

LABELING EMOTIONS

LESSON PLAN 1

Getting To
Know Your
Emotions

Cut out the face cards and labels to match up.



SAVE EACH SET
OF CARDS IN AN
ENVELOPE
LABELED WITH
THE NAME OF THE
ACTIVITY FOR
EASY REUSE



Fear



Disgust



Excitement



Surprise



Joy



Sadness



Anger



Love/Adoration



LABELING EMOTIONS

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You can use this template to layout the labels for your SmileyWorld icons or draw your own version with the correct label underneath.

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EMOTIONAL OPPOSITES

LESSON PLAN 1

Getting To
Know Your
Emotions

Match the SmileyWorld icons with its opposite emotion. Draw lines between them or cut out the cards and match the opposite pairs.

EXTENSION GAME: MEMORY PAIRS! If you have two sets of cards printed and cut out, play the Memory Pairs Game where you can collect pairs of the same overturned card - or try opposite pairs of emotions.

Joy			Craving
Satisfaction			Sadness
Anxiety			Excitement
Boredom			Calmness

SAVE EACH SET
OF CARDS IN AN
ENVELOPE LABELED
WITH THE NAME OF
THE ACTIVITY FOR
EASY REUSE

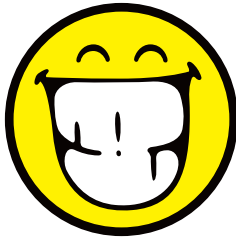
ADVANCED EMOTIONAL OPPOSITES

LESSON PLAN 1

Getting To
Know Your
Emotions

Match the SmileyWorld icons with its opposite emotion. Draw lines between them or cut out the cards and match the opposite pairs.

EXTENSION: PLAY BIGGER GAMES! If you have two sets of these cards, you could add these to the first set of **Emotional Opposites Cards** to play a bigger game of the Memory Pairs Game.

Envy		Triumph	
Confusion		Awkwardness	
Disgust		Admiration	
Pride		Attraction	

SAVE EACH SET
OF CARDS IN AN
ENVELOPE LABELED
WITH THE NAME OF
THE ACTIVITY FOR
EASY REUSE

The rows below show emotions that are related to each other, but they are of different strengths. Can you number the emotions in each group below in order from 1 for the mildest emotion to 4 for the strongest emotion?

UPSET









JOY









ANGER









AMUSEMENT









ADVANCED EMOTIONAL INTENSITY

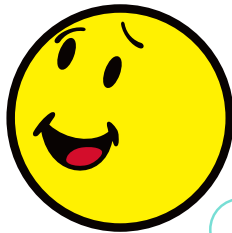
LESSON PLAN 1

Getting To
Know Your
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The rows below show emotions that are related to each other, but that show how you can change from a more negative emotion to a more positive one. Can you number the emotions in each group below in order from 1 for the most negative emotion to 4 for the most positive emotion in each row?

ENVY TO ADMIRATION



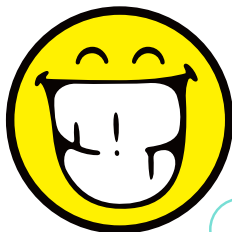






FEAR TO TRIUMPH

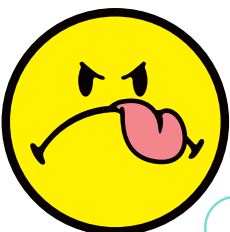








DISGUST TO ADORATION







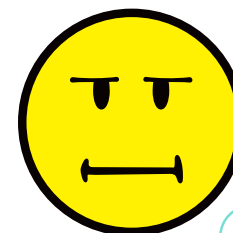


HORROR TO CALM









My name is



To know ourselves better, we can ask people who know us well how they see us. We shouldn't judge ourselves on how we are seen by others, but it can help us understand ourselves better. This exercise asks you to talk to your parents or the people you live with to help you get to know yourself better.

Ask your parents or the people you live with what they think your three best characteristics are.

1. _____

2. _____

3. _____

Also ask them to tell you one quality or character trait you could improve on.

**DON'T WORRY.
NOBODY IS
PERFECT! WE ALL
HAVE THINGS
WE COULD
WORK ON!**



How can you improve the things you're good at and the things you're not so good at?

Make a plan to improve one thing in the next week. Perhaps everyone in your family or home could come up with one thing they will work on for the next week? It could be keeping a tidy room, being on time for school or giving more hugs.

