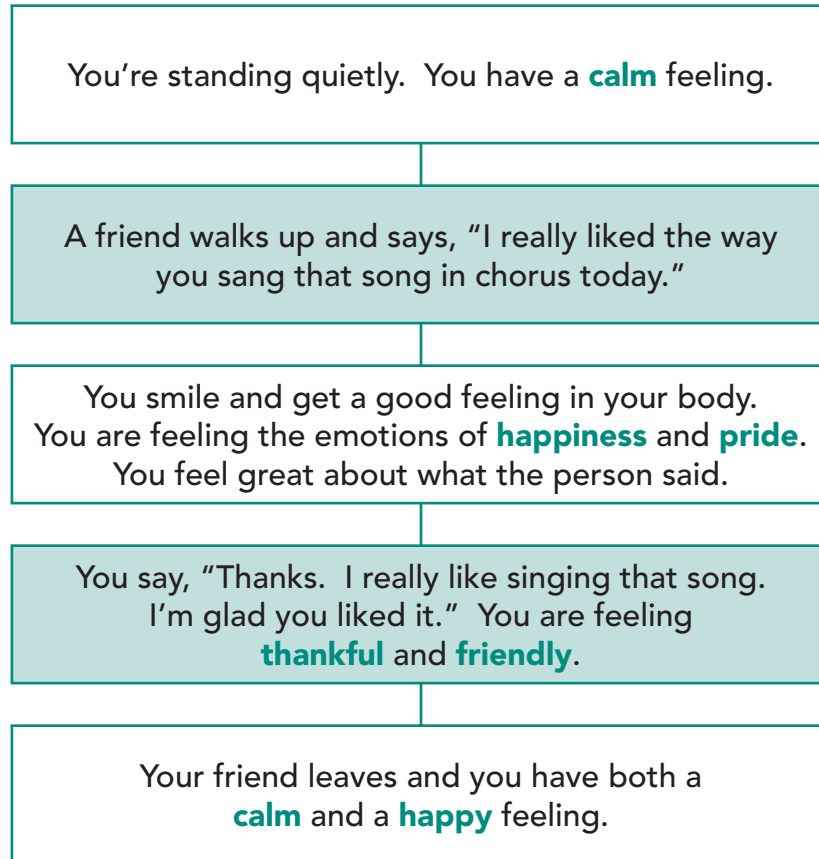


What Are Emotions? 1

An emotion is a feeling you have in your mind and your body before, during and after something happens. You can even have a feeling when nothing is happening. Being **bored** is an emotion!

Most of the time we feel several emotions in a short period of time. Here's an example:



In the situation above, someone said something to make you feel happy. What might someone say to make you feel the emotions below?

