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This lesson includes: a video to get your child active. two video clips showing how children can manage their emotions *Managing your emotions | ACCA Global* Exercise: this releases reward and pleasure chemicals in the brain such as dopamine, which makes you feel better. Being fit also makes you healthier, which helps in managing emotions. Be kind to others, because this helps stop you worrying about yourself. Be open and accept what is going on around you. **Managing emotions - BBC Bitesize** In MANAGING YOUR EMOTIONS, anointed teacher and bestselling author Joyce Meyer helps you discover what the Word of God says about your emotions—and how you can take control of them. As you put each practical principle to work in your life, you will also discover the power you need to claim your victory. 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