

## Investigating Risky Emotions Checklist

- ☐ Could this emotion become a dangerous forest fire?
- ☐ Does this emotion usually cause stress for myself or others?
- ☐ What might happen if everyone in our school had a lot more of this emotion?
- ☐ What might happen if everyone had a lot less of this emotion?
- ☐ What else comes to mind about this emotion? Are we missing anything?