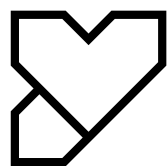


my
 **life.**

Managing My Emotions

Session Resources



**YOUTH
FOR CHRIST**

Situation 1

You are walking into town with a friend and a small group of girls start to shout abuse at your friend for no reason, what do you do?

- Shout abusively back, they have no right to be mean to your friend.**
- Ignore them and console your friend.**
- Nothing for now but next time you see them you get them back.**

Situation 2

You are in a classroom and the boy behind you chucks a pencil across the room. The teacher looks directly at you and asks you to stand outside, what do you do?

- Argue the decision and shout back at the teacher, you did not chuck the pencil and she is being unfair - you then leave the room.**
- Talk to the teacher about their decision once they have finished speaking; if necessary, at the end of class.**
- Start 'having a go' at the boy who chucked the pencil and refuse to leave the room.**

Situation 3

You are walking to the shops and as you cross the zebra crossing the car does not stop for you, forcing you to jump backwards, what do you do?

- Shout and swear at the car as it drives off.**
- Chuck whatever you have to hand at the car.**
- Stand well back and cross the road when it is clear.**

Role Play Situations

Triggers can make us feel strong emotions. Something in our memory is 'triggered' and it can cause us to react or respond in a particular way. We might be triggered by smells, sounds, sights, touch or taste.

1. You are going to a party where you will meet lots of people that you've not seen for a number of years, you remember the house from when you were a child - how might you feel?

2. You are going out on your first date with the girl/guy of your dreams! She/he fancies pizza but last time you had pizza you were ill the next day - how do you feel?

3. You are told to read out loud in front of the class and in French; you've never done this before - how do you feel?

4. You are waiting for a job interview for a job that you are really keen to get but you didn't get the last two jobs you applied for - how do you feel?

Something I like about myself is...

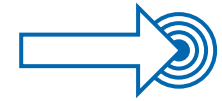
Write or draw something here:

SAMPLE

Personal Values and Character

Circle the characteristics/values that you think are the most important from this list:

Intelligent	Creative	Adventurous
Friendly	Funny	Happy
Strong	Helpful	Focused
Trustworthy	Team Worker	Knowledgeable
Responsible	Appreciative	Caring
Honest	Supportive	Respectful
Patient	Loyal	Flexible
Organised	Fair	Fun
Determined	Forgiving	Kind



Situation 1

Your best friend's grandmother died late last night. They want you to come over on Saturday night to spend time with them after the funeral because they've been so sad. But your dad bought you tickets to go and see your favourite team play on Saturday night. Besides that, you're not really sure what to say to them.

What would you do?

.....

.....

Possible good consequences of this decision:

.....

.....

.....

Possible bad consequences of this decision:

.....

.....

.....

SAMPLE



Youth for Christ, Coombswood Way, Halesowen, West Midlands, B62 8BH
T 0121 502 9620 **E** yfc@yfc.co.uk **www.yfc.co.uk**
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