



# Transcript

## Katie - Lesson 2, Audio 2



Play 'Katie - Lesson 2, Audio 2' **or** read this transcript during  
'Don't Heat Up' lesson plenary.

### Katie

Hey guys it's me, Katie, again. I hope you really enjoyed creating your own emotions scale and that you were able to find ways to deal with or prevent the things that anger or upset you. It's important to remember that it's okay to be angry and it's okay to be sad...but how we deal with these emotions is very important.

In a minute, you're going to discuss your emotions scale with a partner, explain the different parts of your scales and why you have added them; and who knows...your partner may be able to relate to one of your situations and offer you some helpful advice - just like how Mikey was able to offer Emily advice.

This emotions scale can be your own special tool! You can use it when you're angry or sad to think of ways to deal with your emotion. I hope your emotions scale makes dealing and controlling your emotions easier. I'll see you again soon but remember to look after yourself and others.

It was great to meet you all. Bye!