

# The Application of Emotional Control in Middle School Education

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**Abstract:** Man's emotions were like a river, there were peaks and troughs, when you were angry, you could try to count the number calm down, which was actually our common way of transferring negative emotions. Education life accompanies by joys and sorrows. For children's innocent smiling faces, I would like to consider the three-foot podium as a never-ending stage, be as a tireless dancer, never slack to struggle, and be persistent to pursue.

**Keywords:** Emotional Intelligence; Bullying Prevention; Growth Mindset; Change; Social-Emotional Learning

## 1. Introduction

Have you raised plants?

I have raised a small maple tree which impressed me a lot.

Last September 1st, I got up at 6:00 a.m and went to the morning market at the school gate to buy a small maple tree. At seven o'clock, looking at the small maple tree overflowing with vigour on the north side of the podium, I happily met all the new students who would spend the next 3 glorious years with me. This is a new start.

At a break time, a few students burst into my office and calling "Ms. Chen, hurry up! go to the classroom, a boy is crazy!", it's scary. I hurried to the classroom. The floor was littered with books and stationery, a half opened bag was lying on the balcony railing. And then I heard angry shouts coming from the classroom. A boy with a round head was heaving his fist against a girl, his eyes were scowling at the girl and his face was red with anger. Seeing me approaching him, he pointed to the girl's nose and said viciously: "Don't think I will let you off! You wait and see!" The girl wiped the spit splashed on her face and Yelling, "It's a threat, you're a bully!"

Because there is a Chinese word "Feng" in his

name, and he is tall and straight which looks like the maple tree (Feng Shu in Chinese) in the classroom. I call him Xiao Feng.

"Miss Chen, Xiao Feng is fighting with his deskmate".

"Miss Chen, Xiao Feng just splashed water to the senior students downstairs and their coordinator wants to talk to you". "Okay".

## 2. Learn to Control Emotions

He was often the trouble maker.

Once, Xiao Feng quarreled with his classmate again, and he had an emotional outburst which was like typhoon. It's so scary. After that, I asked him "How do you think you should deal with conflicts among classmates"? He righteously said: "Whoever provokes me will be fought back. This is what my father taught me". I said "You believe violence must be overcome by violence, is it a long-term policy? There is always someone stronger than you". "Don't worry, I learned Taekwondo when I was little, and I have never fought since the third grade. I have never suffered any loss." I was stunned. He was a grumpy boy. I told him, man's emotions were like a river, there were peaks and troughs, when you were angry, you could try to count the number calm down[2], which was actually our common way of transferring negative emotions. At that very moment, the sound of counting was sounded in the class, hearing all classmates' sounds he was slowly calm.

Actually, I found Xiao Feng had a wide range of reading, and was actually an articulate boy. Once, when all the students finally solved a difficult problem, I asked them to talk about their feelings, and all of them say 6( a buzzword which means good), Little Feng blurted out: "Ti hu guan ding" which means "be enlightened", I seized the opportunity to let him explain this word. He explained this word very well, everyone looked at him with new eyes. Another time, when I taught students the

solutions to a complex geometry problem, and I told the class that our process should be clear and “ti gang xie ling”. From the eyes of the xiaofeng I saw that he understood this idiom. I asked him to explain the meaning. As I expected, he stood up and explained the writing process very well. Admiration was once again cast upon him. I found that he was very learned[3].

A girl in our class often asked for leave because of illness, I arranged her to be Xiao Feng's deskmate, and also announced in the class that I need a classmate to help this girl, in study. Xiao Feng volunteered to help her. In this process, he felt that he was needed, was recognized and became more and more relaxed[6]. The most magical thing is when he focused on teaching his deskmate, he stopped stuttering and spoke very fluently[1].

One day last month, a boy in our class threw to spitball to Xiao Feng's head, Xiao Feng turned into indignation; he stood up and raised eyebrows and roar: "Who? Who did it? All the class was frightened by him. Seeing him on the verge of another outburst, his friends quickly explained to me that he was the provoked one and meanwhile they counted the number to help xiao feng clam down. As expected, Xiao Feng controlled himself, and decided to solve the trouble after class. So the class continued. I praised Xiao Feng's progress in controlling emotions in front of the whole class. Xiao Feng who was waiting for the criticism for interrupting the class bowed his head in embarrassment in the students' warm applause. Looking at Xiao Feng's change, I know that my efforts deserved.

### 3. Conclusion

Just as the little maple tree needs to be watered, Xiao Feng also needs care and help. Because Xiao Feng's previous grumpy impressed everyone, and no one was willing to make friends with him except his deskmate. There was a turnaround after the sports meeting. Before the sports meeting, the students had signed up for themselves or highly recommended their good friends, but no one in the class recommended Xiao Feng, who was good at Taekwondo. Xiao Feng pretended not to care, and I pretended not knowing that. I asked him “Xiao Feng, we need a messenger to listen to the radio notice and remind the athletes to participate on time, would you like to be in

charge of this work?

He gladly said: “yes”. He was very conscientious and responsible. The exciting sport meeting was over. Our class won the second place. All the students were very happy. Many students shed tears of excitement when we took photos on the playground, everyone cheered for the tenacious spirits of our athletes. I also praised Xiao Feng for his perseverance, sticking to the post, seriousness and responsibility. Especially when students knew that other classes lost scores because of missing the message, all the students shouted loudly "Xiao Feng, Great!" and many of them rushed to hug Xiao Feng, we hugged together, at this time Xiao Feng also shed tears. There was genuine smile on his face. He finally grown into the "better Feng" , who was adapted to the environment of our class: friendly, inclusive, respectful[4]. I believe he will thrive in his own space[5].

The essence of education is influence, as long as the wind rises, then clouds swell, trees shake, flowers bloom... every day will be brilliant and wonderful!

Education life accompanies by joys and sorrows. For children's innocent smiling faces, I would like to consider the three-feet podium as a never-ending stage, be as a tireless dancer, never slack to struggle, and be persistent to pursue.

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