

Peer Counseling 1 Module 1 Assignment  
**1.04 Heart Smarts Option 2**  
**Calming Box**

**Use descriptive academic language with correct grammar and detailed information to convey a clear understanding of the content.**

**Part one:** Create a personal calming box filled with 7 items that help soothe seven different negative emotions one might experience.

Choose items that engage the senses or provide comfort.

For each item, explain which emotion(s) from the emotions wheel it helps address and explain in two or more sentences how it makes one feel calmer or more balanced when experiencing that emotion.

Item	Emotions from the Emotion Wheel	2 Sentence Reflection
1.		
2.		
3.		
4.		
5.		
6.		
7.		

**Part two:** Include at least one credible health resource or expert source that supports your thinking for this assignment, and explain why this source is reliable. Include the entire link.

[Click here for some tips for finding reliable sources](#)

Source Hyperlink	2 Sentences on how it supports your thinking	2 Sentences on why this source is credible

**Part three:** Answer two of the four questions below with 2 or more sentences each

1. How did this project demonstrate the understanding of emotional literacy and/or basic needs?
2. What did you learn about yourself (the emotions, needs, or patterns) through this process?
3. How might the skills developed in this project help you or others in peer counseling situations?
4. How does this information benefit your emotional well-being?