

## Introduction to Emotions

*Welcome to this fun and interactive worksheet on expressing emotions through art and play! This activity is designed for 6-year-old students to help them understand and express their emotions in a healthy and creative way.*

Emotions are a natural part of being human, and it's essential to recognize, understand, and express them in a healthy way. In this worksheet, we will explore different emotions, how to identify them, and how to express them through art and play.

## Emotion Charades

*Act out an emotion without speaking, and ask your friends to guess the emotion you are portraying.*

### Emotion Cards:

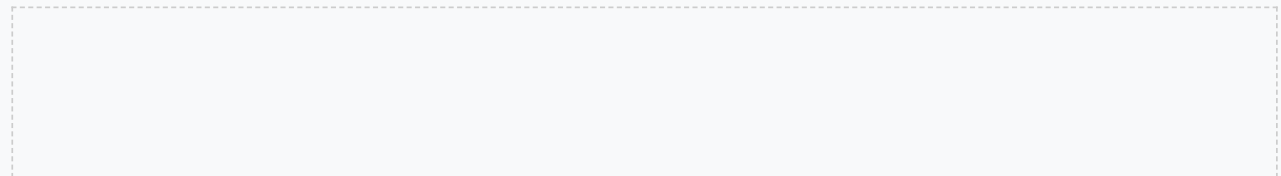
- Happy
- Sad
- Angry
- Scared
- Surprised

## Feelings Collage

Create a collage that represents how you are feeling today. Use glue, scissors, and any other art materials you like.

### Pictures:

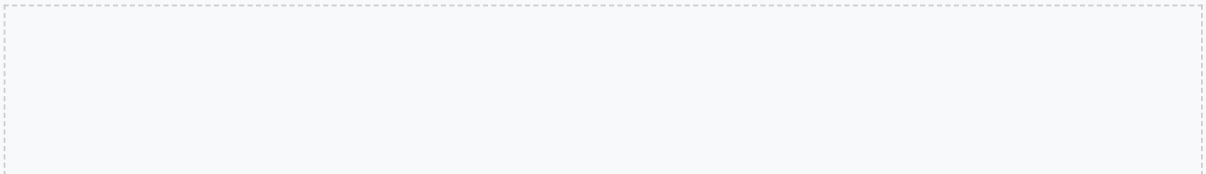
- A smiling face
- A crying face
- An angry face
- A scared face
- A surprised face



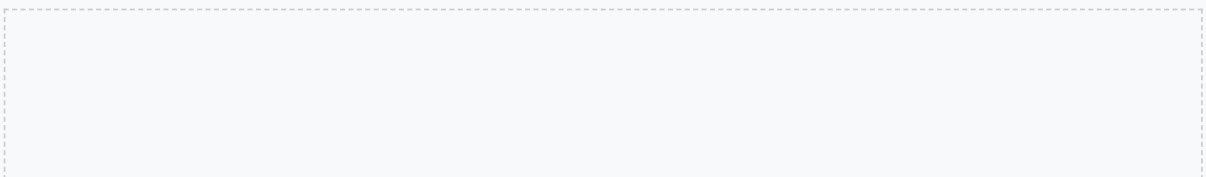
## Emotional Awareness

Answer the following questions:

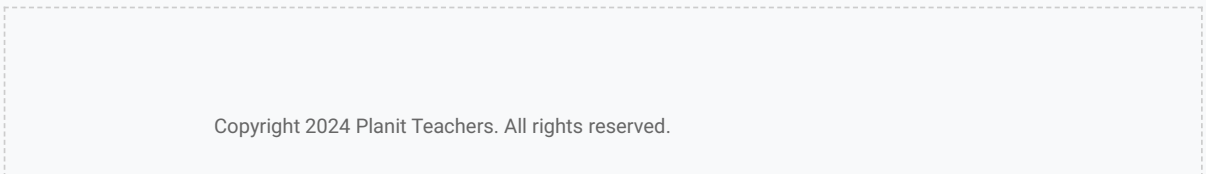
1. How do you feel when you are happy?



