

# WEEK 4

## GROUP ACTIVITY



### MANAGING EMOTIONS

15 MINUTES

Hand out **Emotional Regulation Plans** (pages 88-92) and work through steps with participants.

Now we're going to create a plan for managing your emotions in the moment. Let's go through the activity together.

- Think of a situation that triggers a difficult emotion for you. It could be anything that you have noticed causes a sudden change in how you're feeling. If the situation is listed on the first section of the emotional regulation plan, you can check its box. If not, you can just write your situation at the top.
- How does that situation make you feel? Draw that feeling on the figure.
- Think of the things you might already do when you are in that emotional situation. On your handout, check all the boxes that apply.
- Let's come up with an action plan that can help you respond to the situation more calmly.
  - These can be things you do yourself or with the help of someone else. You can either check one of the listed actions or write out your own. Consider using one of the strategies we talked about today!
- Share your action plan with your parents, team and P.O.! If you had trouble identifying triggers, or a plan to help you better respond to them, they can help you with the process.