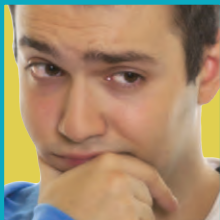


Attainment's

EXPLORE Social Skills

2

Understanding Emotions,
Facial Expressions, and Behaviors



Pat Crissey



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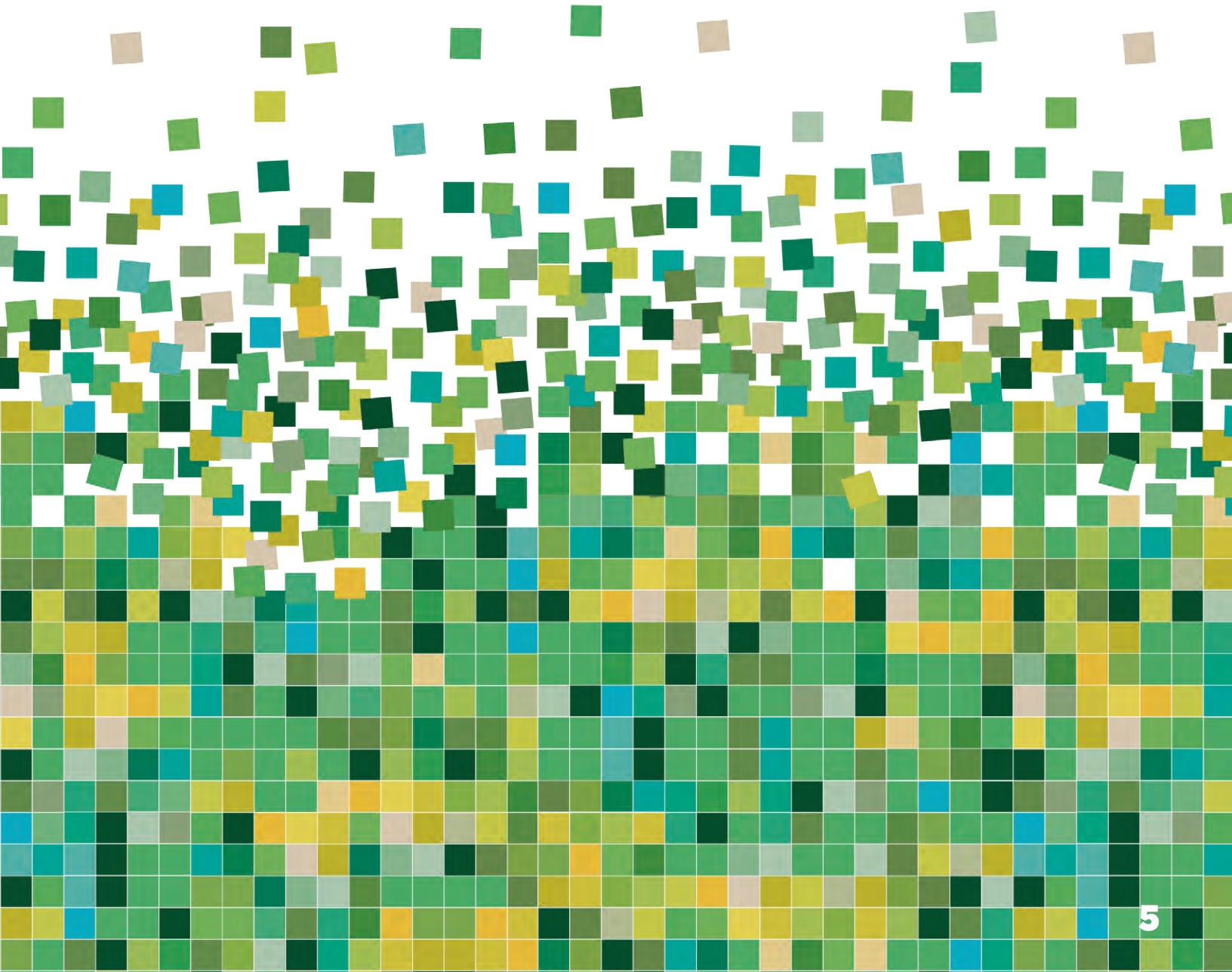
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Chapter 1

Understanding Emotions



Emotions such as happiness, sadness, anger, and fear are the feelings we experience inside of us. We act and feel differently when we experience emotions. We smile when we're happy, cry when we're sad, and breathe faster when we're scared. Emotions are always changing, and it's often because of something that happens to us. We feel angry when someone is mean to us or happy when we receive a present we really want. Our experiences affect how we feel.

We are going to look at the four most common emotions: happiness, sadness, anger and fear.



What Makes You Feel?



What things or situations make you feel **happy**?

1 _____

2 _____

3 _____

4 _____

5 _____

What things or situations make you feel **sad**?

1 _____

2 _____

3 _____

4 _____

5 _____

What Makes You Feel? continued



What things or situations make you feel **angry**?

1 _____

2 _____

3 _____

4 _____

5 _____

What things or situations make you feel **scared**?

