

Take-Home Activity

Name

Date:

We all have emotions. Whether we're happy or sad, frustrated or excited; it is important that we learn healthy ways to identify and express our feelings. Managing our emotions is essential to our personal health and our relationships with those around us.

Discussing our emotions with others can help us identify ways to support the people close to us when they're navigating through difficult emotions. It also helps us to learn new strategies for dealing with our own emotions.

Directions:

How do the adults in your life handle their emotions? Find an adult or loved one and spend a few minutes interviewing them using the questions below. Record each response in the space provided.

Questions:

1. What is something that makes you happy?

2. How do you express your happiness?

3. What is something that makes you sad?

4. How do you deal with being sad?

5. When someone is sad, how do you support them?

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Questions:

6. What is something that causes you stress?

7. How do you deal with stress?

8. When you are stressed, how can others help you?

9. How do you make time for yourself each week?

10. What is something kind that you can do for yourself each day?

Conclusion: What did you learn?
