

Understanding Our Feelings and Emotions

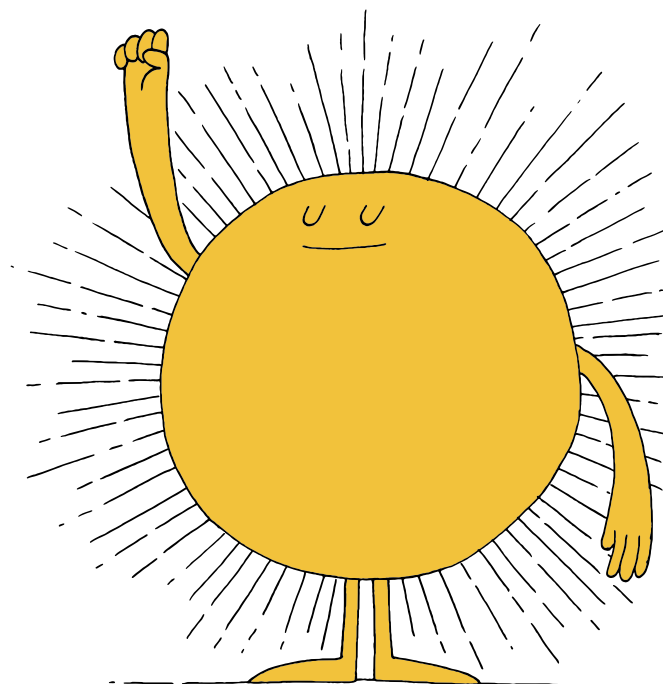


Everyone feels different emotions or feelings every day! We feel them because of what we see, hear, remember and do. All feelings are okay, and it's good to share our emotions with people we trust! How am I feeling today?

Discussion Questions

1. Using the Emotion Wheel example on the next page, list 2-3 different words to describe each emotion—e.g., happy: joyful, glad.

Next, choose two emotions from your list. How do you know when you are feeling this way? What happens in your body? How do you act?
2. What helps you feel more comfortable when you are feeling sad or angry?
3. Who is someone you feel like you talk to about your emotions?



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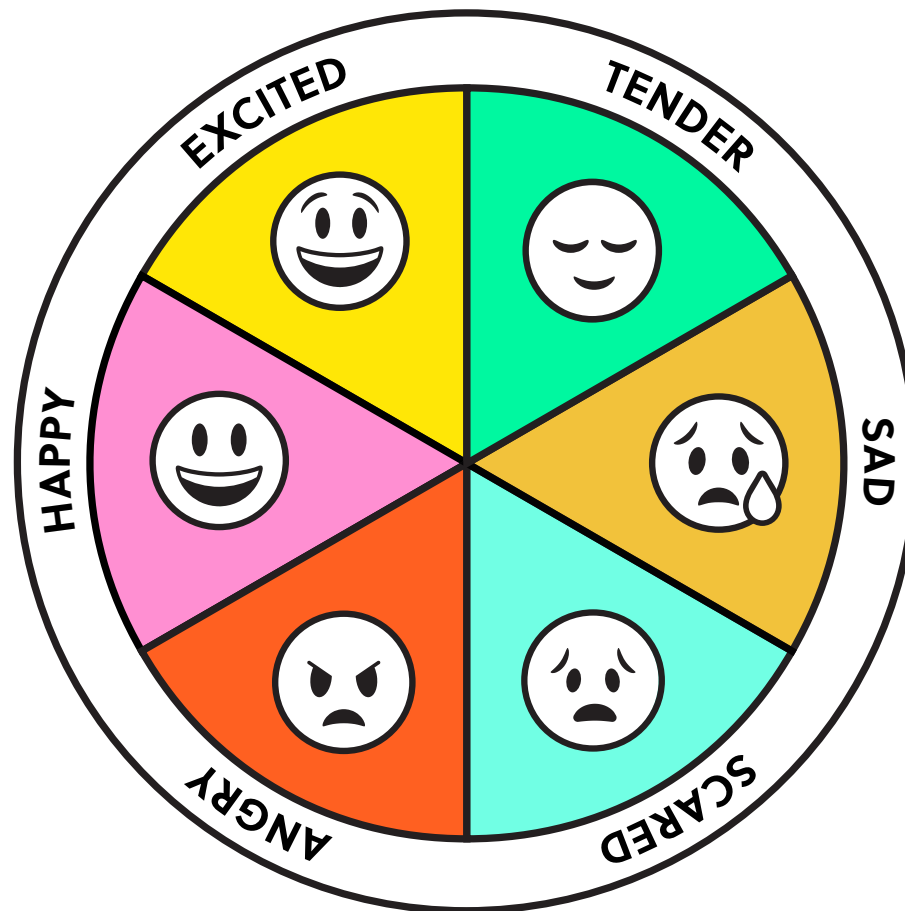


Take Action

Make an emotion map by drawing out different emotions on a piece of paper so you can point out how you're feeling day. Use the example below to get started!

<p>HAPPY Fulfilled, contented, glad, complete, satisfied, optimistic and pleased.</p>	<p>EXCITED Ecstatic, energetic, bouncy, nervous, perky, antsy and alert.</p>	<p>SCARED Tense, nervous, anxious, jittery, frightened, panic-stricken and terrified.</p>
<p>ANGRY Irritated, resentful, miffed, upset, mad, furious and raging.</p>	<p>TENDER Concerned, caring, warm, gentle, kind and compassionate.</p>	<p>SAD Down, blue, mopey, grieved, dejected, depressed and heartbroken.</p>

EMOTION WHEEL



On your own, in a small group or as a class, read a story. Notice how the characters were feeling in the story. How can you tell? How did they express their emotions?

