

How anger is useful?

1)

2)

3)

How to manage your anger?

1)

2)

3)

4)

5)

What does self-management mean?

•

What does it mean to be able to manage yourself?

•

Tell me five of self –management skills?

1)

2)

3)

4)

5)

What does WOOP stand for? And what are the advantages?

W-

O-

O-

P-

How social and emotional intelligence help you ?

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Why you should develop your social and emotional awareness?

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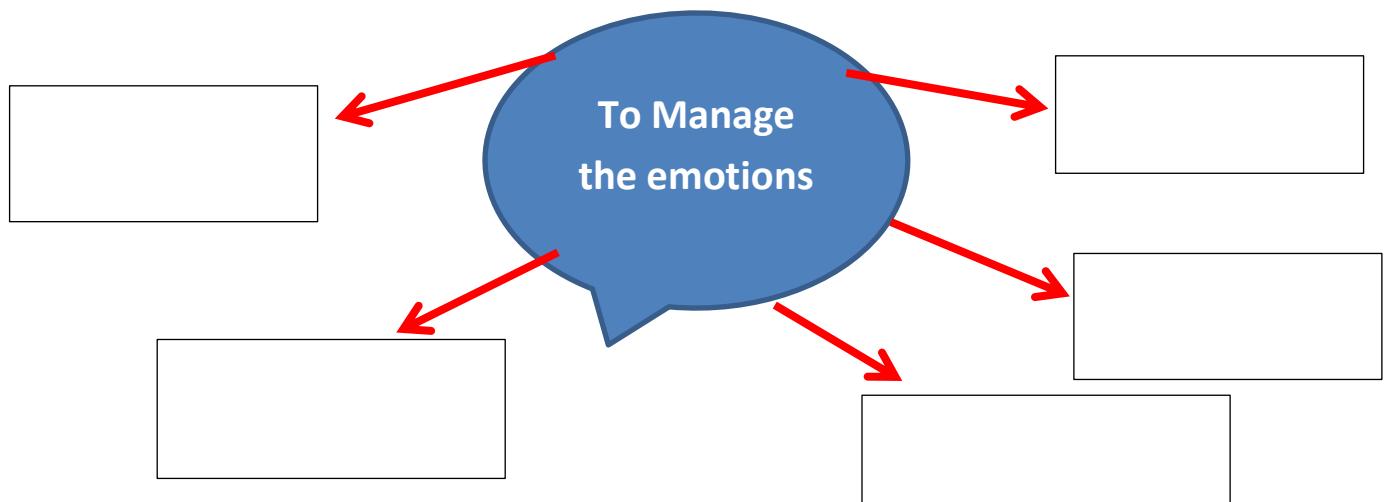
Why should you learn how to manage your emotions?

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Science Health

(revision)

What is self – awareness?

*

How can different characteristics effect on your health?

1)optimistic

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*

*

2)outgoing

*

3)novelty –seeker

*

*

4)conscientious

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*

*

5)anxious

*

*

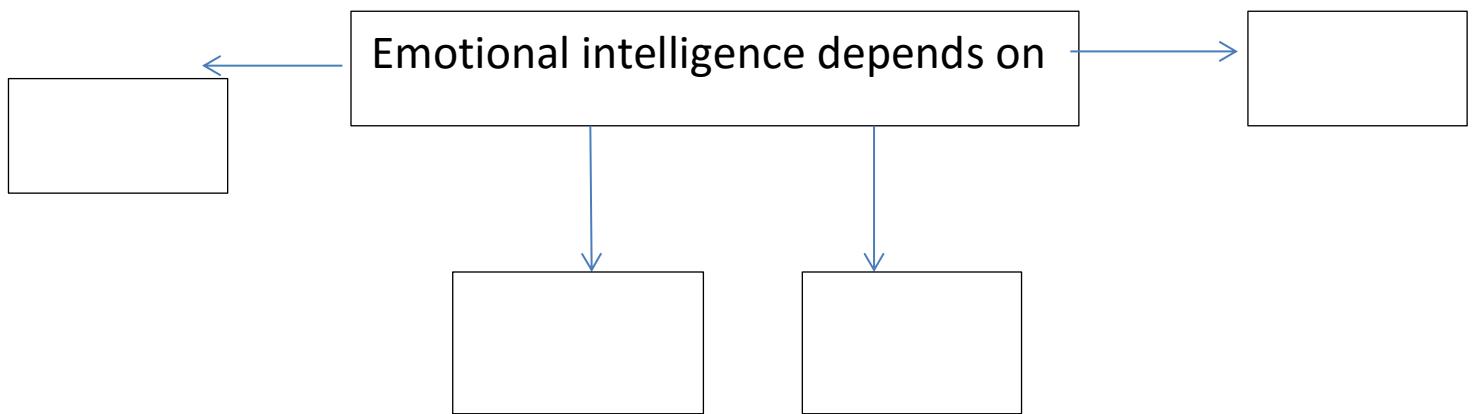
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write some positive characteristics and negative characteristics to describe yourself?

- ✓ positive :
- ✓ negative :

What is Emotional intelligence?

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What are the five areas of emotional intelligence?

- 1)
- 2)
- 3)
- 4)
- 5)

Define each one from the above ? and give one example?

■