

## SEL 6-8 Lesson 3 Worksheet: " The Science of Managing Emotions"

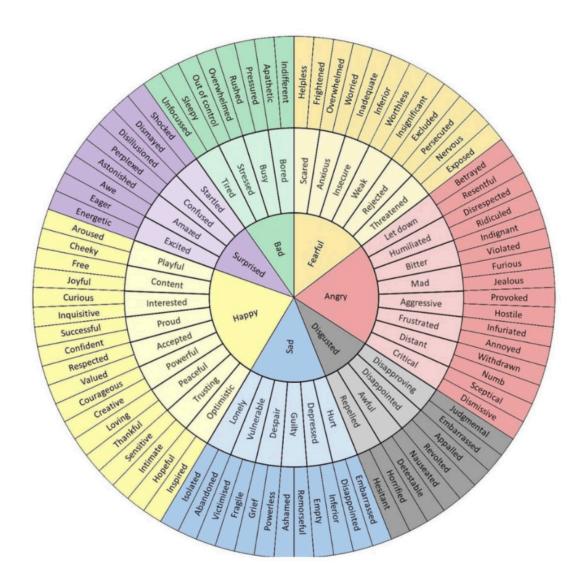
Name: \_

## Part 1: Identifying Emotions

Use the emotional wheel below to help you identify how you are feeling right now?

I am feeling \_

\_\_\_\_\_ because \_



## Part 2: Volcano

## **Directions:**

- In the bottom part of the volcano, in orange, write down as many of your triggers that have you identified.
- Above the orange words inside the volcano, write down in **red** body clues you may demonstrate or ways you may think when you are around those triggers.
- Above the red words, write down coping strategies you've learned in class or you already do, that may calm you down in **blue**.

