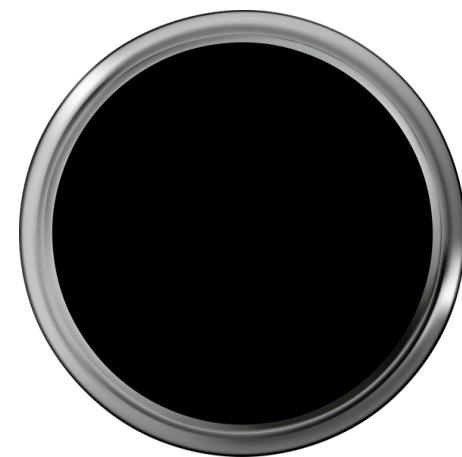
Now that you slowed it down...

You don't react.

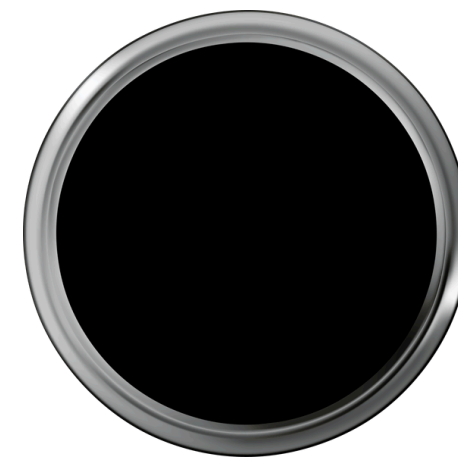
You choose.



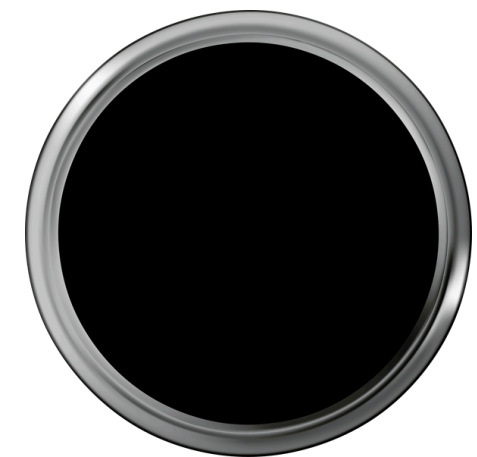
SAY NO



WALK AWAY



SWITCH IT



STAY TRUE

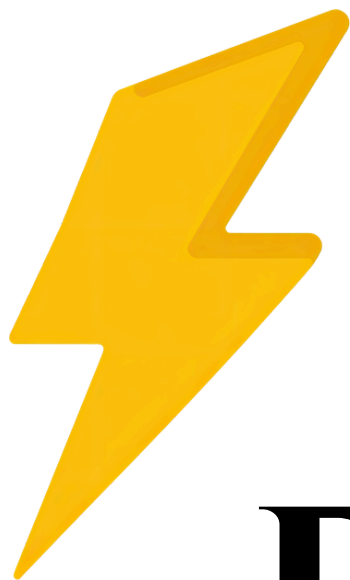


EMOTIONAL SKILLS LAB

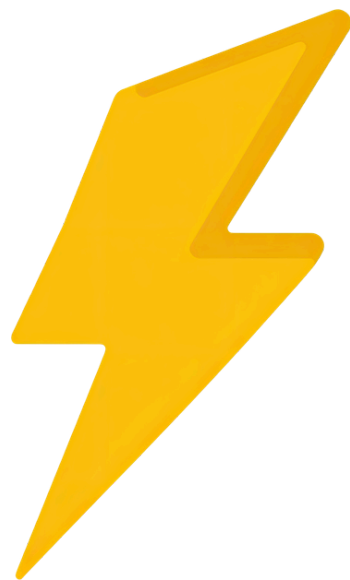
MODULE COMPLETE

IDENTITY EARNED

+1 Pattern Breaker point Earned



You felt it... but you stayed in control.



PATTERN BREAKER

I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

Total PB Points: 3



NEXT SCENARIO

Interactive training



CALLED OUT

You're in class...
The Teacher calla your name...
And corrects you in front
of everyone.

Now all eyes are on you.





WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



EMBARRASSED



DISRESPECTED



ANGRY



NERVOUS

EMBARRASSED

**Embarrassment makes you feel exposed.
but one moment does not define you.**

stay steady. Don't shrink.



DISRESPECTED

**Feeling disrespected can make you want to react
fast.**

**But reacting fast can cost you control:
control is your power.**



ANGRY

Anger can make you react out of embarrassment. Emotional intelligence mean, staying calm, listening First, and not letting emotion control your response.



NERVOUS.

**Nervousness can make you shut down or react too fast.
Emotional intelligence means, pausing,
breathing, and staying in control.**

REACT**PAUSE****EMOTIONS**

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT



Wrong reaction:

Go along, to get along.



Correct response:

**You don't have to follow pressure.
you can choose your response.**



What's the pattern breaker move?

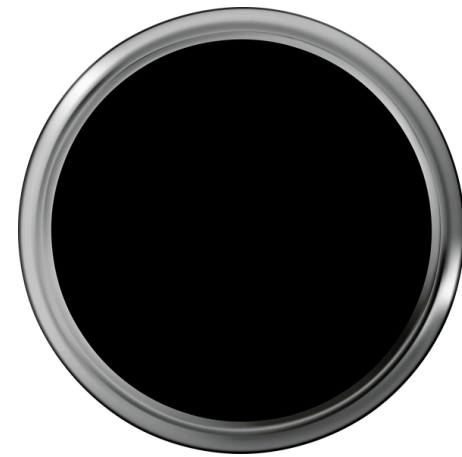
Pause. Think. Choose.

You don't react

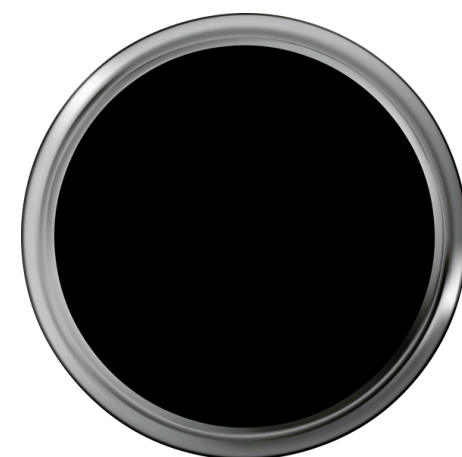
You choose.



SAY NO



WALK AWAY



DO SOMETHING ELSE



BE YOURSELF

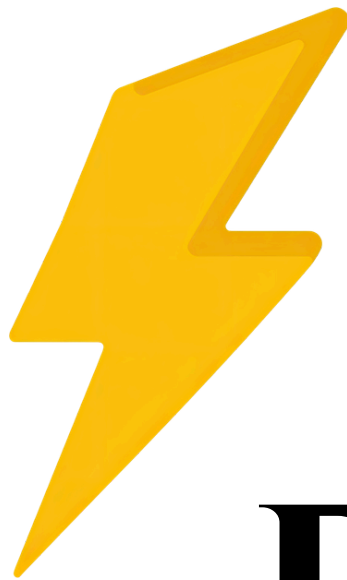


EMOTIONAL SKILLS LAB

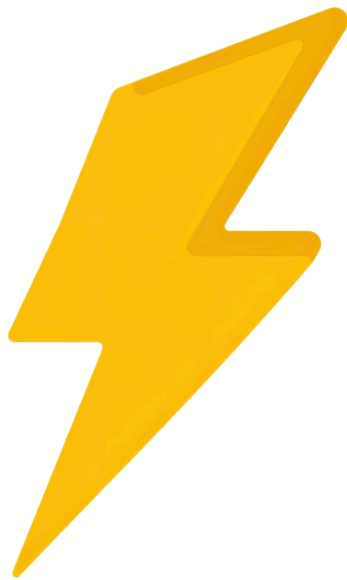
MODULE COMPLETE

IDENTITY EARNED

+1 Pattern Breaker point Earned



You felt it... but you stayed in control.



PATTERN BREAKER

I pause. I think. I choose.

That's how you become a Pattern Breaker.



NEXT SCENARIO

Total PB Points: 4



Interactive training



TOLD NO

**You ask to go somewhere...
Or do something you really want...
And your parent says, “No”**

You don't agree with it.





WHAT ARE YOU FEELING?

