

# Resource Sheet to accompany 'Managing our Emotions'



## Emotions wheel

Find new words to express your emotions.



## 5 Steps to Managing Big Emotions

**1.** Remind myself that it is never okay to hurt others.

**2.** Take 3 deep breaths or count slowly to 10.

**3.** Use my words to say how I feel and what I wish would happen.

**4.** Ask for help to solve the problem.

**5.** Take time to calm down.