

Month	Date	Untangling Emotions Book: Chapter/ Title
July	7	Introduction: How Do You Feel About How Do you feel?
	21	1. Sometimes it's Good to Feel Bad
Aug	4	2. What Exactly Are Emotions?
	18	3. Emotions Don't Come in Single File
Sep	1	Sch Hol: Teacher's Day • School Holidays (2 - 10 Sep)
	15	4. Emotions Happen in Your Body
	29	5. You Relate to Others When You Feel with Them
Oct	6	Sch Hol: Children's Day
	13	6. Why Can't I Control My Emotions
	27	7. Two Pitfalls
Nov	10	8. Engage: A Better Solution
		Year-end Holidays (18 Nov - 31 Dec)
Jan	5	9. Engaging Emotions Means Engaging God
	19	10. Engaging Relationships
Feb	3	11. On Nourishing Healthy Emotions
	17	12. On Starving Unhealthy Emotions
Mar	1	13. Engaging Fear
	15	March School Holidays (11 March - 19 Mar 2024)
	29	Holiday: Good Friday
April	5	14. Engaging Anger
	19	15. Engaging Grief
May	3	16. Engaging Guilt and Shame
	17	17. A Museum of Tears
June	12	June School Holidays
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