

Math and Emotions Exit Ticket

Directions: Recognizing your emotions in certain situations is an important step in helping you manage them. Think about our math lesson. How did it make you feel? Choose an emotion from the box and write a reflection explaining why you felt that way. What can you do to help manage that emotion in math the next time?

Name: _____

Date: _____



Sadness



Suprise



Trust



Joy



Fear



Disgust



Anticipation



Anger

