

Picturing Emotions ③

Write the emotion that tells how the person in each picture feels. Talk about how each person's mouth, eyes, hands, and other body parts show each emotion.

confused

surprised

calm

bored

1.



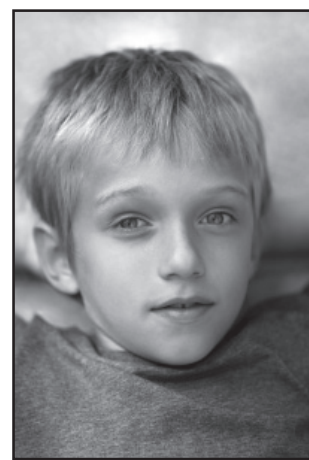
2.



3.



4.



Expressing Emotions 5

Use the emotion words on pages 19 and 20 to complete this activity. Choose an emotion word to tell how you would feel in each situation. Don't repeat any words.

1. How would you feel if your teacher said your class was going on a field trip on Friday?

I would feel _____.

2. How would you feel if the video game you just bought didn't work?

I would feel _____.

3. How would you feel if you sang a song in a talent show and you forgot the words?

I would feel _____.

4. How would you feel if your teacher made the whole class stay inside for recess because two people would not stop talking?

I would feel _____.

5. How would you feel if you were trying to do a math problem but the directions didn't make any sense to you?

I would feel _____.

6. How would you feel if the lights went out during a big thunderstorm and you were home alone?

I would feel _____.

7. How would you feel if you wore your slippers to school and everyone noticed?

I would feel _____.

8. How would you feel if you didn't have anything to do, nobody to play with, and there was nothing good on TV to watch?

I would feel _____.

Recognizing Others' Emotions 1

What people say can tell you a lot about how they feel. Look at the pictures and listen to what the people say. Then choose two emotions each person is most likely feeling.

1. Dad says, "You promised me that you were going to share your candy with your brother. Now I find out that you ate it all yourself. You broke your promise and now your brother is sad." Which two words could describe how your dad feels?

- a. excited
- b. disappointed
- c. grateful
- d. angry



2. You're walking through the park and you hear a little boy say, "Help! Get me down. This tree is too high. I don't want to fall." Which two words could describe how the little boy feels?

- a. scared
- b. sad
- c. frightened
- d. bored



3. Corinne says, "Mom, I know I'm not supposed to get into your purse without permission. I was just looking at your make-up. I'm sorry I got into your stuff. I shouldn't have done it. I don't know why I did." Which two words could describe how Corinne feels?

- a. embarrassed
- b. proud
- c. bored
- d. ashamed



Recognizing Others' Emotions 2

Draw lines to match the emotions with the quotes in each group. Then practice saying each quote in a way that expresses the emotion clearly.

- | | |
|------------|--|
| 1. happy | a. "I'm really going to miss my grandma now that she's gone." |
| 2. sad | b. "I don't know if I can read in front of the class. I hope I don't mess up." |
| 3. nervous | c. "Thanks for making lasagna for dinner, Mom. It's my favorite!" |

- | | |
|--------------|---|
| 4. scared | a. "I'm not going down there first. It's dark. Anything could be down there." |
| 5. surprised | b. "If you don't stop teasing me about my hair, I'll tell on you." |
| 6. mad | c. "Oh, it's so great to see you. I didn't think you'd be here." |

- | | |
|-------------|--|
| 7. ashamed | a. "I think I'll just sit here quietly for a while." |
| 8. calm | b. "What was I supposed to do first? I don't understand." |
| 9. confused | c. "I'm so sorry I hurt your feelings. I really shouldn't have said that." |

- | | |
|-------------|---|
| 10. proud | a. "There is nothing to do here. Let's go somewhere else." |
| 11. bored | b. "I can't believe we're going to ride this roller coaster again. It's great!" |
| 12. excited | c. "Yes, I drew that picture. It was a lot of work. I'm glad you like it." |

Affecting Others' Emotions 1

What you say and do can change how other people feel. Answer the questions about each situation.

1. Your mom had a hard day at work. She says, "I have been dealing with other people's problems all day. I'm warning you all: I don't want to deal with any problems here."

What could you say or do to help your mom feel better?

What could you say or do to make her feel worse?

2. Your friend entered a picture in an art contest. He was sure he'd get first place. When the awards were announced, they didn't say his name. His picture didn't win any awards.

What could you say or do to help your friend feel better?

What could you say or do to make your friend feel worse?

3. Your teacher handed out papers and said, "Only a few of you did this assignment well. I don't think most of you are trying very hard. I'm very disappointed."

What could you say or do to help your teacher feel better?

What could you say or do to make your teacher feel worse?

4. Your friend says, "I don't understand what my mom wants me to do. She left me a note that said I should do the dishes when I get home, but she also wants me to go to my grandma's after school. I'm so confused."

What could you say or do to help your friend feel better?

What could you say or do to make your friend feel worse?

5. Before the game, one of your teammates says, "I'm so nervous. I can't believe I'm playing goalie today. What if I miss a bunch of shots and it's my fault we lose?"

What could you say or do to help your teammate feel better?

What could you say or do to make your teammate feel worse?