

# THE MONSTER IN THE MIRROR

Written and Directed  
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DON'T SHOW THEM WHO YOU  
REALLY ARE



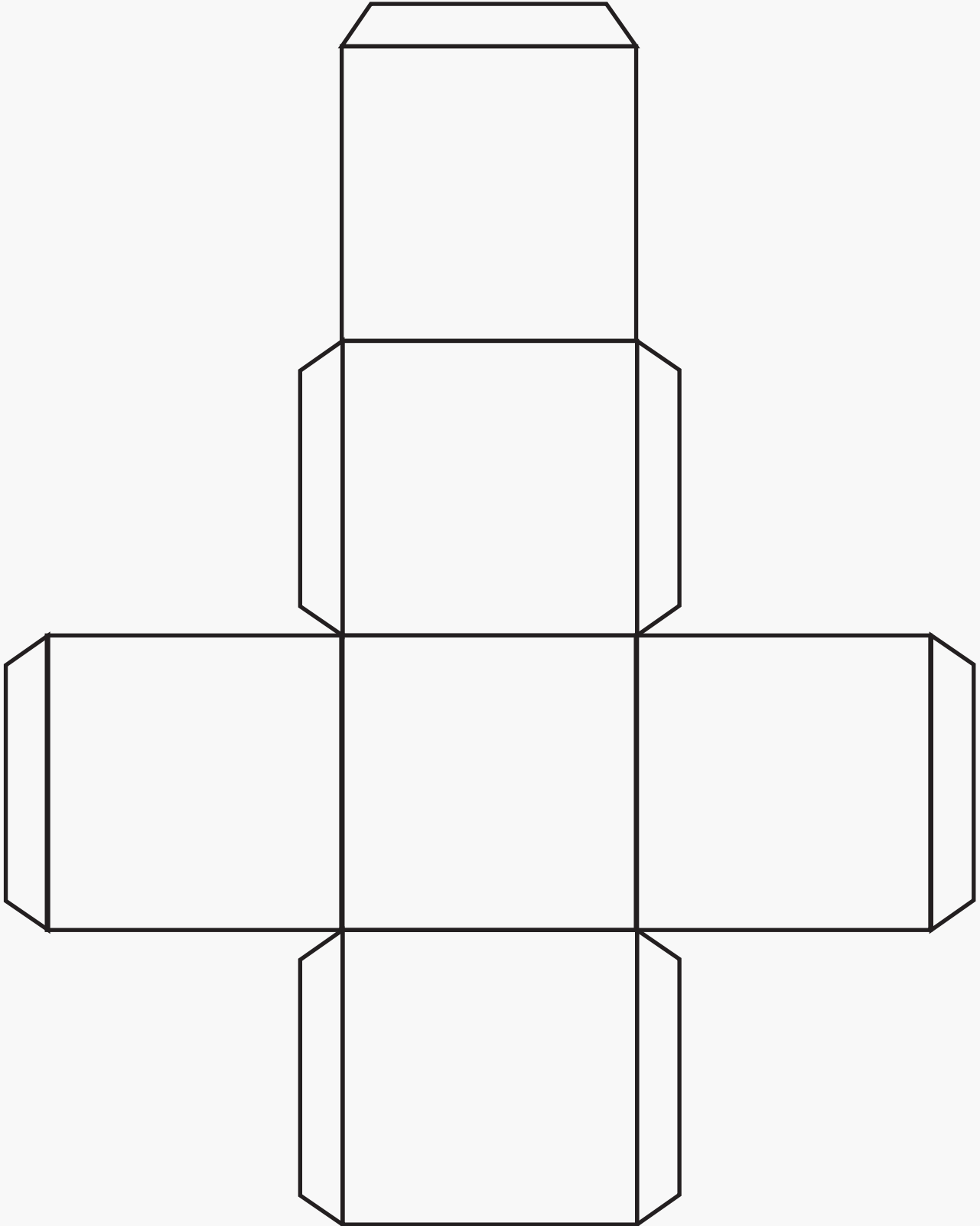
Activity 2  
Emotional Cube

## **The Emotional Cube**

**All of us feel a range of emotions everyday. Although there are no good or bad emotions, some emotions can be trickier or stronger than others.**

**The Emotional Cube can help us recognise these emotions and also remind ourselves of unique ways we can manage these emotions.**

**Step 1: Print out the emotional cube template below and cut it into shape.**



**Step 2: Write your name on one side of the cube, and decorate it for a personal touch!**

**Step 3: Label the other sides of the cube with emotions such as:**

- **Happy**
- **Sad**
- **Angry**
- **Scared**
- **Worried**

**Step 4: Decorate each sides with photos, drawings, or words based on the following questions:**

- **What makes you feel Happy?**
- **Think about a time you felt Worried.**
- **How did you know you were feeling that way? Did anything make the feeling go away? If so, what is it?**
- **What can you do to help yourself when the feeling returns again?**

**Step 5: Lastly, glue the flaps of the cube together and keep it somewhere safe so that you may refer to it whenever trickier emotions arise!**