

Emotions Planner for a Difficult Social Interaction

Difficult Social Interaction	Emotion	SEL Strategy
	<p>Eight primary emotions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anger <input type="checkbox"/> Anticipation <input type="checkbox"/> Joy <input type="checkbox"/> Trust <input type="checkbox"/> Fear <input type="checkbox"/> Surprise <input type="checkbox"/> Sadness <input type="checkbox"/> Disgust <input type="checkbox"/> Other emotions: 	<ul style="list-style-type: none"> <input type="checkbox"/> Self-management <input type="checkbox"/> Social awareness <input type="checkbox"/> Relationship skills <input type="checkbox"/> Self-awareness <input type="checkbox"/> Responsible decision making <hr/> <p>Use the space provided to elaborate on how you and your teacher will use the SEL skills to regulate your emotions.</p>