W 425

I AM THE BOSS OF MY EMOTIONS

Expressing and Managing Emotions in a Positive Way

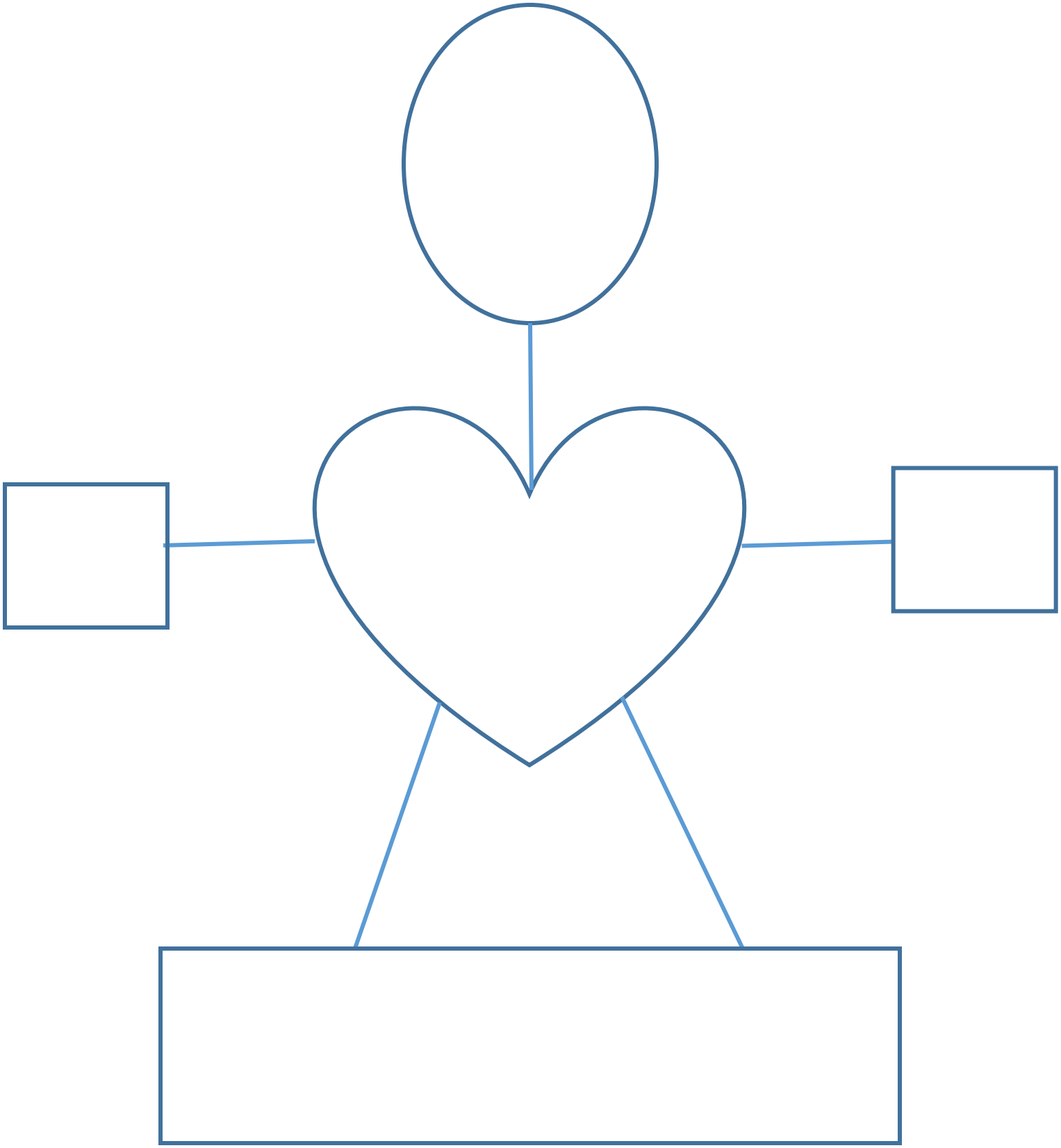
James Swart, Extension Graduate Assistant, 4-H Youth Development

A part of TIPPs for 4-H Curriculum

Tennessee's Innovative Programming Priorities

Real. Life. Solutions.™

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



I am the boss of my feelings!

When I get angry, it helps me feel better if I _____

_____

When I feel sad, it helps me feel better if I _____

_____

When I feel nervous, it helps me feel better if I _____

_____

When I feel grumpy, it helps me feel better if I _____

_____

When I feel lonely, it helps me feel better if I _____

_____

When I feel embarrassed, it helps me feel better if I _____

_____

When I feel disappointed, it helps me feel better if I _____

_____

When I am honest, I feel _____

_____