1 _____

2 _____

3 _____

4 _____

5 _____



People often experience emotions differently, even in the same situation. Going to a carnival makes most people happy, but the rides and loud noises may scare some people. One person may feel sad if his friend won't play video games with him, but someone else may feel angry in the same situation.

In the following activities, think about how you would feel and how someone else may feel differently.



How Would You Feel?

Directions

Circle the picture and word that best tells how you would feel.

1 One of your friends is moving far away.



calm



happy



sad



angry



scared

2 You get invited to a really fun party.



calm



happy



sad



angry



scared

3 You hear a loud noise in the middle of the night.



calm



happy



sad



angry



scared

4 Your friend won't let you play his new video game.



calm



happy



sad



angry



scared

5 You just found out you get to go on a fun vacation.



calm



happy



sad



angry



scared

6 Your parent won't let you go to a movie you want to see.



calm



happy



sad



angry



scared

7 Someone stole your money.



calm



happy



sad



angry



scared

8 Your dog was hit by a car.



calm



happy



sad



angry



scared

9 The car you're riding in starts sliding off the road.



calm



happy



sad



angry



scared

10 Someone called you a name.



calm



happy



sad



angry



scared

How Would You Feel? continued



11 You made up with your friend after having a big fight.



calm



happy



sad



angry



scared

12 Your dad can't take you swimming because he's sick.



calm



happy



sad



angry



scared

13 It's the school picnic today. No homework!



calm



happy



sad



angry



scared

14 You wake up from a really bad dream.



calm



happy



sad



angry



scared

15 Some kids won't let you play ball with them.



calm



happy



sad



angry



scared

Interview Sheet

Directions


Ask your partner the following questions and write what he or she tells you.

1 Tell about a time you felt **happy**.

2 Tell about a time you felt **sad**.

3 Tell 3 things that make you feel **angry**.

4 Tell 3 things that make you feel **scared**.



Happiness doesn't always feel the same. You may feel a little happy because you're having spaghetti for dinner or really happy when you're on a fun vacation. You may feel a little sad when your friend can't go to the movies with you or very sad when your favorite grandfather dies. Emotions can sometimes feel small, very strong, or somewhere in between.

In the following activities, think about how strong your emotions would be.



How Happy Would You Feel?



Directions

Circle the picture and word that best tells how you would feel.

1 It finally stopped raining so you can play outside.



glad



happy



terrific

2 You just got the best birthday present ever.



glad



happy



terrific

3 You play a game with a friend and win.



glad



happy



terrific

4 You just became friends with someone you really like.



glad



happy



terrific

5 You just got a new puppy.



glad



happy



terrific

How Happy Would You Feel? continued



6 You get to watch your favorite team play.



glad



happy



terrific

7 You just got a new DVD that you've wanted for a long time.



glad



happy



terrific

8 Your favorite TV show is on tonight.



glad



happy



terrific

9 You just met your favorite movie star.



glad



happy



terrific

10 You're going out for ice cream.



glad



happy



terrific

11 Your best friend moved away but is coming back for a visit.



glad



happy



terrific

12 You get to go to a big water park with lots of water slides.



glad



happy



terrific

13 Your report card is much better than you thought it would be.



glad



happy



terrific

14 You won \$500 and can spend it on whatever you want.



glad



happy



terrific

15 It finally stopped raining.



glad



happy



terrific

How Sad Would You Feel?



Directions

Circle the picture and word that best tells how you would feel.

1 Your grandfather died.



down



unhappy



hopeless

2 Your friend can't come over to your house tonight.



down



unhappy



hopeless

3 You lost your wallet, and it had a lot of money in it.



down



unhappy



hopeless

4 You can't play outside with your friends because it's raining.



down



unhappy



hopeless

5 Your pet died.



down



unhappy



hopeless

6 You're sick and missed the school field trip.



down



unhappy



hopeless

7 You got a lower grade on your report than you thought you would.



down



unhappy



hopeless

8 Your best friend is moving away.



down



unhappy



hopeless

9 Your parent can't take you to the carnival this weekend.



down



unhappy



hopeless

10 You dropped the ice cream cone you were eating.



down



unhappy



hopeless

How Sad Would You Feel? continued



11 You got a hole in the knee of your new pants.



down



unhappy



hopeless

12 You weren't invited to another kid's party.



down



unhappy



hopeless

13 Your parents are going to get a divorce.



down



unhappy



hopeless

14 You see a stray cat that looks really sick and hungry.



down



unhappy



hopeless

15 The assembly planned for today was cancelled.



down



unhappy



hopeless

How Angry Would You Feel?

Directions

Circle the picture and word that tells how you would feel.

1 A fly keeps buzzing around your face.



annoyed



angry



furious

2 You get punished for something you didn't do.



annoyed



angry



furious

3 Someone splashed you while you were in the swimming pool.



annoyed



angry



furious

4 Someone is saying things about you that aren't true.



annoyed



angry



furious

5 Your friend keeps saying the same thing over and over.



annoyed



angry



furious