

Feelings

Everyone has feelings. We are not all feeling the same way at the same time. Things that happen around you affect your feelings.

Name your good feelings

Name your bad feelings

Your attitude can sometimes change with the way you feel. Your feelings can affect your job performance at school, work, interaction with other people, and the choices that you make. When you are not in a good mood and your feelings are that of anger or bad in a way first thing you need to do is recognize that fact and plan our day accordingly, try to change that feeling to something more positive. If you are at home do what you need to do and if you can go to your room or somewhere safe to settle down that is good. If you are at school you may choose not to socialize much with your friends and just sit alone to think. Maybe even talk to the counselor or another trusted adult and see if they can help you sort it out.

How do you let your family know you are not in a good mood?

How do you let your friends know you are not in a good mood?

How do you let your teachers know you are not in a good mood?

Think of what is causing you to be negative, can it be corrected? Get advise from someone you trust.

Only you are in control of yourself when it comes to your feelings.

Making good choices

Every minute of every day you are making choices. IF you are in a good mood you tend to think things out and make good choices not snap decisions. When you are angry or tired, you tend to make quick choices without thinking it out. Choices you make freely can affect your mood and your day or even life. Do not be so quick to jump.

You get up and have a headache, you didn't sleep well or don't feel well. It is best to tell our parents right away. It's not that you are looking for an excuse not to do your duties, your just making them aware that you are having a bad time right then. They can best help you. Same thing for at school, Let your teachers and your **best** of friends know so they can try to help if they can.

This helps you from making bad choices, or quick decisions that can lead to a bad result.

Good choices vs Bad choices

Choose what is best for you based on what you know your family would agree to. Don't feel you have to go along with what friends want if you know it will cause you trouble with your family. Remember that the ones influencing you to make a bad choice are not the ones that are going to have to pay the consequence later. Be your own leader of your own self not a follower. If someone harasses you to have you make a bad choice, consider that they are not much of a friend. Don't follow the crowd, think independently for yourself. You are your own person, not a clone of them.

Home Alone

A child left home alone to cook can be hazardous. Make light meals like a sandwich or cereal. Cooking on the stove is not advisable. Not without prior permission from your parents.

Always think safety first.

Choosing Friends

You are at the age where you choose friends that sometimes your parents are unaware of at the time. Making a good choice is very important.

Pick six people as your closest friends and list why you chose them

Questions:

Your parents are allowing you to have a sleep over, maybe even camp out in the back yard. Would you invite all six? Why or why not. Which ones would you not invite.

No one is going to be home and you will be by yourself for several hours. If you are allowed to invite friends over while they are gone, how many of your six would you choose to ask?

If the person does not fit into your friend list for the right reasons you may want to think about their friendship and how much the influence you in the things you say, dress and act.