

# My Emotions Iceberg

Emotions are a part of everyone's life and they are a response to how our body reacts. Everyone experiences emotions differently. As a consequence, everyone manages them differently. Sometimes emotions can be difficult, scary or overwhelming, we might feel like we don't know what is going on or why we are feeling the way we do and we might not be able to handle our emotions.

The emotions iceberg is designed to help understand our emotions. At the top of the iceberg, write/draw the emotion you are struggling to handle and the way you react to that emotion. Then try to think of what else might be going on, and write/draw that beneath the surface.

