








MANAGING ALL EMOTIONS

OBJECTIVES	<p>Often times, people think that being “happy” is the goal we should all strive for. It is healthy for an individual to learn to cope with all of their emotions. Start with tolerating every emotion. This takes experience, positive practice, and acceptance!</p> <p>Desired Behavior: Identify emotions and react accordingly. Begin experience all emotions with desired social behavior.</p>
MATERIALS NEEDED	<p>Print the template attached Pen or pencil</p>
STEP BY STEP	<p>Find a quiet space. Turn on calming music if it helps you focus. Look at the emotion and close your eyes for at least 10 seconds. Think about the last time you felt that emotion. Record your answer on the worksheet.</p>
FOLLOW UP ACTIVITIES	<p>Share this worksheet with a trusted friend or family member. Ask them to complete and share. The next time you experience an “uncomfortable” emotion, ask yourself when was the last time you felt that (check your worksheet.) Remind yourself that you tolerated it the last time and you made it through to another day.</p>
MODIFICATIONS	<p>Younger learners The adult can interview a younger child; encourage the child to draw pictures that illustrate their recollection or understanding of their answer.</p> <p>Older learners After you recall the last time you felt that emotion, spend time recalling a significant experience related to that emotion, spend time recalling a significant experience related to that emotion. Think about how it felt at the time and consider how you feel today.</p> <p>Learners with special needs Have your child match, receptively identify and expressively identify the emotions on the worksheet. Ask your child to act out the emotions; model this often in real-life situations.</p>

Name:

Date:

	PROUD	
	LOVED	
	SAD/ BROKENHEARTED	
	EXCITED	
	SHY	
	JEALOUS	
	DISAPPOINTED	