

# MANAGING MY EMOTIONS

Self-Determination  
in Community  
Programs

We all have times when we find it hard to manage an emotion.

If you feel this way a lot of the time, or if it stops you from joining in or enjoying activities at home, school or in the community, this activity might help you.

## You will think about:

- How your body, thoughts, emotions or actions tell you when you're starting to feel an emotion.
- What makes you feel that emotion or makes you feel worse.
- How to take action to manage your emotions.
- You could talk about this activity with family or trusted adults so they know how to support you.

When I feel

, it looks like:

Physical symptoms

Participation

Body language

Disruptions to daily life



Emotions

Other

Behaviour

Highlight what happens when you first feel the emotion in one colour.  
Highlight what it looks like when it is getting hard for you to cope with a different colour.

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Think about the strengths and strategies you already have that help you calm down, laugh, or feel grounded and connected.

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Write down or draw three things that help when you first start to feel the emotion:

Write down or draw three things that help when it is getting hard for you to cope:

Write down or draw three things that make you upset or make it harder for you to manage your emotions: