

LEVELS OF EMOTIONS

Flag on the Play



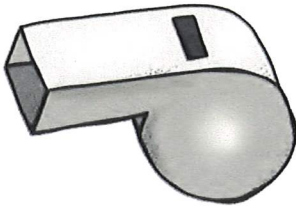
I am losing control.

Enraged

Furious

Angry

Whistle Warning



I notice warning signs.

Upset

Nervous

Frustrated

In the Game



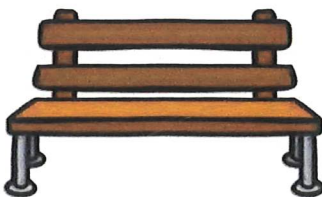
I'm good to go!

Calm

Happy

Content

On the Bench



I am down.

Disappointed

Sad

Depressed

SHARING YOUR FEELINGS:

In the Dugout



Notice your body clues.



Name the feeling.

On the Field



State the feeling.

"I feel..."



State the situation.

when..."