Lesson 12: BOTTLING UP EMOTIONS...

Often We Feel Frustrated and Angry and Do Not Know How to Deal With These Feelings. We "bottle up" emotions until we are ready to explode. We feel out of control.

Doctors say that it is important to find appropriate ways to release our "bottled up" emotions. Otherwise, these feelings can lead to ulcers, heart attacks, high blood pressure, cancer and many other physical and mental diseases.

Learning to deal with our emotions constructively will not only help us to stay healthy, physically and mentally, but will help us to manage conflict and become more caring people.

FOR YOU!

Sometimes people use colourful language to talk about their feelings. Here are a few examples. Illustrate some of them.

It is not always easy to find constructive ways to deal with people or situations that make you frustrated and angry before you get "boiling mad," and "blow your top."

YOUR CHALLENGES!

1. Draw a cartoon showing a constructive way of dealing with a bottled-up emotion or write out your story in the form of a play.
2. List three things which cause you to "see red". How can you deal with them without "blowing up"?

As a peacemaker I learned

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