

# EMOTIONS

# ROLLER COASTER

Emotions are a bit like a roller coaster. One moment, **WHOOSH**, they're **up!** You're feeling happy, excited and joyful, as though you want to laugh and jump up and giggle and high-five your friend. Then, the next moment, **WHOOSH**, they're **back down.**

Check out the roller coaster below and see if you can chart on it times when you've been up and down. Make notes about how you felt and what you did to deal with those feelings.

A TIME WHEN I FELT LOW...

A TIME WHEN I WAS UP...

A TIME WHEN I WAS DOWN...

A HIGH MOMENT FOR ME WAS...

HOW I DEALT WITH FEELING LOW...

HOW I FELT AT A HIGH POINT...

