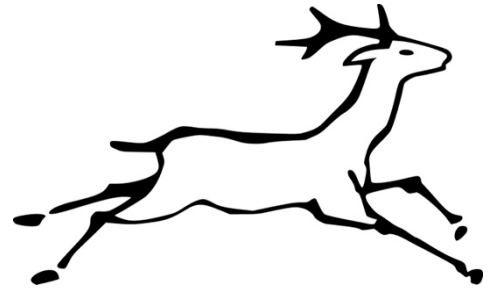


# Running Deer Emotional Curriculum

## Stage 4: Managing Emotions



### Lesson 3: Strategies to help me

Review: To what extent has the student met the learning outcomes?

Student Name:

Learning outcome	Emerging (just starting)	Developing (almost)	Secure (yes)
I can identify when my emotions are triggered			
I know who I can ask for help when I am feeling an uncomfortable feeling			
I can think of some strategies to help myself manage my feelings			