

WORK SHEET – EXERCISE 1C

Why handle your emotions?

Here are different reasons to cut out and then present to the children in order to encourage them to think about and discuss those reasons.

To have a good relationship with myself.	To understand how my body reacts.	To experience my emotions calmly.
To have a good relationship with others.	To pay attention to my thoughts.	To accept the emotions of others.
To be able to handle my emotions when they become too much.	To reduce my stress.	To help others handle their emotions.
To be able to be happy with my friends.	Stress is unpleasant.	Stress makes you uncomfortable.
To learn to get along better with my friends.	To improve the relationships with the adults in my life.	To improve my chances of success.
To communicate and find my words.