

Emotional Management

K4-K5

1. Knowing Your Feelings
2. Feeling Left Out
3. Deciding How Someone Feels
4. Dealing With Teasing
5. Dealing With Feeling Angry
6. Accepting Consequences
7. Relaxing
8. Dealing With Losing
9. How To Make Yourself Feel Better

Grades 4-5

1. Knowing Your Feelings
2. Expressing Your Feelings
3. Recognizing Another's feelings
4. Staying Out Of Fights
5. Cooling Off When You Feel Angry
6. Thinking Smart When You Feel Angry
7. Dealing With An Accusation
8. Relaxing
9. How To Make Yourself Feel Better

Grades 1-3

1. Knowing Your Feelings
2. Expressing Your Feelings
3. Recognizing Another's Feelings
4. Staying Out Of Fights
5. Cooling Off When You Feel Angry
6. Thinking Smart When You Feel Angry
7. Dealing With An Accusation
8. Relaxing
9. How To Make Yourself Feel Better

Grades 6-8

1. Knowing Your Feelings
2. Expressing Your Feelings
3. Understanding The Feelings of Others
4. Cooling Off When You Feel Angry
5. Thinking Smart When You Feel Angry
6. Dealing With Embarrassment
7. Dealing With Accusations And Keeping Out Of Fights
8. Relaxing
9. How To Help Yourself Feel Better