

Create a mini-magazine explaining the characteristics of being in control of emotions.

Name _____ Supervisor _____ Date Completed _____

DIRECTIONS

1. Select six of the following characteristics:
 - a. Uses intelligence to overpower emotional urges.
 - b. Calms down quickly after emotional/exciting situations.
 - c. Sets time aside to think situations over.
 - d. Considers consequences before acting.
 - e. Does not act impulsively (thinks before acting).
 - f. Lets little things go, gives in before little things escalate.
 - g. Remains calm when confronted or in difficult situations.
 - h. Remains under control when supervision is removed.
 - i. Negotiates compromises when facing disagreements.
 - j. Resolves own conflicts maturely.
 - k. Confronts others in a calm, but firm manner.
2. Locate a picture or example of each of the six selected characteristic.
 - a. Look on the Internet and in magazines for pictures or examples.
 - b. Draw a picture or describe an example that is appropriate to the characteristic.
3. Write a one or two sentence explanation of each selected characteristic.
 - a. Look on the Internet and in magazines for explanations.
 - b. Ask a parent or supervisor to describe some examples to you.
4. Create a mini-magazine that includes:
 - a. One characteristic per page with the characteristic written at top of the page.
 - b. A picture or an example of each characteristic.
 - c. A brief explanation of each characteristic.
5. Bind all of the pages to make the mini-magazine (stapled, folder, binder, etc.).

SUBMIT: Mini-magazine.

SUGGESTIONS

1. Design a cover page with a title for the mini-magazine.
2. Those who have difficulty writing could dictate to a person or audio or video recorder.

GRADING CRITERIA 2 = exceeds expectations, 1 = meets expectations, 0 = does not meet expectations. Individual must earn a 1 or a 2 on each.

Mini-magazine includes six characteristics.	2	1	0
Each page includes the characteristic, a picture or example, and an explanation.	2	1	0
Mini-magazine shows evidence of meaningful research.	2	1	0