Self Awareness

Say to Youth: Knowing the things that affect your emotions helps you have control over how you react.

Things that Bug me

Materials:
- Paper
- pen/pencils/markers/crayons

Directions:
Use this activity to help youth recognize what bothers them and ways they control the emotions when the moments happen. Child/ren should draw two bugs one bug should list all the things the students can think of that bothers them for example

On the other bug the youth should list all the ways they can control their emotions when they are in the situations.

Reflection: Allow youth to share their bugs and reflect on what they will do different now that they have recognized their triggers.