

Student Name: _____

Class: _____

Due Date: _____

Introduction to Emotions

Emotions are a natural part of being human. They can be positive or negative, and they can affect our behavior and relationships. In this worksheet, we will explore different emotions, how to recognize them, and how to manage them in a healthy way.

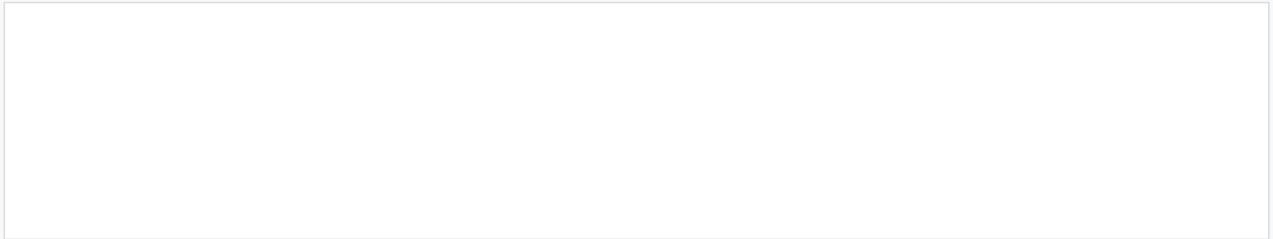
Activity: Write down three emotions you have experienced in the past week. How did you feel? What triggered those emotions?

Emotion Charades

Act out an emotion without speaking. Your classmates have to guess the emotion you are portraying.

Emotions to act out: happiness, sadness, anger, fear, surprise

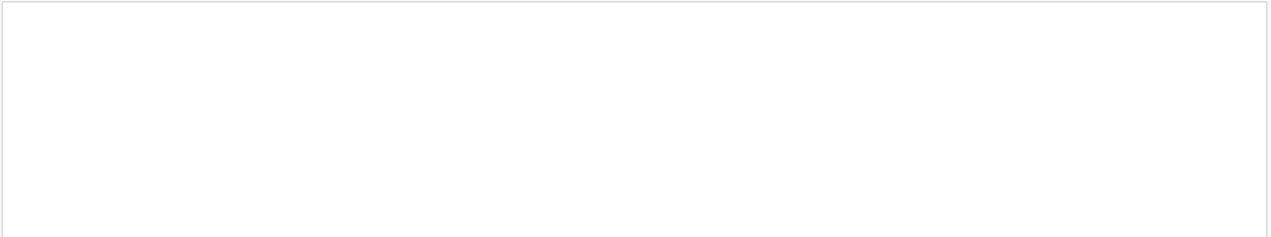
Activity: Divide the class into two teams. Each team takes turns acting out an emotion, and the other team has to guess the emotion.



Feelings Mapping

Create a map of your emotions. Label and describe different feelings and how they are connected.

Activity: Use colors, symbols, and images to represent your emotions. Write a short paragraph explaining your feelings map.

A large, empty rectangular box with a thin black border, intended for a student to draw their feelings map. The box is white and occupies the central portion of the activity area.

Emotion Regulation Strategies

There are many ways to manage and regulate our emotions. Here are a few strategies:

- Deep breathing
- Mindfulness
- Physical activity
- Talking to a friend or family member

Activity: Choose one of the strategies above and write about a time when you used it to manage your emotions. How did it help you?

Role-Playing Scenarios

Act out different social scenarios that involve managing emotions, such as dealing with bullying or resolving conflicts.

Scenarios:

- A friend is being bullied, and you want to help.
- You are feeling angry with a classmate, and you want to resolve the issue.

Activity: Divide the class into small groups and assign each group a scenario. Act out the scenario and discuss how you managed your emotions.

Emotion Journaling

Write about a time when you experienced a strong emotion. How did you feel? What triggered the emotion? How did you manage the emotion?

Activity: Write a reflective journal entry about a recent emotional experience. Use the prompts above to guide your writing.

Emotion Vocabulary

Learning about different emotions and their meanings can help us better understand ourselves and others.

Emotions to define: happiness, sadness, anger, fear, surprise, jealousy, excitement

Activity: Match the emotions with their definitions. Write a short paragraph using at least three of the emotions in context.

Empathy and Understanding

Empathy is the ability to understand and share the feelings of another person.

Activity: Read a scenario about someone who is feeling a strong emotion (e.g., a friend who is feeling sad because they lost a pet). Write a response that shows empathy and understanding.

Emotional Intelligence

Emotional intelligence is the ability to recognize and understand emotions in oneself and others.

Activity: Take a short quiz to assess your emotional intelligence. Answer the questions honestly, and then reflect on your results.

Conclusion

In this worksheet, we explored different emotions, how to recognize them, and how to manage them in a healthy way. We also learned about empathy, emotional intelligence, and strategies for regulating our emotions.

Activity: Write a short reflection on what you learned from this worksheet. How can you apply what you learned to your daily life?