

MY NAME

MY MOOD TODAY (CIRCLE)



MANAGING EMOTIONS



We all feel many different emotions each day. Some of these feelings can be very strong. It helps to have **strategies**—things we can think about or do—so we can use our emotions wisely. This will help us to stay healthy and be kind to ourselves and others.

DIRECTIONS: Read the situation below. Then, answer the questions in the boxes about the strategies that Makayla can use.



Makayla decides to try out for the basketball team at her school. She loves to play basketball, but she has never played on a team before. She doesn't sleep well the night before tryouts because she is so nervous. At tryouts, she has trouble keeping up with the instructions that the coach is giving to the players. At one point, when she misses a pass, two of the other players roll their eyes at her. After the tryouts are over, Makayla finds out that she did not make the team. She feels like she is going to cry, and she sits alone to wait for her dad to pick her up from the school.

<p>What feelings do you think Makayla is having?</p> <hr/> <hr/> <hr/> <hr/>	<p>What could Makayla say to herself to manage these feelings?</p> <hr/> <hr/> <hr/> <hr/>
<p>What could Makayla do to help her with her feelings?</p> <hr/> <hr/> <hr/> <hr/>	<p>If you knew Makayla was feeling this way, what could you do to support her?</p> <hr/> <hr/> <hr/> <hr/>