

## Teaching Values of Being Human

Nurturing emotional intelligence and resilience

**ACTIVITY; Draw your 'early warning signs' for...**

Choose a BIG feeling, such as;

upset, worried, angry, proud, depressed, stressed, bored,  
nervous, totally scared, scared, tense, alarmed, afraid,  
embarrassed, anxious, happy.

Circle the feeling and then draw the 'early warning signs' that often go with that feeling for you!

