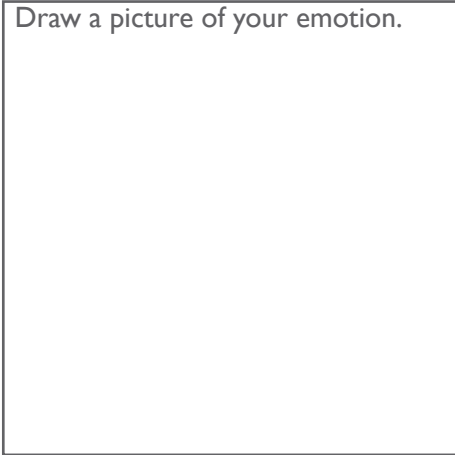


Name: \_\_\_\_\_

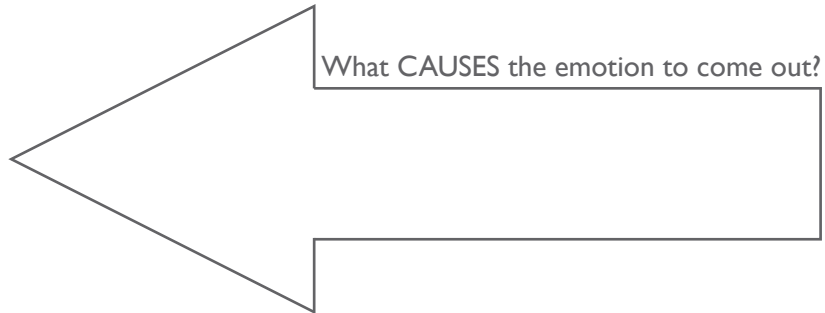
## GET TO KNOW YOUR “INSIDE OUT” EMOTIONS

Follow the directions in each of the shapes below to explore your experience with the emotion you’ve chosen.

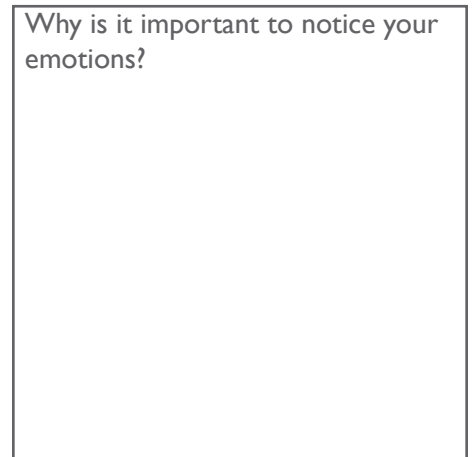
Draw a picture of your emotion.



What CAUSES the emotion to come out?



Why is it important to notice your emotions?



WHEN does the emotion come out?



Which strengths can help you manage your emotions?

