

## Being in Control of Emotions

Student name \_\_\_\_\_

<i>Page</i>	<i>Description</i>	<i>Date Completed</i>
3	<b>RUBRIC</b>	
4	<b>OVERVIEW</b>	
5	<b>OVERVIEW Q&amp;A</b>	
6	<b>RESEARCH</b> Create a mini-magazine explaining the characteristics of being in control of emotions.	
7	<b>INTERVIEW</b> Interview two adults about the importance of being in control of emotions.	
8	<b>OBSERVATION</b> Compare the levels of emotional control of two television characters.	
9	<b>PRACTICE ASSIGNMENT</b> Honestly answer questions about your own emotional behavior.	
10	<b>PRACTICE ASSIGNMENT</b> Develop a list of characteristics for being in control of emotions.	
11	<b>PRACTICE ASSIGNMENT</b> Explain how emotions affect decision-making.	
12	<b>PRACTICE ASSIGNMENT</b> Survey five people to develop a list of the most important characteristics for being in control of emotions.	
13	<b>EVALUATION</b> Evaluate another person's ability to be in control of emotions.	
14	<b>PLAN</b> Commit to being more in control of emotions.	
15	<b>CERTIFICATE OF STRENGTH</b>	
16	<b>CERTIFICATE OF ACCOMPLISHMENT</b>	