



Understanding and Managing Emotions

Go through and help each character identify what they are feeling by drawing a line from the situation to the correct emotion.

Amanda has spent the whole day thinking that her friends forgot her birthday. When she goes to lunch she finds all of her friends in party hats and a huge chocolate cake with birthday candles on the lunch table.

Sadness

What is Amanda's emotion?

Sam goes with his family to visit his grandmother in the Hospital. He does not fully understand what is wrong with her but knows that she won't be getting out soon.

Happiness

What is Sam's emotion?

Melanie spent months preparing for her big race. She had to miss many outings with friends and gave up a lot of her free time. On the day of the race Melanie wins her race and gets a personal record best time.

Fear

What is Melanie's emotion?

Sasha lent her best friend her favorite sweater for her to wear to a party. After constantly reminding her friend to return it her friend returns it with a huge rip in the sleeve with no apology.

Surprise

What is Sasha's emotion?

Aaron has never been comfortable with public speaking and has to give his book report in front of the whole class. He has prepared for weeks but when he gets up in front of the room his hands get sweaty and he begins to stumble over his words.

Anger

What is Aaron's emotion?

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Pick an emotion from the list above and describe a situation that makes you feel that emotion.

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Go through and help each character figure out how to react to their situations

Henry is trying to study for his big History test tomorrow while his little sister is playing video games in her room. His sister keeps turning the volume up. Henry keeps coming in and asking her to turn down the volume. His sister keeps turning the volume back up after he leaves.

Henry is feeling frustrated.

How do you think Henry should react to this situation?

Kim gets asked by her basketball coach to be on the varsity team instead of JV. Kim is only in 9th grade and doesn't know any of the girls on Varsity and isn't sure if she will be able to keep up with them. She is a good basketball player, but they have been playing longer than her.

Kim is feeling insecure.

How do you think Kim should react to this situation?

John and Tyler have been best friends since kindergarten. John has always been more outgoing while Tyler is more shy, making him a target for school bullies. On the first day of school, John sees a couple of people making fun of Tyler but he doesn't know what to do. He panics and stares nervously in their laughter. After the bullies leave, Tyler runs off, looking hurt.

John is feeling guilty.

How do you think John should react to this situation?