Identifying your emotions is the first step to managing them.

Recognizing the physical signs associated with different feelings will help you manage your emotions before they get too big.

People who are good at identifying and managing their emotions feel better about themselves and have more successful friendships.

Did you know that our emotions are like a chameleon?

Check out today’s Let’s Grow MadLib activity to find out how!

Think: How do you show your emotions to others? Ask a friend or family member and compare ways you are similar and different.