

Understanding Emotions

Think about the following emotions and write about how they make you feel.

The emotions are:

anger

jealousy

empathy

love

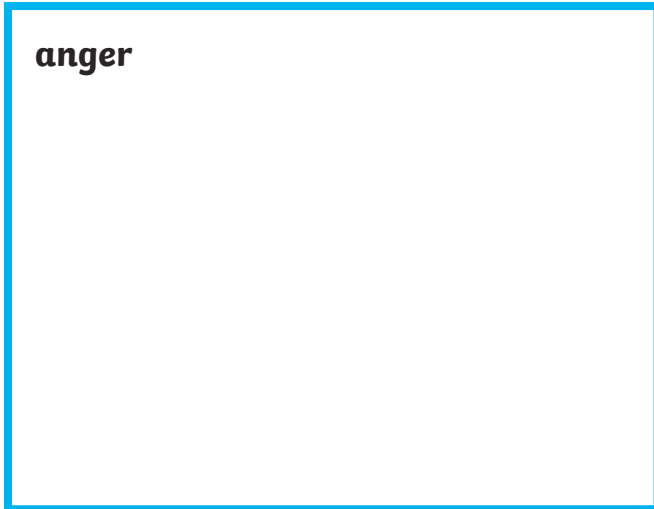
confusion

excitement

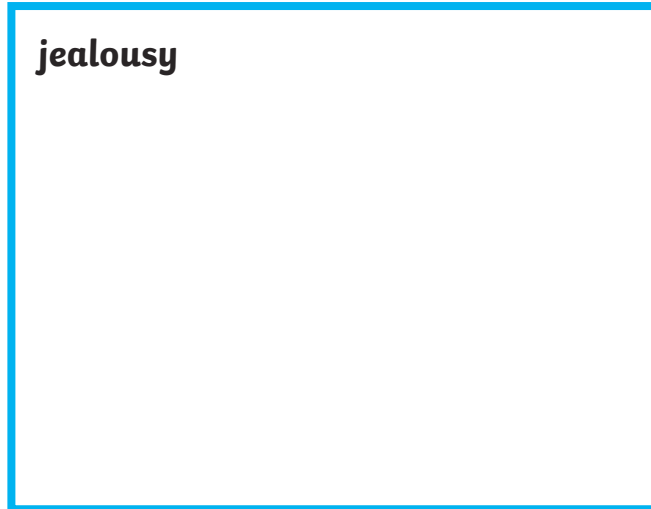
Now, think about the last time you experienced each of these emotions. Write or draw what it felt like when you experienced that emotion.

The emotions are:

anger



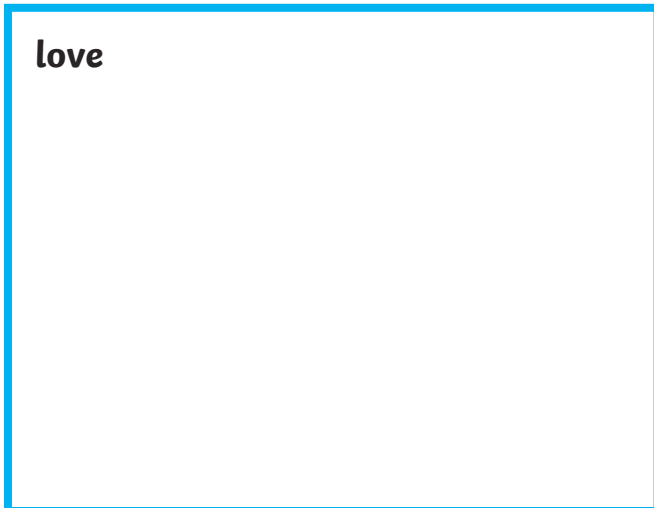
jealousy



empathy



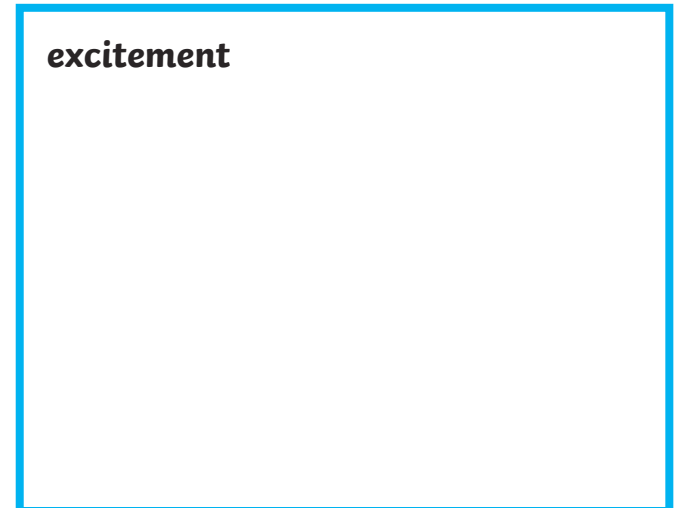
love



confusion



excitement



Choose which emotions make you feel positive. Then, consider and write about how you could experience these emotions.

For example, "I feel positive when I feel excitement. I feel excited when I play sport and I look forward to each game. I am going to try to play more sport and perhaps try some new sports that I might enjoy."

A large, empty rectangular box with a blue border, intended for writing a response to the prompt.A large, empty rectangular box with a blue border, intended for writing a response to the prompt.A large, empty rectangular box with a blue border, intended for writing a response to the prompt.