

The Emotional Roller Coaster

A short video example for introducing the Reality Ride

Use this clip to help a student notice how feelings can shift during an experience. The young man appears nervous at first, frightened during the drops, and happy at the end when he says, "I want to do that again." Use the moment to introduce the Reality Ride metaphor before moving into the Student Game Plan.

WATCH THE VIDEO

Open the Emotional Roller Coaster clip

PAUSE AND PROCESS

01 BEFORE THE FIRST BIG DROP

Pause just before the roller coaster begins its first big downhill.

What do you notice about his face, body, or words? What do you think he might be feeling or thinking?

02 DURING THE SECOND BIG DROP

Pause midway through the second big drop, when he looks frightened and is holding on tightly.

What seems different now? What do you think he might be feeling or thinking?

03 AFTER THE VIDEO

Continue to the end, when he says, "I want to do that again."

How did his feelings change from the beginning to the end? Why do you think he wants to ride again?

CONNECT THE VIDEO TO THE REALITY RIDE

"He went through a big emotional swing. He seemed nervous at first, then excited, then frightened during the drops. By the end, he was happy and wanted to try it again. Our choices can take us through ups and downs, too. The Reality Ride helps us look at how a choice can lead to consequences and affect what happens next."

NEXT STEP

Invite the student to connect the metaphor to a situation in their own life using the Reality Ride Student Game Plan.