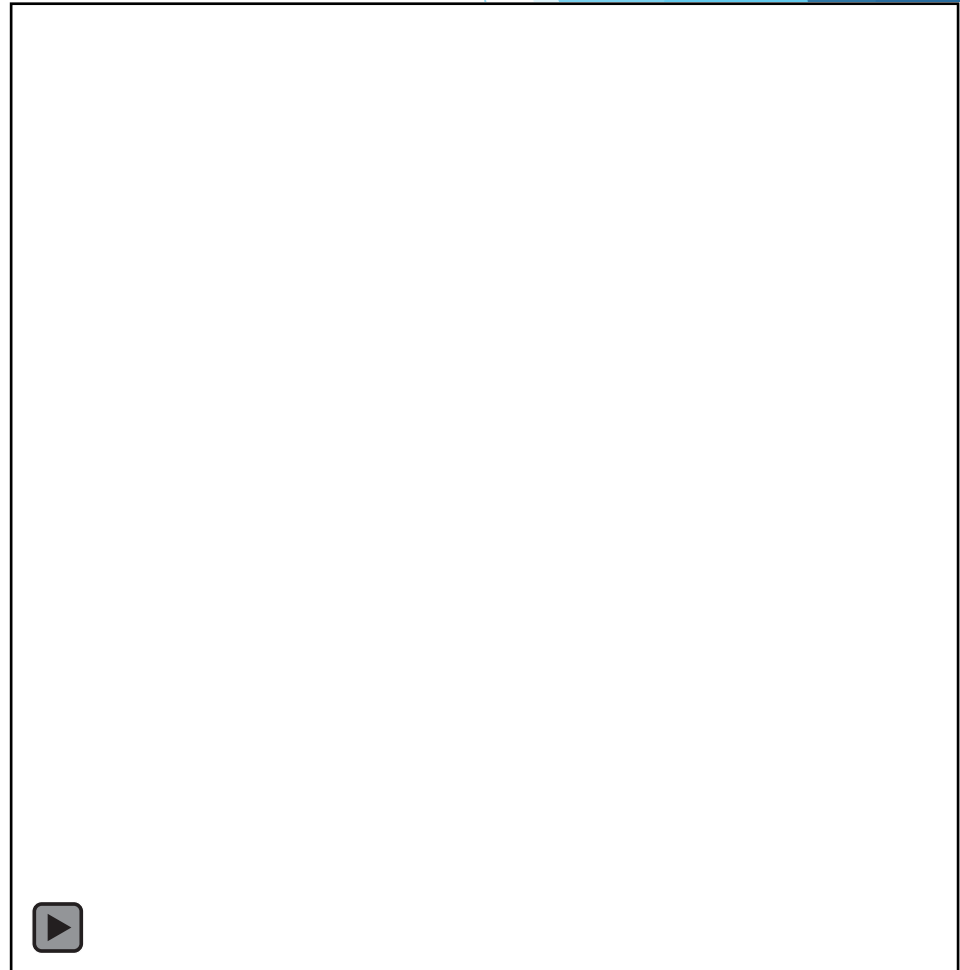
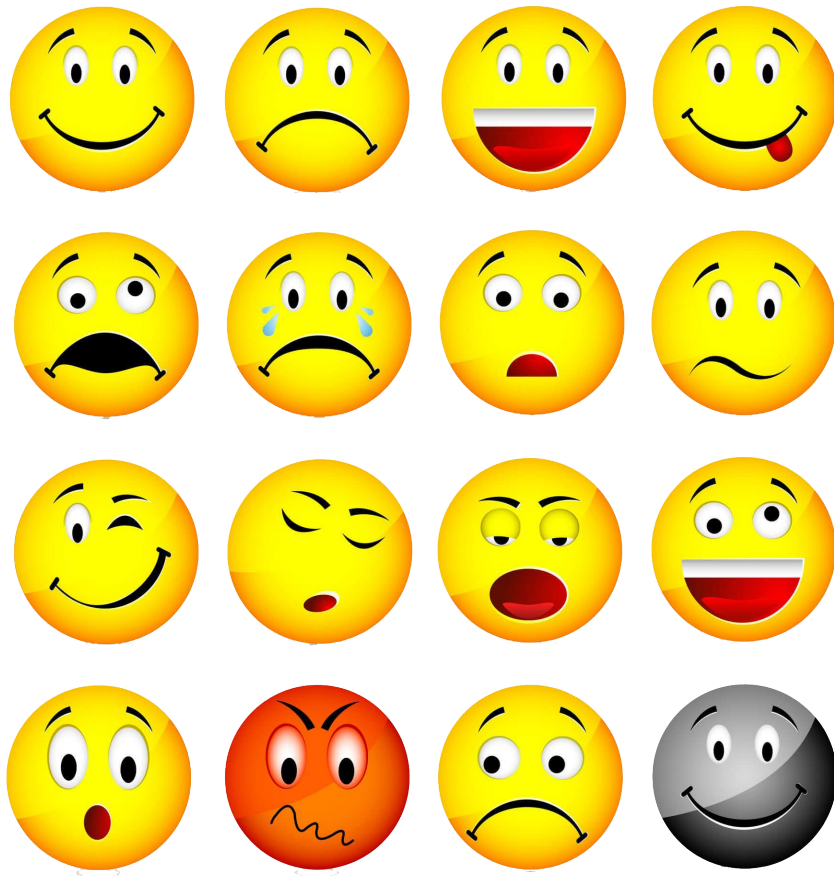


Managing emotions



Describe an experience related to each emotion/feeling, eg worried - When my dad was in hospital.



