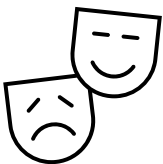


Activity 3: Working With Each Other (Emotions)



Part 1

Directions:

Listen to the story that your teacher reads with your classmates' help and complete the following table.

Question	Your Thoughts
1. What different feeling did Baby Bear exhibit throughout the story?	
2. What did _____ do to demonstrate their feelings?	
3. What about Mama Bear? What feelings did she reveal throughout the story?	
4. What did _____ do to demonstrate their feelings?	
5. What feelings did Papa Bear display throughout the story? How could you tell?	
6. What did _____ do to demonstrate their feelings?	
Through this story, we were able to identify many personal feelings. What words can be used to collectively describe these individual feelings? When we talk about the feelings we experience daily, we can term that as what? <u>E</u> _____	



Listen to your teacher and record the definition for this term here:



Listen to your teacher and record the definition for this term when there is a range:

Why do you think it is important to understand these terms? How can they help you moving forward?

Name: _____

Part 2

Directions:

In the chart below, identify seven situations you have encountered lately and the emotion(s) that you experienced.

Situations Chart

Situation	Emotion(s) Experienced
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Why do you think these emotions happened in these different situations?	Do you think others in your class would have had similar emotions to these same situations? Why or why not?
--	--

Name: _____

Emotion Resonation Chart

Directions:

Based on the emotions identified by you and your class, identify the seven emotions that resonate with you the most and list them below. Note: All seven emotions below cannot be from the previous activity.

Emotions	Draw an emoji that depicts this emotion for you.	What could/does this emotion look like for a peer?	Describe a specific situation in which this emotion would be expressed.
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Why do you think different people show different emotions in different situations?

How can understanding that others may exhibit different emotions help you when working with others?

Name: _____

Directions: This list includes the emotions that we have been discussing.

- Circle in **purple** the emotions that make you feel good.
- Strike through in **red** the emotions that you associate with bad feelings.

Love	Hatred	Happiness
Sadness	Joy	Anger
Fear	Excitement	Anticipation
Sorrow	Surprise	Compassion
Guilt	Jealousy	Hope
Disgust	Grief	



Why do the words that you circled make you feel good?

Why do the words that you struck through make you feel bad?

Is it important to feel all emotions, both good and bad? Why or why not?

Part 3

Directions:

Use this resource, <https://kidshealth.org/en/teens/stressful-feelings.html>, to complete the questions to learn how to work through emotions.

- Step 1: I _____ the E_____
- Why is this step important?
- Why is it important to *be aware of how you feel*?
- Why should you not hide how you feel from yourself?
- How can knowing why you feel the way that you do be important?
- Why should you not blame? What could happen if you do place blame?
- YOUR FEELINGS/EMOTIONS ARE NORMAL!

Name: _____

- Step 2: T_____ A_____
 - What are three positive ways to express emotions?

 - What are three negative ways to express emotions?

 - Identify three ways in which you could help change your mood and build positive emotions when presented with negative emotions.
(1)

(2)

(3)
 - Always remember, it is OK to seek someone for support.
- Step 3: G_____ H_____ With D_____ E_____

Think back to the past week, and identify a scenario when you had negative emotions.	My scenario is ...
How were you feeling?	I was feeling ...
What could you have done differently with your emotions in this situation?	I could/should have ...
How can you take action?	I can take action by ...

Directions:

Read each of the scenarios below and identify the steps that should be taken to help with the negative emotions that are occurring.

Scenario 1: Maya is easily angered by the actions of her family and friends. She often takes offense when they simply offer her help and advice. Maya denies that she is ever angry or has a bad temper. Often, she tries to fight off her emotions but still appears to be angry and hateful to others.

- What steps should be taken for Maya to work through her emotions?

Scenario 2: Xavier's older brother seems to do well at everything he attempts. He gets good grades, is the star of the basketball team and has many friends. Xavier feels as though his parents are constantly comparing him to his older brother and that they are never satisfied with Xavier's performance. Often, Xavier is jealous of his brother. Instead of letting his jealousy turn into anger, Xavier becomes motivated to improve his own grades and find a talent that he, too, can be good at.

- What steps should be taken for Xavier to work through his emotions?

How can learning to work through negative emotions have a positive impact on you, those around you and your future?