### Lesson 11: Feeling Overwhelmed and Excited

**People are excited about different things...**

Some of these things may make others feel overwhelmed and scared.

**Sometimes you can get so excited that you become overwhelmed, which keeps you from being and doing your best.**

**EXERCISE**

- Circle some words that you have felt when you were either excited or overwhelmed:
  - Scattered
  - Delighted
  - Energized
  - Jumpy
  - Emotional
  - Name other words that you've experienced:
    - ___________________________________
    - ___________________________________
    - ___________________________________

**What makes you excited?**

**What makes you feel overwhelmed?**

**How do you react to feeling excited and overwhelmed?**

**Draw what you look like when you feel excited or overwhelmed:**

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### Lesson 12: LOVE

**What does love mean to you?**

**What are some signs that you might love someone?**

**Where might you see examples of love in the world today?**

**When might love become unhelpful?**

**Is it wrong for you to love someone who doesn’t love you back?**

**Why or why not?**

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### Lesson 13: SADNESS

Sadness can tell you a lot of things. It can tell you that you miss someone or something.

**What has made you feel sad before?**

Have you felt any of these sadness words?

- Disappointment
- Let down
- Depressed
- Unhappy
- Gloomy
- Rotten
- Hopeless
- Heartbroken
- Empty
- Grieving

**What are some ways that you have reacted to sadness?**

- Look at the pictures above for examples.

**What helped you when you felt sad before?**

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### MAKE A PLAN!

Next time you feel sad...

**Step 1. __________________**

**Step 2. __________________**

**Step 3. __________________**

**Step 4. __________________**

**Step 5. __________________**