ANXIOUS



ARROGANT



BASHFUL



BLISSFUL



BORED



COLD



EXASPERATED



EXHAUSTED



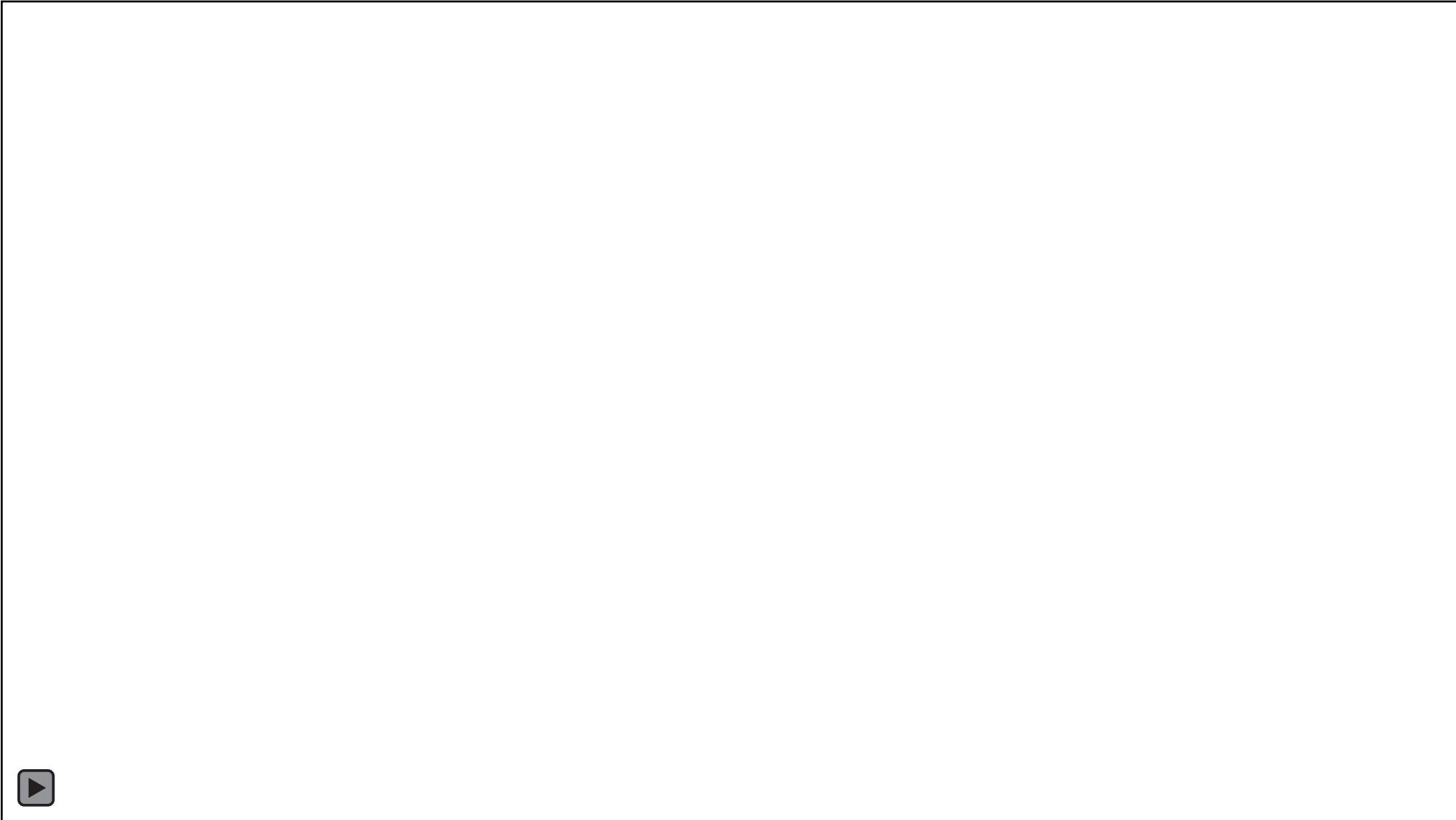
FRUSTRATED

Press pause to complete the activity.



Listen to the YouTube clip- Know Your Emotions

<https://www.youtube.com/watch?v=cKQlOVjxmfs>



Describe your own feelings...

- ▶ Describe something that makes you feel good. (This may be a person, place or activity.)
- ▶ List some words to describe the feelings and emotions this creates.
- ▶ How can you help yourself manage negative feelings?
- ▶ What could you do each day to create some positive feelings?

Press pause
to complete
the activity.



Interview a family member...

- ▶ What is one of your happiest memories from your childhood?
- ▶ What things made you feel unhappy or angry when you were a child?
- ▶ What do you do each day to make yourself happy?
- ▶ What can you do to help overcome negative feelings?

Press pause
to complete
the activity.

