

Emotions, feelings and moods

Understanding differences between EMOTIONS FEELINGS and MOODS | episode 04

https://www.youtube.com/watch?v=_pbdqgXWxBQ

How to master your emotions | emotional intelligence

<https://www.youtube.com/watch?v=QGQQ7pJQgHk>

Coping Skills For Kids - Managing Feelings & Emotions For Elementary-Middle School | Self-Regulation

<https://www.youtube.com/watch?v=Vs-MyQgfH3A&t=135s>

Anger Management Techniques For Kids - Strategies To Calm Down When Your Temper Rises

<https://www.youtube.com/watch?v=lxxpDF45TPA>

Why Do We Lose Control of Our Emotions?

<https://www.youtube.com/watch?v=3bKuoH8CkFc&t=6s>