

Name the emotion - do the opposite action

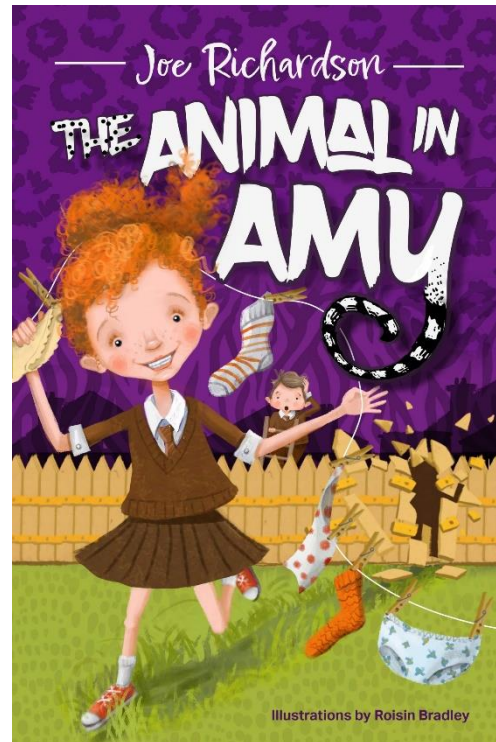
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Life Education



Regulating Emotions

Opposite Action

- activities and worksheets

Name the emotion - do the opposite action

Re-read chapter 6 and 9

Here Amy employs the skill of naming her emotion then attempting to do the opposite action.

When distressed an emotion can be overwhelming, and we struggle to manage the emotion and respond well to the situation.

Every emotion carries an urge to act in a certain way.

Next time you feel an emotion, **NAME IT FIRST** and then decide what to do with it before acting on it.

Name the emotion - do the opposite action

Can you help me complete the table with an opposite action?

Emotion	Action Urge (OLD reaction)	Opposite Action (NEW reaction)
SADNESS	Withdraw Isolate	
ANGER	Attack	
FEAR	Avoid Run away	
SHAME	Hide	

- Can you think of an occasion when you were emotional and reacted without really thinking?
- What was the opposite action you should have taken?
- Would it have helped?