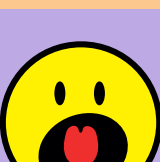


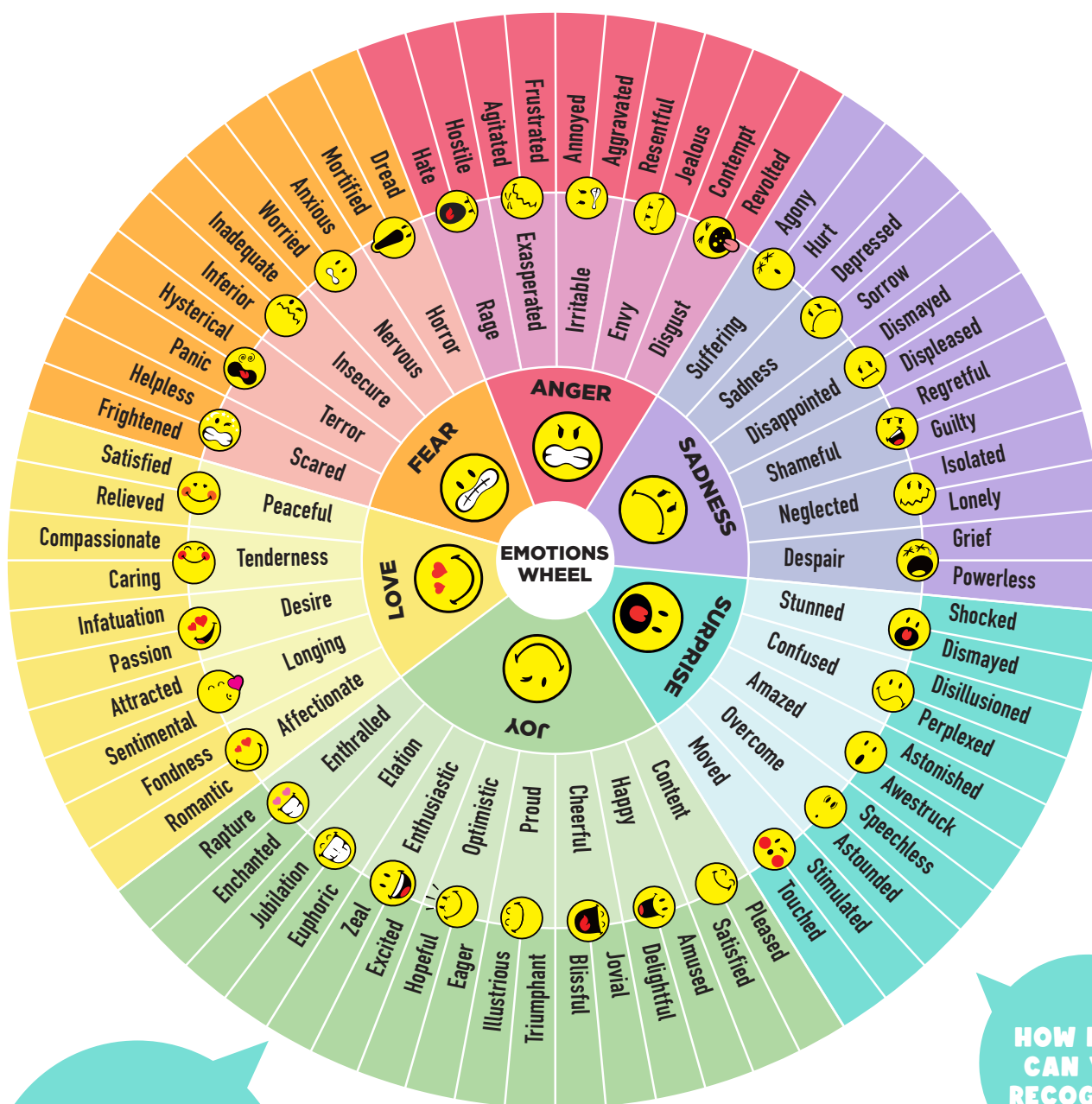
THE 27 KEY EMOTIONS

LESSON PLAN 1

Getting To
Know Your
Emotions

 Admiration	 Adoration	 Aesthetic Appreciation	 Amusement	 Anger
 Anxiety	 Attraction	 Awe	 Awkwardness	 Boredom
 Calmness	 Confusion	 Craving	 Disgust	 Empathetic Pain
 Enchantment	 Excitement	 Fear	 Horror	 Interest
 Joy	 Pride	 Relief	 Romance	 Sadness
 Satisfaction	 Surprise	THE HAPPIER SCHOOLS PROJECT		

**HOW MANY
CAN YOU
RECOGNIZE?**



THIS EMOTIONS WHEEL CAN HELP YOU IDENTIFY LOTS OF DIFFERENT EMOTIONS YOU MIGHT BE FEELING.

HOW MANY CAN YOU RECOGNIZE?

CASEL FRAMEWORK CHART

The CASEL Framework is made up of 5 abilities we can all develop and improve on. These life skills help us learn about and manage our own emotions and understand and empathize with others, which helps us have better friendships and relationships. Learning to manage ourselves, our relationships and our time helps us have happier, more successful lives.

CORE COMPETENCY	DEFINITION	ASSOCIATED SKILLS
 Self-awareness 	The ability to accurately recognize one's own emotions, thoughts and values and how they influence behavior. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.	• Identifying emotions • Accurate self-perception • Recognizing strengths • Self-confidence • Self-efficacy
 Self-management 	The ability to successfully regulate one's emotions, thoughts and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work towards personal and academic goals.	• Impulse control • Stress management • Self-discipline • Self-motivation • Goal setting • Organizational skills
 Social awareness 	The ability to take the perspective of and empathize with others. The ability to understand social and ethical norms for behavior and to recognize family, school and community resources and supports.	• Understanding emotions • Empathy/sympathy • Appreciating diversity • Respect for others
 Relationship skills 	The ability to establish and maintain healthy relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.	• Communication • Social engagement • Relationship building • Teamwork
 Responsible decision making 	The ability to make constructive choices about personal behavior and social interactions. The realistic evaluation of consequences of various actions and a consideration of the well-being of oneself and others.	• Identifying problems • Analyzing solutions • Solving problems • Evaluating • Reflecting • Ethical responsibility