My plan is....

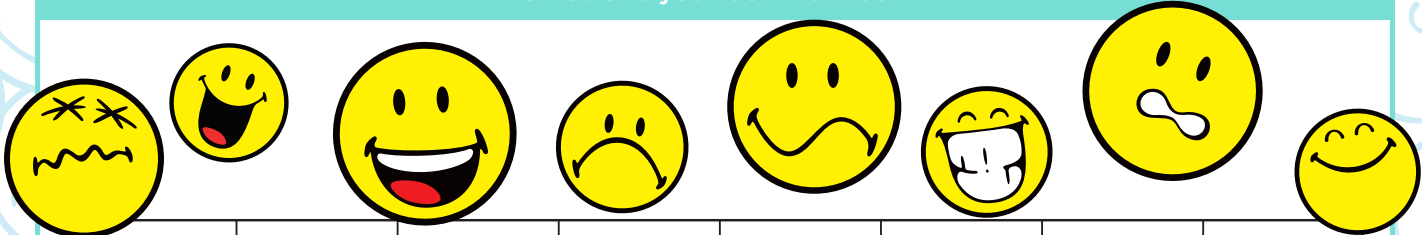
EMOTIONAL TRACKING JOURNAL

LESSON PLAN 1

Getting To
Know Your
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Emotions come and go. They can change very quickly. So don't worry if you're not feeling great, it won't last!

Draw a SmileyWorld icon of how you're feeling at each time of day and write 1-3 words from the list at the bottom or add your own! You could be surprised by how many different emotions you feel in a week.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Break							
Lunch							
Mid-afternoon							
Bedtime							

Sad Happy Proud Angry Confident Loving Excited Surprised Bored Calm Confused

GETTING TO KNOW YOUR EMOTIONS: LEVEL 1

LESSON PLAN 1

Getting To Know Your Emotions

Read the passage and fill in the blanks with words from the selection below.

We all experience e_____ all the time.

Sometimes we feel lots of d_____ emotions all at once. Sometimes we feel b_____ emotions that are very strong and sometimes we have small emotions that we don't notice much.

It is okay to feel any emotion, but when we have strong emotions, we need to take care not to h_____ other people.

There are _____ key emotions that we show on our faces.

Our e_____ and mouth can show how we feel as well as our body language and behavior. But we can't always tell how people are feeling because emotions are c_____.

Some emotions have o_____, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling h_____ us deal with them. Understanding how other people might be feeling helps us have b_____ friendships.

**27 big different hurt better emotion
opposites helps eyes complicated**



GETTING TO KNOW YOUR EMOTIONS: LEVEL 2

Read the passage and fill in the blanks with words from the selection below.

We all experience _____ all the time.
Sometimes we feel lots of _____ emotions all at once. Sometimes we feel _____ emotions that are very strong and sometimes we have small emotions that we don't notice much. It is okay to feel any emotion, but when we have strong emotions, we need to take care not to _____ other people.

There are _____ key emotions that we show on our faces. Our _____ and mouth can show how we feel as well as our body language and behavior. But we can't always tell how people are feeling because emotions are _____. Some emotions have _____, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling _____ us deal with them. Understanding how other people might be feeling helps us have _____ friendships.

**27 big different hurt better emotion
opposites helps eyes complicated**



GETTING TO KNOW YOUR EMOTIONS: LEVEL 3

Read the passage and fill in the blanks with words you think fit best.

We all experience _____ all the time.

Sometimes we feel lots of _____ emotions all at once. Sometimes we feel _____ emotions that are very strong and sometimes we have small emotions that we don't notice much. It is okay to feel any emotion, but when we have strong emotions, we need to take care not to _____ other people.

There are _____ key emotions that we show on our faces.

Our _____ and mouth can show how we feel as well as our body language and behavior. But we can't always tell how people are feeling because emotions are _____.

Some emotions have _____, like joy and sadness, but not all emotions have an opposite.

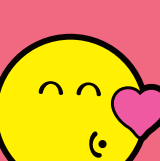
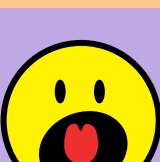
Knowing what emotions we are feeling _____ us deal with them. Understanding how other people might be feeling helps us have _____ friendships.