2. What makes you feel sad?

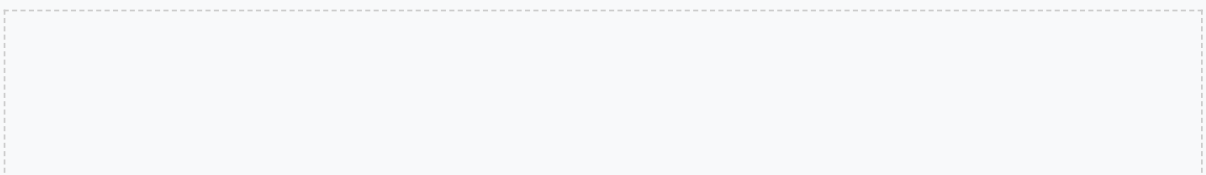


3. How do you express your anger?

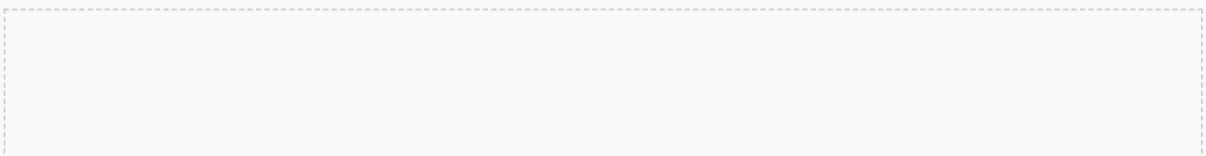


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4. What are you scared of?



5. What surprises you?





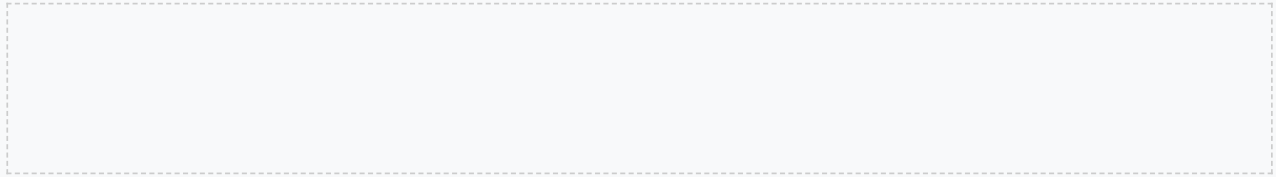
## Art Activity

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*Draw a picture that represents your favorite emotion. Use colors, shapes, and patterns to express your emotion.*

### Example:

A happy sun with a smile



## Role-Play Scenarios

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*Act out the following scenarios with a friend, and discuss how you felt during the scenario.*

### Scenarios:

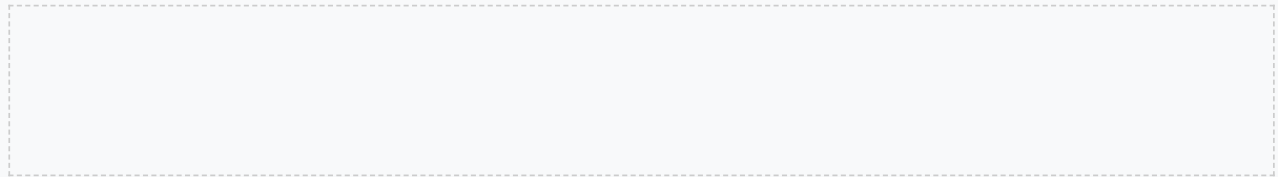
- Sharing a toy with a friend
- Losing a favorite toy
- Making a new friend
- Trying a new food
- Going on an adventure

## Emotion Mapping

*Draw a map of your body, and label the parts where you feel different emotions. Use colors and symbols to represent your emotions.*

### Example:

A happy heart, a sad stomach, an angry head



## Emotional Journal

*Write about a time when you felt a strong emotion. Draw a picture to illustrate your story, and reflect on how you felt and what you learned.*

### Example:

A story about a happy birthday party

## Emotion Charades Game

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*Play the emotion charades game with a friend. Act out an emotion without speaking, and guess the emotion your friend is portraying.*

### Emotion Cards:

- Happy
- Sad
- Angry
- Scared
- Surprised

## Feelings Word Search

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*Find the emotion words in the word search below. Circle the words when you find them, and reflect on what each word means to you.*

### Word Search:

Happy, Sad, Angry, Scared, Surprised

## Conclusion

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*Reflect on what you learned about emotions today. Answer the following questions:*

1. What did you learn about emotions today?

2. How can you express your emotions in a healthy way?

3. What is your favorite emotion and why?

## Emotional Intelligence

Emotional intelligence refers to the ability to recognize and understand emotions in oneself and others, and to use this awareness to guide thought and behavior. It involves being able to regulate and manage one's own emotions, as well as being able to empathize with and understand the emotions of others. Emotional intelligence is an important aspect of social and emotional learning, and is essential for building strong relationships, achieving academic and professional success, and maintaining good mental health.

