

## I recognise and manage my emotions

### 1 Frustration – Pride

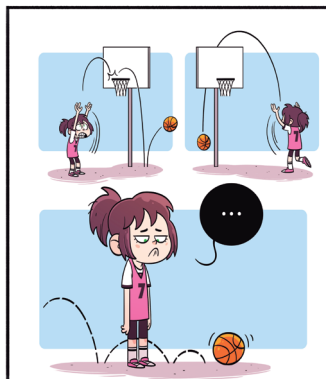
#### Fears Bag

Take a piece of paper, write what you are scared of. Each person in the class puts each piece of paper in a bag. One person takes out a piece of paper, reads it to the class and the rest thinks of ways to make that person feel better.

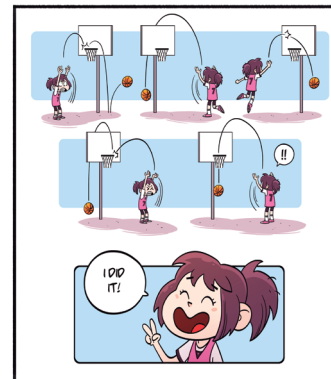
#### Relief wool

Take a piece of your favourite colour wool and take it with you to feel safer, like a good luck item. Take it when you know you are going to feel scared to make you feel safe.

FRUSTRATION – I FEEL FRUSTRATED



PRIDE – NOW I FEEL PROUD



### 2 Stress – Calm

#### Four-part apology

Put your hands on your belly.

Close your eyes

Close your mouth

Breath through your nose

In, out

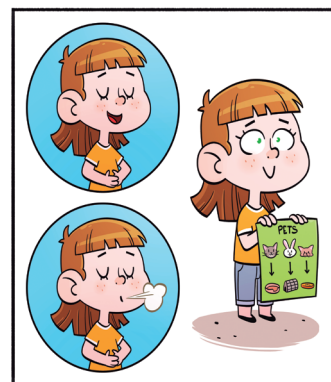
In, out

Do this activity when you feel stressed about something.

STRESS – NOW I FEEL STRESSED



CALM – NOW I FEEL CALM



#### Calm bottle

Put warm water + glue + colorant + glitter in a glass container. Shake it and watch the colours and the glitter move. Look at your calm bottle when you feel stressed. It will help you feel calm.

### 3 Insecurity – Confidence

#### A family planner

Write the activities you have in the week days and in the weekend: after school activities, birthdays and celebrations, family outings, etc. This will help you plan your work.

#### A journal

Write the homework you have to do every day. This way, you won't forget what you have to do and it will help you feel confident. Remember to cross-out what you have finished, it will make you feel good!

INSECURITY – I FEEL INSECURE



CONFIDENCE – NOW I FEEL CONFIDENT

