EMOTION IN ACTION

How do feelings show up in our actions?

INTRODUCTION

We all feel different emotions every day.
Emotions can help us understand ourselves and others.
Sometimes emotions feel big—but we can learn how to notice them and respond in helpful ways.

SECTION 1: NAME THE EMOTION

Look at each situation. How might the person feel?

1. A child is left out of a game at recess.
   ☐ Happy ☐ Sad ☐ Angry ☐ Nervous ☐ Other _____
2. A student finally solves a hard problem.
   ☐ Proud ☐ Excited ☐ Calm ☐ Surprised ☐ Other _____
3. Someone spills their work by accident.
   ☐ Frustrated ☐ Embarrassed ☐ Mad ☐ Calm ☐ Other _____

SECTION 2: EMOTIONS CAN FEEL DIFFERENT

- Everyone experiences emotions differently.
- The same situation can cause different feelings in different people.

Turn the page to explore what we can do with our emotions.

EMOTION IN ACTION: WHAT WOULD YOU DO?

SECTION 1: CHOOSE A SCENARIO

Read one situation or act it out with a partner.

Scenario A:
You worked hard on something, but it didn't turn out how you hoped.

Scenario B:
A friend says something that hurts your feelings.

Scenario C:
You feel nervous before trying something new.

SECTION 2: THINK IT THROUGH

How might you feel?

_____

What could you do next?

- ☐ **Take a deep breath**
- ☐ **Ask for help**
- ☐ **Talk about how I feel**
- ☐ **Take a short break**
- ☐ **Try again**
- ☐ **Other:** _____

SECTION 3: REFLECTION

One helpful way to handle a strong emotion is:

_____

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