Emotional Intensity

We can tune into how big our feelings are and learn to gauge when we are ready to take an action. We can learn to know \textit{and say} when its better for us to calm down first before we act. Here are some sample images for discussing and identifying how big our feelings are.
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Making it More Concrete: We kept two pulsometers in the kitchen so we could check our heart rates. When one or more of us were over 90 BPM we would try to take a break, calm down come back later.