



Think:

Have you ever been in a bad mood? What happened?

What does it mean to be the pilot of your own emotions?

What does the bus driver mean when he says “you could sit there and complain about the weather, but you have a choice”?

Do:

Make a list of things you can do when you are in a bad mood.

Activity:

Write/Draw something you can do when you are in a bad mood. Write/Draw what it looks like before and after. What did you do to help with your bad mood?

