

Understanding Emotions

On a piece of paper or in your book, write down as many emotions (feeling words) as you can think of. If you want to, write the words in different colours and make the page super colourful! You could draw a face next to each emotion to show what that feeling means.



Use the outlines below for the following steps;

Draw a happy face, a sad face and an angry face.

Inside the body of each person, write down the emotions they are feeling.

Example:

Happy - 'joyful', 'glad', 'excited'.

Sad - 'upset', 'lonely', 'down'.

Angry - 'frustrated', 'grumpy', 'cross'.



Show your grown up what you look like when you are happy/sad/angry.

Example:

Happy — smiling, standing tall etc.

Sad — head down, tears, hunched shoulders

Angry - shaking, clenched fists, frowning

Write these outside of the outline.

You should end up with three people show three different emotions. On the inside are words to describe how that person feels on the inside. On the outside are words/phrases which describe how that person is showing that emotion. The inside feelings effect the outside too.