### Emotional Intelligence Quiz

Take the following quiz to assess your emotional intelligence:

1. How often do you express your emotions to others?

2. How well do you understand the emotions of others?

3. How do you typically handle conflict or difficult situations?

4. How do you prioritize self-care and stress management?

5. How do you build and maintain relationships with others?

## Social-Emotional Learning

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Social-emotional learning (SEL) refers to the process of developing self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. It involves learning to recognize and manage one's own emotions, as well as developing empathy and understanding for others. SEL is essential for building strong relationships, achieving academic and professional success, and maintaining good mental health.

### Case Study: SEL in the Classroom

A teacher implements an SEL program in her classroom, which includes activities such as mindfulness, role-playing, and group discussions. The program helps students develop self-awareness, self-management, and social awareness, and improves their relationships with each other and with the teacher. As a result, the classroom becomes a more positive and supportive learning environment.

## Mindfulness and Self-Care



Mindfulness and self-care are essential for maintaining good mental health and well-being. Mindfulness involves being present in the moment, paying attention to one's thoughts and feelings, and accepting them without judgment. Self-care involves taking care of one's physical, emotional, and mental needs, and engaging in activities that promote relaxation and stress reduction.

## Mindfulness Exercise

Try the following mindfulness exercise:

1. Find a quiet and comfortable place to sit or lie down
2. Close your eyes and take a few deep breaths
3. Focus on your breath, noticing the sensation of the air moving in and out of your body
4. When your mind wanders, gently bring it back to your breath without judgment
5. Continue for 5-10 minutes, noticing how you feel before, during, and after the exercise

## Building Positive Relationships

Building positive relationships is essential for our emotional and mental well-being. It involves developing empathy, communication skills, and conflict resolution skills, as well as being able to set boundaries and prioritize self-care. Positive relationships can provide support, validation, and a sense of belonging, and are essential for our overall health and happiness.

### Group Discussion

Discuss the following questions in small groups:

1. What are some characteristics of positive relationships?
2. How can we build and maintain positive relationships?
3. What are some common challenges in relationships, and how can we overcome them?
4. How can we prioritize self-care and set boundaries in our relationships?
5. What are some ways to resolve conflicts and improve communication in relationships?

## Emotional Regulation

Emotional regulation refers to the ability to manage and regulate our emotions, particularly in times of stress or difficulty. It involves developing self-awareness, self-management, and coping skills, as well as being able to recognize and challenge negative thought patterns. Emotional regulation is essential for maintaining good mental health and well-being, and for building positive relationships with others.

### Case Study: Emotional Regulation in the Workplace

An employee struggles with managing their emotions in the workplace, often becoming overwhelmed and stressed. They learn emotional regulation techniques such as deep breathing, mindfulness, and self-talk, and are able to better manage their emotions and improve their relationships with colleagues.

## Conclusion

In conclusion, emotional intelligence, social-emotional learning, mindfulness, self-care, positive relationships, and emotional regulation are all essential for maintaining good mental health and well-being. By developing these skills and strategies, we can improve our relationships, achieve academic and professional success, and maintain a positive and healthy outlook on life.

### Reflection

Reflect on what you have learned throughout this document. How can you apply these skills and strategies to your own life? What challenges might you face, and how can you overcome them?

