COURAGE – The EC Degree

Emotional Courage comes from knowing your feelings and controlling them. There are two requirements for the EC Degree.

1 Use the symbols of emotions below to indicate how you feel about each statement.

Happy	Sad	Surprised	Indifferent	Other

1	When I fall and get hurt I feel…	
2	When I eat my favorite snack I feel…	
3	When I play my favorite game I feel…	
4	When I hear thunder and lightning I feel…	
5	When someone is mean to me I feel…	
6	When someone says “Thank You,” I feel…	
7	When I lose my toys I feel…	
8	When someone scolds me I feel…	
9	When I get left out of a game I feel…	
10	When it is raining I feel…	

It takes courage to control negative emotions.

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