Emotions Planner

Map the emotion(s) experienced (Use Plutchik's Wheel of Emotions as a scaffold):

_____
_____
_____
_____

Situation	Emotion	SEL Strategy
Use the space to describe the event that triggered your emotion(s).	**Eight primary emotions** ☐ Anger ☐ Anticipation ☐ Joy ☐ Trust ☐ Fear ☐ Surprise ☐ Sadness ☐ Disgust *Use the space below to elaborate on other emotions you may be experiencing in tandem with a primary one(s). Use Plutchik's Wheel of Emotions as a reference:*	**SEL Competencies** ☐ Self-management ☐ Social awareness ☐ Relationship skills ☐ Self-awareness ☐ Responsible decision-making *Use the space below to elaborate on how you will use the SEL skill(s) to regulate your emotions:*

Completed Example

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Situation	Emotion	SEL Strategy
Argument: *A close friend continues to lie to me—at times about trivial items but recently about more serious items like their whereabouts and his ability to cover his portion of our dinner tab.*	**Eight primary emotions** ☒ Anger ☐ Anticipation ☐ Joy ☐ Trust ☐ Fear ☐ Surprise ☐ Sadness ☒ Disgust **Use the space below to elaborate on other emotions you may be experiencing in tandem with a primary one(s). Use Plutchik's Wheel of Emotions as a reference:** • Annoyance • Loathing	**SEL Competencies** ☐ Self-management ☒ Social awareness ☒ Relationship skills ☒ Self-awareness ☐ Responsible decision-making **Use the space below to elaborate on how you will use the SEL skill(s) to regulate your emotions:** Self-awareness: I labeled the emotion(s) I experienced. Social awareness: To empathize with my friend, I speak with him to learn what causes them to lie and break trust in our relationship. Relationship skills: I will need to set my boundaries firmly and respectfully.

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