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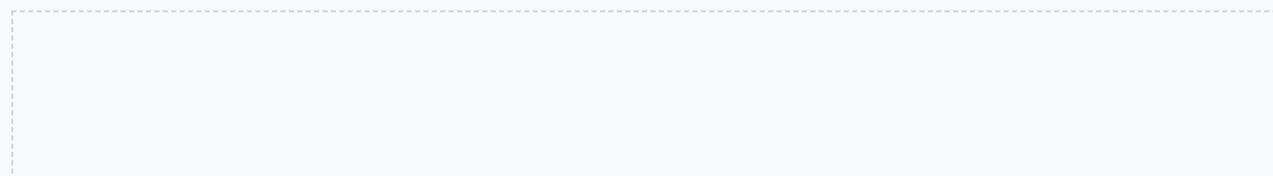
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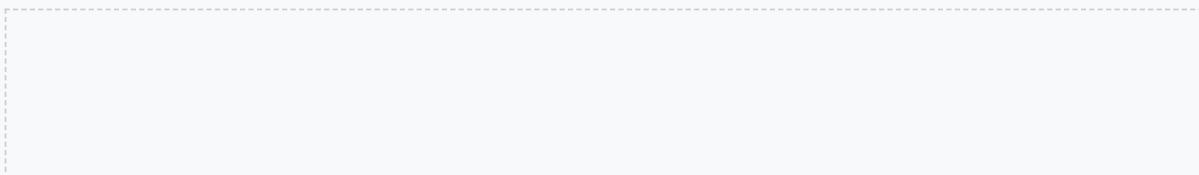
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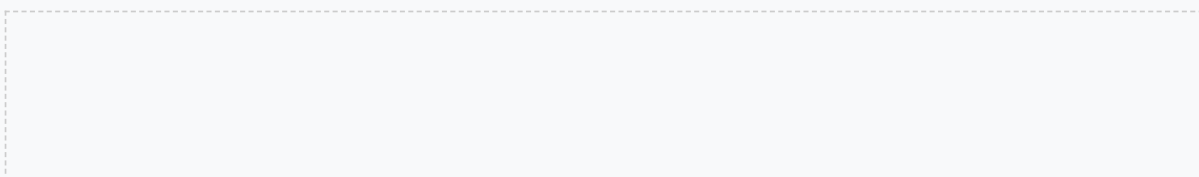
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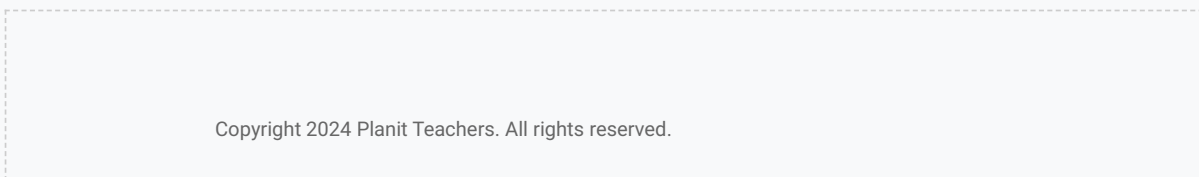
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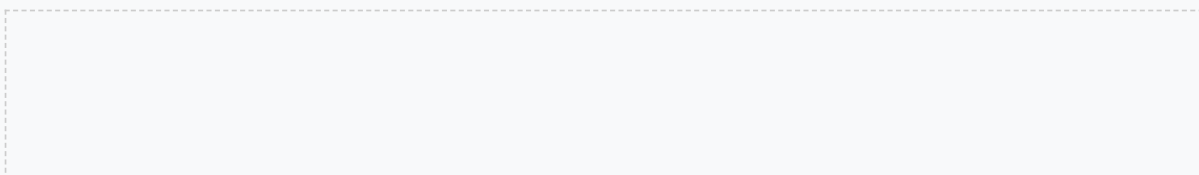


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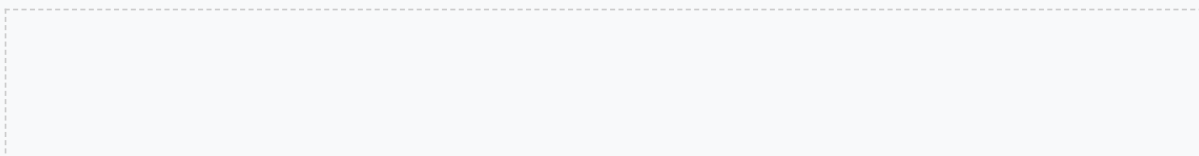


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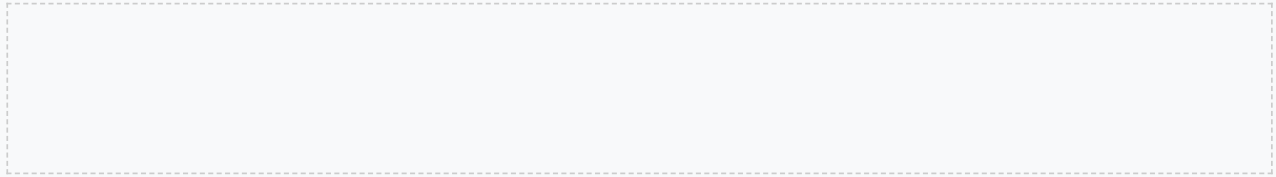


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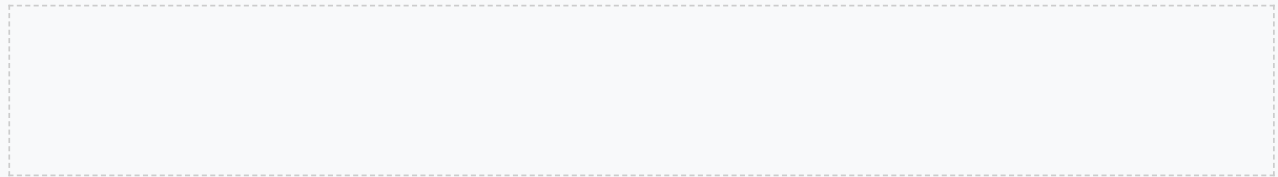
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