

# SOCIO-EMOTIONAL WELL-BEING

## Student's Worksheets: GRADE 9 Lesson 2

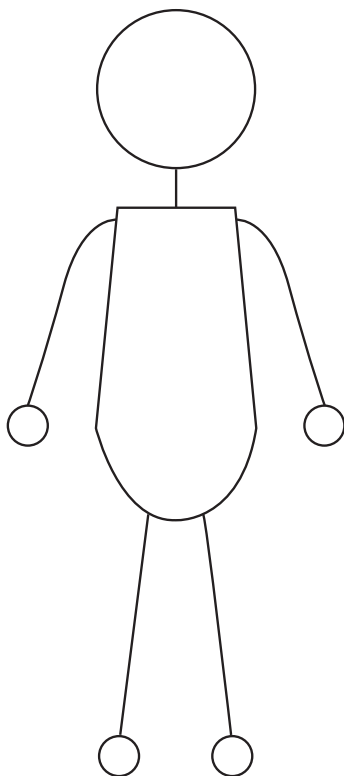
### Managing My Emotions - Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet will help you understand your emotions better and learn strategies to manage them. Complete each section as we discuss during the lesson.

#### 1. Body Reactions Chart

Where do you feel these emotions in your body? Draw or color the areas on the body outline where you feel each emotion.



#### Instructions:

Use different colors for different emotions:

- Red = Anger
- Blue = Sadness
- Yellow = Happiness
- Purple = Fear
- Green = Jealousy
- Orange = Excitement

*Examples: You might feel anger in your fists, fear in your stomach, or happiness in your chest.*

#### Physical signs I notice when I feel:

Angry: \_\_\_\_\_

Nervous: \_\_\_\_\_

Sad: \_\_\_\_\_

Excited: \_\_\_\_\_

Happy: \_\_\_\_\_

Frustrated: \_\_\_\_\_

## 2. Strategy Match

Match these emotion management strategies to the emotions they can help with. Draw lines or write the letter of the strategy next to each emotion.

Emotions:
1. When I feel angry _____
2. When I feel worried _____
3. When I feel overwhelmed _____
4. When I feel sad _____
5. When I feel frustrated _____
6. When I feel excited _____

Strategies:
A. Deep Breathing (count to 4 while breathing in, hold for 1, breathe out for 4)
B. 5-4-3-2-1 Grounding (5 things you see, 4 touch, 3 hear, 2 smell, 1 taste)
C. Movement Break (jumping jacks, stretching, walking around)
D. Positive Self-Talk ("I can handle this," "This feeling will pass")
E. Take a Break (move to a quiet space for a few minutes)
F. Talk to Someone (share feelings with a trusted person)

**Check the strategies you think would work best for you:**

☐ Deep Breathing

☐ 5-4-3-2-1 Grounding

☐ Movement Break

☐ Positive Self-Talk

☐ Take a Break

☐ Talk to Someone

### 3. My Emotion Plan

Create your personal step-by-step plan for handling strong emotions.

**My Calm-Down Plan:**

When I start to feel upset, I will:

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

Places where I can calm down: \_\_\_\_\_

People I can talk to when upset: \_\_\_\_\_

**My Emotion Toolbox**

*Draw or list the tools and strategies you want to include in your personal Emotion Toolbox:*

#### 4. Scenario Practice

Read each scenario and write what emotion you might feel and which strategy from your toolbox you would use.

**Scenario 1: Someone laughs at your mistake in class. Emotion**

you might feel: \_\_\_\_\_

Strategy you would use: \_\_\_\_\_

Why this strategy would help: \_\_\_\_\_

**Scenario 2: You have to speak in front of the class. Emotion**

you might feel: \_\_\_\_\_

Strategy you would use: \_\_\_\_\_

Why this strategy would help: \_\_\_\_\_

**Scenario 3: You have three big assignments due tomorrow. Emotion**

you might feel: \_\_\_\_\_

Strategy you would use: \_\_\_\_\_

Why this strategy would help: \_\_\_\_\_

## 5. Self-Assessment

Rate how confident you feel about using different emotion management tools.

**How confident do you feel about recognizing your emotions?**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5
Not at all		Somewhat		

**How confident do you feel about using strategies to manage your emotions?**

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1	2	3	4	5
Not at all		Somewhat		

## Reflection

The most important thing I learned about managing my emotions is:

One strategy I will try to use this week is:

Remember: Everyone has emotions. Learning to manage them helps us make better choices and have healthier relationships.