PAUSE... CHECK IN WITH YOURSELF



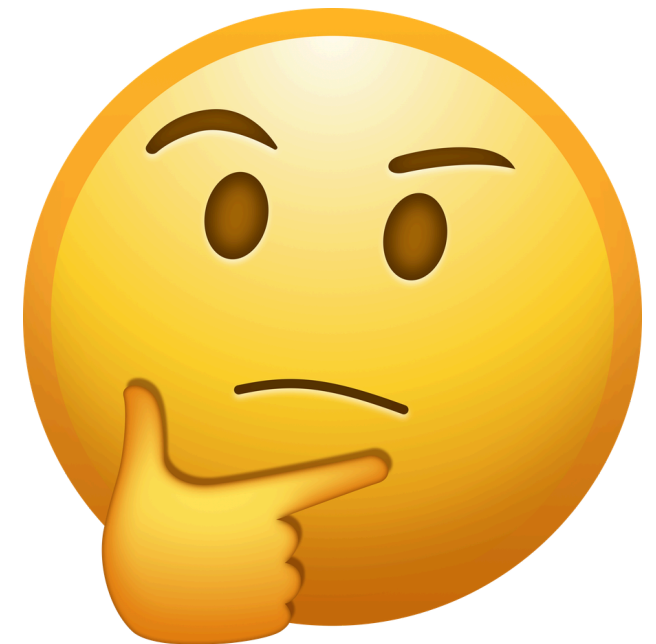
ANGRY



FRUSTRATED



DISAPPOINTED



UNFAIR

ANGRY

Anger can make you focus on what feels unfair instead of staying in control. Emotional intelligence means, pausing, listening, and responding calmly.



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Frustrated

**Things didn't go your way.
You expected a different answer.**

Frustration doesn't mean you have to react.



Disappointed

You were looking forward to it.
Now I didn't happen.

It's okay to feel it...just don't let it control you.



Unfair

It feels like the decision isn't right.
Like you're not being understood.

But reacting emotionally won't
fix it.

REACT

PAUSE

EMOTIONS

EMOTIONAL SKILLS LAB

PAUSE/CHECK IT

**WRONG REACTION**

Reacting emotionally
Feeling rejected
Arguing instantly
Wanting your way

**CORRECT RESPONSE**

Feeling aware
Paused before reacting
Respond calmly
Listen first



What's the pattern breaker move?

Now that you slowed it down...

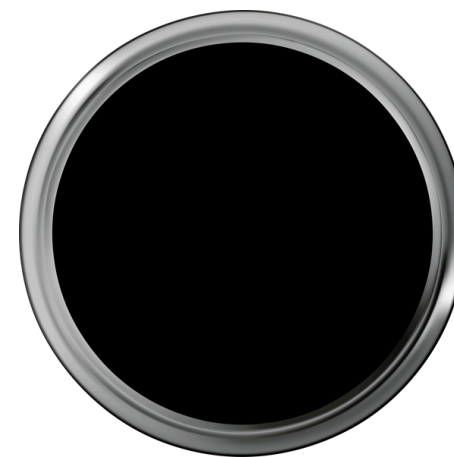
You don't react
you respond?



STAY CALM



ACCEPT IT



ASK WHY



TALK LATER

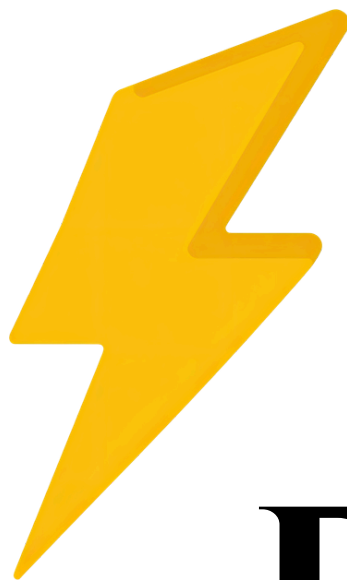


EMOTIONAL SKILLS LAB

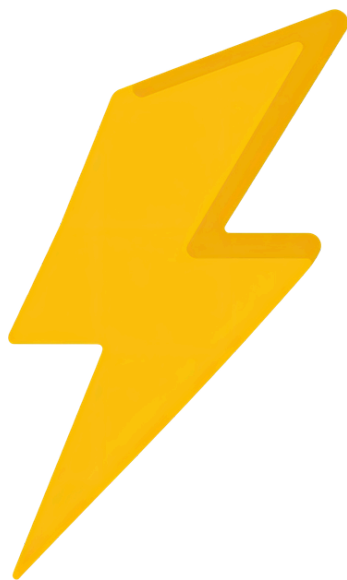
MODULE COMPLETE

IDENTITY EARNED

+1 Pattern Breaker point Earned



You felt it... but you stayed in control.



PATTERN BREAKER

I pause. I think. I choose.

That's how you become a Pattern Breaker.



RUN IT BACK

Total PB Points: 5



MAIN MENUE