

**Learning Objective:** To define feelings a person might experience at different times; to increase recognition of these feelings

**Skill:** Emotional awareness

Write the four groups of feelings in this activity on the blackboard or a large sheet of paper. Ask the group, "What are some feelings you might have during a normal day?"

Tell them:

*Everyone experiences many different feelings and emotions. Some are sad feelings, some are angry, some are happy, and others are scared feelings. They are all a little different. For example,*

*When you're SAD, you might feel:*

*Discouraged*

*Depressed*

*Unhappy*

*Hurt*

*Uncomfortable*

*Embarrassed*

*Some HAPPY feelings might be:*

*Excited*

*Cheerful*

*Confident*

*Comfortable*

*Proud*

*Satisfied*

*Some ANGRY feelings might be:*

*Threatened*

*Disgusted*

*Frustrated*

*Jealous*

*Resentful*

*When you're SCARED, you might feel:*

*Terrified*

*Nervous*

*Anxious*

*Confused*

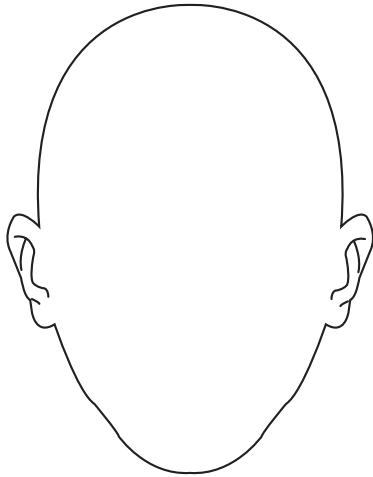
*Unsure*

Distribute Activity Sheet 35. When the children have finished, show them several examples of completed sheets and ask the group to identify the feelings. Then, ask them to demonstrate one of the feelings they chose to draw.

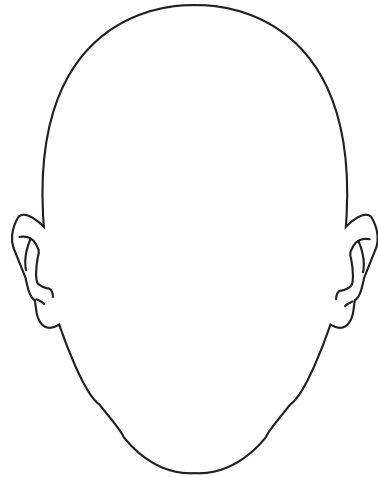
Name \_\_\_\_\_ Date \_\_\_\_\_

Choose one feeling from each of the four categories—SAD, HAPPY, ANGRY and SCARED—and draw a face showing that feeling.

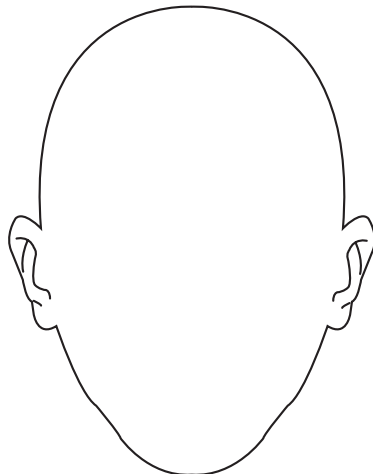
**SAD**



**HAPPY**



**ANGRY**



**SCARED**

