



## **Life Skills – Coping with Emotions**

### **My Emotional Worksheet**



**Aim of the Game:** To fill in the worksheet individually and share it in a small group.

**Learning Objectives:**

- To reflect on the emotions that one feels in a particular situation.
- To explore ways of dealing with a given emotion.

**Structure:** Individual work and then small group discussion.

**Time:** 30-45 minutes

**Materials:** Each Scout needs one worksheet and a pen.

**Method:**

- First ask the Scouts about the most common feelings that they have in given situations. Allow time for the Scouts to share their feelings.
- Stress that people feel a lot of emotions and that among these complex human emotions there are **FOUR (4) BASIC HUMAN EMOTIONS**, one positive and three negative emotions. **Happiness (+), sadness (-), anger (-) and fear (-)**. Other emotions such as rage, wrath, love, loneliness etc. stem from these four basic emotions.
- Then distribute the worksheets and allow time for the Scouts to fill them up.
- When completed, ask the Scouts to go back into their groups to share their findings.
- After sharing, ask the Scouts to summarise their answers based on the following discussion questions.
  1. In which situations or when do young people feel happiest? saddest? Most afraid? most angry?
  2. What usual things do we do when we are happiest? saddest? most afraid? most angry?
  3. How do we deal with these basic emotions?
  4. What is good about managing our emotions? What is not good about not being able to manage them?
- Then ask the groups to perform a dramatic presentation (maximum 5 minutes) that portrays their answers.

**Evaluation:**

- What can you say about the activity?
- How was it talking about your feelings and ways to manage them?
- Why do you think that it is important for young people like you to be able to manage emotions?

<b>My Emotional Worksheet</b>
<b>My name is:</b>
<b>I am happiest when...</b>
<b>I am saddest when...</b>
<b>I hate it when...</b>
<b>My greatest fear is...</b>
<b>When I am happy, I...</b>
<b>When I am sad, I...</b>
<b>When I am angry, I...</b>
<b>When I am frightened, I...</b>
<b>Sometimes I feel...</b>
<b>And when I do (feel like this) I would..</b>