Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### If intense emotions control us, we can act without thinking and cause harm to ourselves or our friends or family. To manage intense emotions, it helps to find a way to calm down what’s happening in our body; use optimistic thinking; and then find a way to solve the problem in a calm, friendly way.

### Follow the ‘Anger’ example to complete the table below.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Ways to calm down the body** | **Ways to think more clearly (optimistic thinking)** | **Ways to solve the problem and still be friendly** |
| **Anger***Feeling really annoyed when you think something wrong has been done to you.* | * Do some exercise or a physical activity.
* Breathe slowly and deeply till I feel more in control.
* Walk away so I can work things out.
* Listen to music.
* Play with my pet till I feel calmer.
* Keep myself busy with another task.
 | * Talk to someone I trust about my angry feelings and get a ‘reality check’.
* Think about whether this is just a ‘one off’ on the part of this person who made me angry.
* Think about what was my fault.
* Remind myself that everyone feels angry sometimes.
 | * Remind myself to not damage my friendship with this person.
* Decide whether I should just try to forget about it.
* Talk to the person I am angry with about the reasons why I feel that way (in a calm way).
* Try to solve the parts that were my fault.
 |
| **Guilt** *Feeling bad because you have done something wrong or behaved badly.* |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Embarrassment** *Feeling upset because you think others will think badly of you because you have done something silly.* |  |  |  |
| **Rejection***Feeling sad because you don’t have company or because others don’t want to be with you.* |  |  |  |

### Choose one feeling. In each column, tick the methods of managing emotions that you use already. Underline the methods that you could try in the future.

### Make a plan to use one method from each column next time you have this feeling.