

## Emotions Planner for Educators

| Situation | Emotion   | SEL Strategy  |
|-----------|---|---|
|           | <p>Eight primary emotions:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anger</li> <li><input type="checkbox"/> Anticipation</li> <li><input type="checkbox"/> Joy</li> <li><input type="checkbox"/> Trust</li> <li><input type="checkbox"/> Fear</li> <li><input type="checkbox"/> Surprise</li> <li><input type="checkbox"/> Sadness</li> <li><input type="checkbox"/> Disgust</li> </ul> <hr/> <p>Use the space provided to elaborate on other emotions you may be experiencing in tandem with a primary one. Use Plutchik's (2001) wheel of emotions as a reference.</p> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Self-management</li> <li><input type="checkbox"/> Social awareness</li> <li><input type="checkbox"/> Relationship skills</li> <li><input type="checkbox"/> Self-awareness</li> <li><input type="checkbox"/> Responsible decision making</li> </ul> <hr/> <p>Use the space provided to elaborate on how you will use the SEL skills to regulate your emotions.</p> |

Plutchik, R. (2001). The nature of emotions: Human emotions have deep evolutionary roots, a fact that may explain their complexity and provide tools for clinical practice. *American Scientist*, 89(4), 344–350.