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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-

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How social and emotional intelligence help you ?

\*

\*

Why you should develop your social and emotional awareness?

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\*

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\*

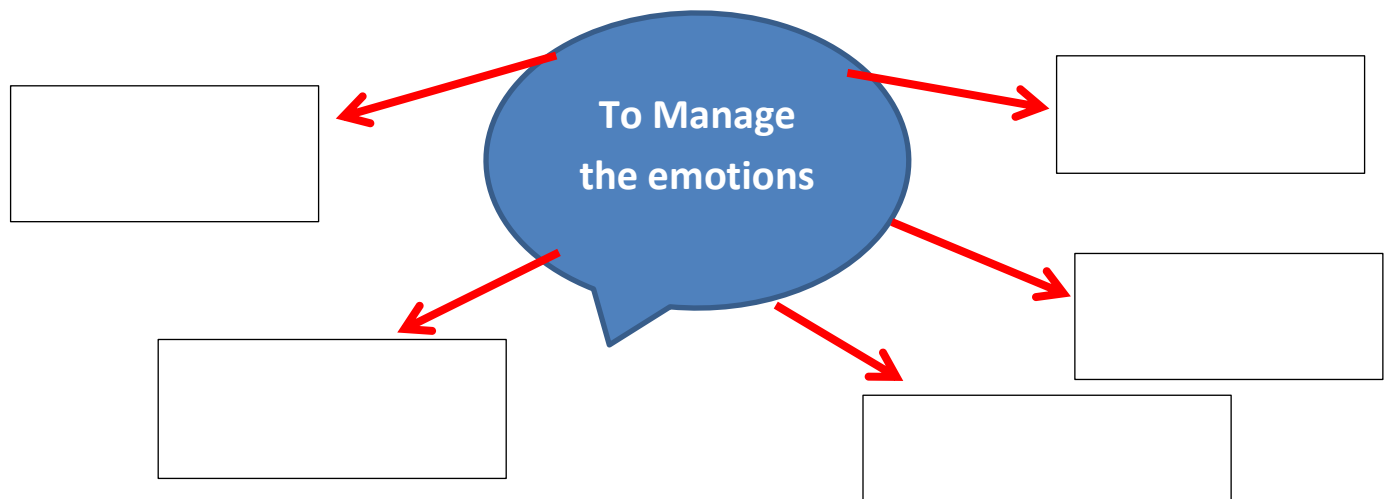
Why should you learn how to manage your emotions?

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## Science Health

(revision)

What is self – awareness?

\*

How can different characteristics effect on your health?

1)optimistic

\*

\*

\*

2)outgoing

\*

3)novelty –seeker

\*

\*

4)conscientious

\*

\*

\*

5)anxious

\*

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\*

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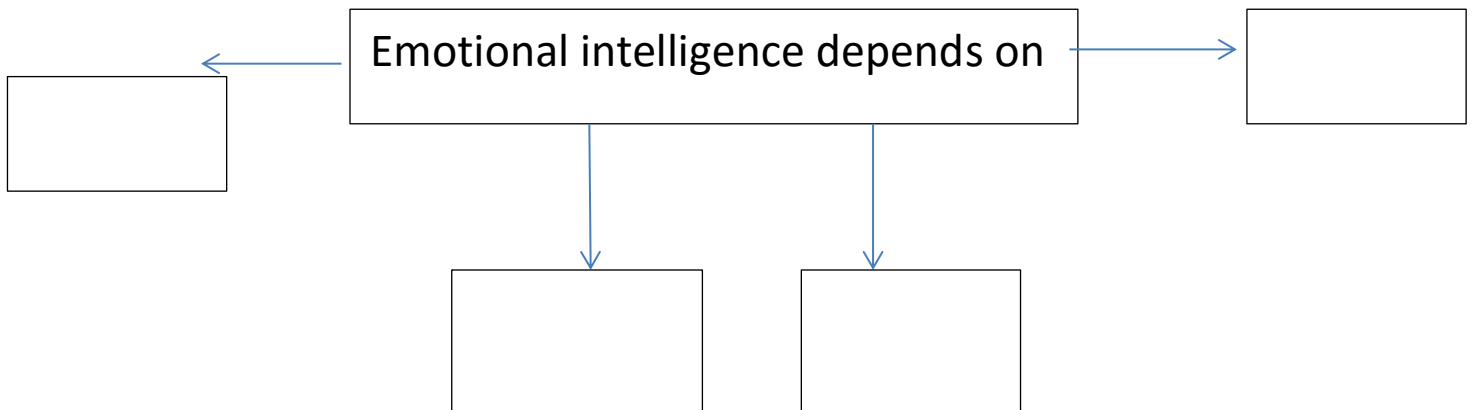
write some positive characteristics and negative characteristics to describe yourself?

✓ positive :

✓ negative :

What is Emotional intelligence?

\*



What are the five areas of emotional intelligence?

1)

2)

3)

4)

5)

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

■

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