

# Tea Talk

OAK PARK  
PUBLIC LIBRARY

*Spilling The TEA To SUCCEED*



*Let's Talk Emotions!*



Wednesdays @ 4:30-5:30 GRADES 6TH-8TH



# Weekly Topics

Joy

Anxiety

Love

Sadness

Envy

Inspiration

Fear

Ennui

Compassion

Anger

Embarrassment

Serenity

Disgust

Nostalgia

Pride

Over the next 15 weeks, we're diving deep into **EMOTIONS!** Each week, we'll explore different feelings, how they affect us daily, and learn how to handle our reactions when these feelings come up.

The aim is to understand our emotions better and react to them in a more positive way, whether they're good or not-so-good. Let's grow together!