

Name: _____

Date: _____

• Managing Emotions •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Write a journal entry about how you are feeling today.



#2

List 3 things you can do when you are feeling frustrated.



#3

Draw a picture of a time you positively dealt with tough emotions.



#4

Describe a time you felt let down or disappointed. How did you handle it?



#5

You are really upset about something but you have to take a test in math class. What can you do?



#6

Check-in with yourself: Draw an emoji for how you feel today and explain why.



#7

Max is nervous about a test coming up tomorrow. Make a list of things he can do to calm down and feel better.



#8

Discuss with someone else: Is managing your emotions the same as ignoring them? Summarize what you discussed.



#9

Tanya is sad and misses her family. Give her some advice to help her manage her emotions during the day.