angry

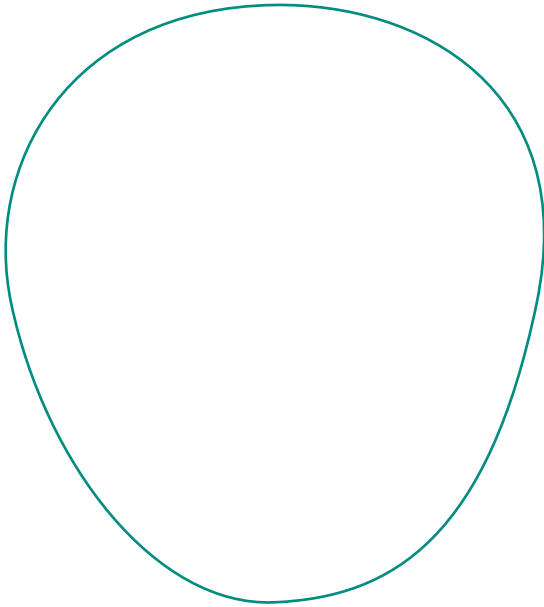
surprised

scared

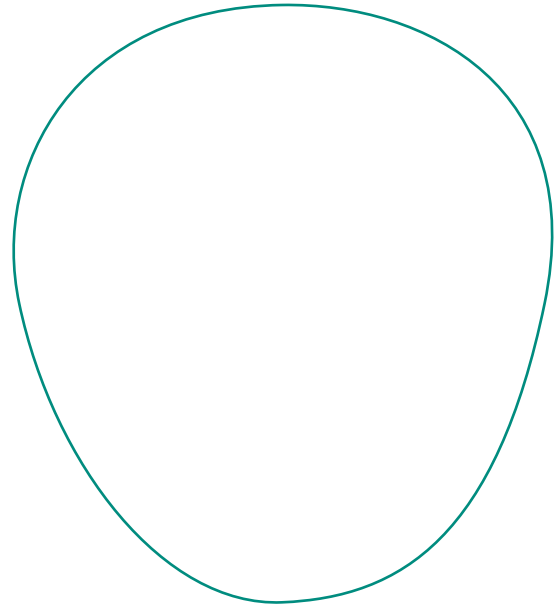
Recognizing Emotions 2

Think about how a person's face looks when he feels different emotions. How does his mouth look when he is happy? How do his eyes look when he is surprised or sad?

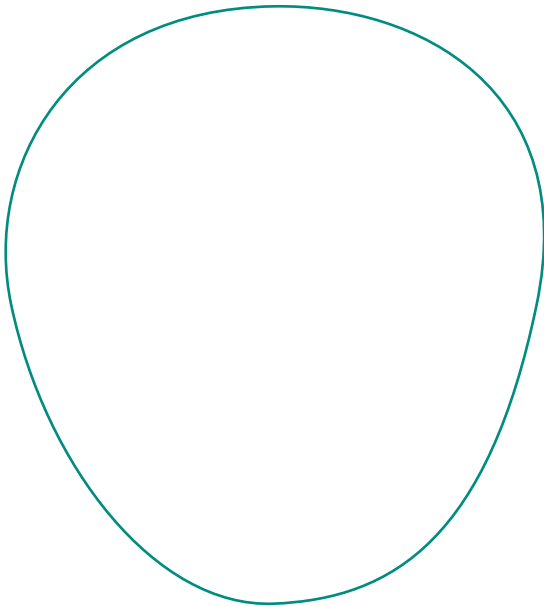
Look at each emotion word below. Draw features on each blank face that express the emotion. Have a partner model the emotion for you while you draw it and then have your partner draw while you model. Compare your drawings and talk about how different facial features change with each emotion.



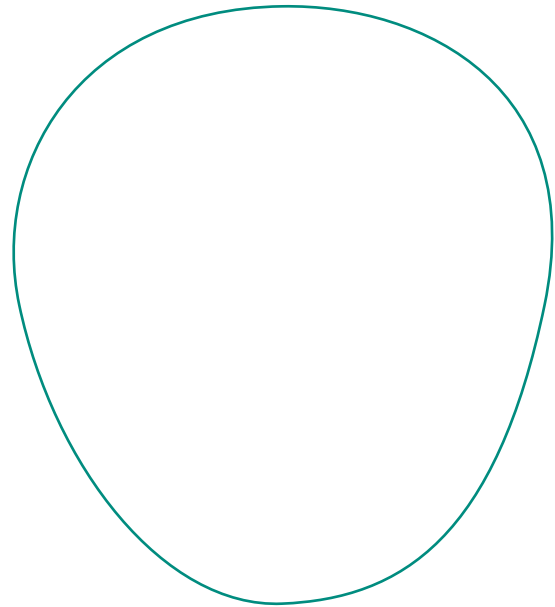
Happy



Sad



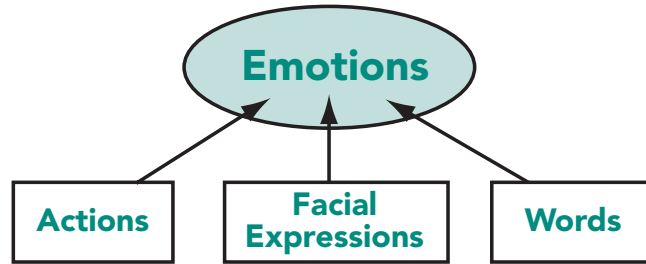
Scared



Shocked

Emotions and Actions

Simple actions can tell you a lot about emotions.



