

# Emotions



## What You'll Need:

- A pencil or pen
- One Emotion Tracking Log
- Optional: dōTERRA Emotional Aromatherapy essential oil blends and the dōTERRA Emotional Aromatherapy Wheel

## What You'll Do:

- 1.** Emotions are an important part of daily life. In this experiment, you will track your emotions over the course of a week and find ways to handle them in an appropriate, healthy manner. To start, print the Emotion Tracking Log and worksheet from the link on the Emotions page or create your own log on a piece of notebook paper.
- 2.** On the worksheet, take a moment to answer questions 1-3.
- 3.** Record how you are currently feeling, the date, and time in the boxes next to day one of the Emotion Tracking Log.
- 4.** Take a moment to consider how you're feeling and determine what is causing the emotion. For example, you may be feeling excited because you like doing science-related activities.
- 5.** As you continue to think on the emotion, take time to determine if it is one you want to keep or one that you want to change. For example, if you are feeling happy, you probably want to continue feeling happy. However, if you are feeling sad, you may want to take steps to change that emotion.
- 6.** Next, write how you addressed your emotion. If it is an emotion that you want to maintain, such as happiness, write what you did to maintain that emotion. If the emotion is one that needs to be adjusted, such as anger or frustration, record what you did to address the emotion. There are many different ways to change an emotion. Below is a list of a few options, though there are many other methods that you can also use.
  - i.** Use the dōTERRA Emotional Aromatherapy Wheel to decide which dōTERRA Emotional Aromatherapy Blend can help you address your emotion. Remember, if you want to diffuse the oil, using the normal blend is a good idea, but if you want to apply the oil to your skin, you may want to use the dōTERRA Emotional Aromatherapy Touch oil blends.
  - ii.** Talk to someone about your feelings.
  - iii.** Go for a walk.
  - iv.** Take five deep breaths.
  - v.** Ask for someone's help to solve the problem.



## What You'll Do (Continued):

7. After you have addressed your emotion, take a moment to write how you are feeling now. Are you still sad or do you feel happy? Are you still frustrated or do you feel relaxed?
8. Repeat these steps each day for a week. As you address your emotions, consider trying different ways of changing your emotions. For example, one day you may try diffusing dōTERRA Console® when you're feeling sad while on another day you may go for a short walk.
9. Consider your results by taking time to fill out questions 4-8 on the worksheet.



## What Does It Mean?

We all feel emotions. Our feelings play an important role in our daily lives. They determine our attitude and how we handle different situations. Understanding our emotions, what we feel and why, is key to living a healthy life. Taking time to document emotions and think through our response allows us to consider how we respond and react to different situations and how we can best handle challenges in life.



## What to Do Next:

- Continue to consider your emotions and find healthy, constructive ways to address them.
- With the help and permission of your parents, share your favorite way to use dōTERRA Emotional Aromatherapy oils to address your emotions on Facebook or Instagram and use the hashtag #doterrascienceforkids.



## What You Discovered:

*Fill out the questions below as you work on your emotions experiment.*

**1.** Write down which emotions you feel most often. Do you think you are happy most of the time or sad?

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**2.** Do you think there is a pattern of emotion that you'll see as you create your log? For example, you may find that when you write down your emotions in the morning you are usually tired, but if you write down your emotions in the afternoon you are usually happy or excited.

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**3.** How do you currently handle your different emotions?

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**4.** How does your finished log compare to your predictions from question 1?

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**5.** Have you changed how you address the emotions you want to change?

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**6.** What worked the best for you to manage your feelings?

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**7.** Which essential oils worked the best for you as you tried to change your emotions?

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**8.** As you recorded (wrote down) your emotions over the last week, what did you learn about your emotions? Take a moment to write your thoughts and what you learned through this experience.

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