

Name: _____

Lesson 2- Difficult Emotions

Design a new Beano character or face to demonstrate the following difficult emotions. Then try to describe what happens to your body, face and behaviour when you feel this emotion. Try to think of ways you might be able to change this emotion to make yourself feel better and not let your feelings run out of control.



Anger

When I am angry, I feel like shouting and

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I could change how I feel by walking away and

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When I am sad, I

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I could change how I feel by

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Sadness



When I am jealous, I

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I could change how I feel by

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Jealousy