Look at each emotion on the left. Circle two actions in each row that go with the emotion.

1. happy	smile	laugh	slap
2. sad	cry	weep	giggle
3. angry	argue	agree	fight
4. frightened	tremble	hide	rest
5. amused	laugh	stare	giggle
6. disappointed	pout	ignore	celebrate
7. loving	hug	clap	kiss
8. hateful	shove	embrace	tease
9. furious	scream	thank	threaten
10. determined	sleep	work	study

Look at each action on the left. Circle the two emotions in each row that go with the action.

1. smile	cautious	cheerful	pleased
2. argue	displeased	irritated	amazed
3. weep	responsible	miserable	worried
4. laugh	amazed	bored	delighted
5. hug	confused	caring	loving
6. collapse	enthusiastic	exhausted	weak
7. tremble	horrified	trusting	frightened
8. blame	suspicious	irritated	joyous
9. sigh	relieved	joyful	satisfied
10. run	calm	threatened	endangered

Affecting Others' Emotions 1

The things you say can have a big effect on how others feel. Here are two good rules to follow to make sure you aren't having a negative effect on someone's emotions:

- If what you're saying might hurt someone's feelings, don't say it.
- If someone is upset or disappointed, say something that will make the person feel better. Don't just make a joke to cheer them up.



Photo courtesy of iStockphoto.com © Galina Barskaya

1. Carly opened her report card. "Oh, no, I'll be grounded for a month," she wails. "I really tried to raise my math grade but I still got a *D*." Here are three things you might say to Carly:
 - a. "You really should have tried harder, Carly. Study while you're grounded."
 - b. "Carly, just hide your report card. Your parents will never find out."
 - c. "Carly, I'm so sorry. I know how hard you studied. Your dad will understand."

Which comment would make Carly feel less sad about her report card? _____

Which comment would make Carly feel more sad about her report card? _____

2. Simeon wears a new shirt to school. It is bright yellow with big blue and red flowers all over it. Here are three things you might say to him:
 - a. "Ha! What a crazy shirt, Simeon. Did you steal it from a clown?"
 - b. "Wow! That's an interesting shirt, Simeon. It reminds me of the beach."
 - c. "Awesome shirt, Simeon. Where did you get that? My mom only buys me boring, plain shirts."

Which comment would make Simeon feel proud of his shirt? _____

Which comment would make Simeon feel ashamed of his shirt? _____

3. Lakeesha sang in the school talent show. She forgot the words halfway through. After the show she asked, "How can I ever show my face again? Did you hear the people laughing when I forgot the words?" Here are three things you might say to Lakeesha:
 - a. "I don't think very many people noticed. You may be over-reacting."
 - b. "You have an awesome voice. I know you'll nail it next time."
 - c. "It was pretty funny when you forgot the words. I almost started laughing, too."

Which comment would make Lakeesha feel better about her performance? _____

Which comment would make Lakeesha feel worse about her performance? _____

Self-Control 2

Read each problem below. Then make a check beside the type of problem it is. Write something that would be appropriate to say in each situation.

Problem	Type of Problem	Response
1. You walk into the kitchen and see that your new puppy went to the bathroom on the floor.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____
2. You wake up in the middle of the night. You hear a loud, beeping alarm and you smell smoke. No one else is awake.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____
3. You're in the grocery store with your mom and you see a good friend from school.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____
4. You grab your basketball from the closet to take it to the park. When you pick it up, you realize it's flat.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____
5. You were supposed to take out the garbage on your way to school. You forgot to do it and you know your dad will be mad when he gets home.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____
6. You and a friend are the only people at the skate park. Your friend misses a trick and falls hard. He can't move his right arm.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____
7. There's a huge science test on Friday. It's Thursday and you've been studying for an hour every night this week.	<input type="checkbox"/> Huge Problem	_____
	<input type="checkbox"/> Small Problem	_____
	<input type="checkbox"/> No Problem	_____