Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is positive emotion?
2. What are 3 ways to increase positive emotion?
3. How can you deal with anger?
4. Explain how you can get rid of a bad mood.
5. How can you be more aware of your emotions?
6. Find an article or section that interest you and briefly describe to me what you found and why it interest you.