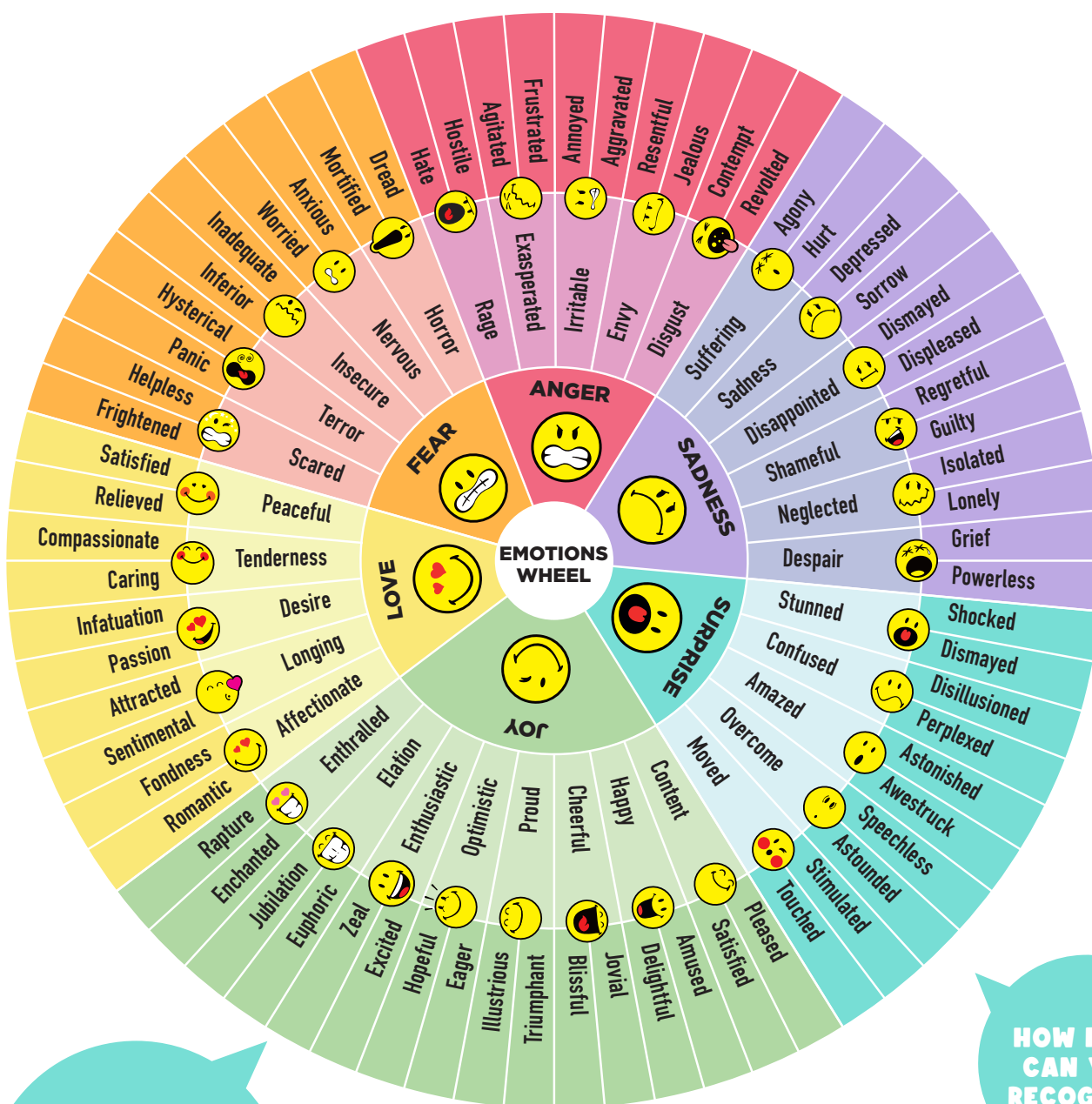
THE 27 KEY EMOTIONS

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

LESSON PLAN 1

Getting To Know Your Emotions

The CASEL Framework is a 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

EXPLORING EMOTIONS

DISCOVERING THE 27 KEY EMOTIONS

LESSON PLAN 1

Getting To Know Your Emotions

It has been discovered that there are 27 Key Emotions we show on our faces more than any others. These key emotions are shown below. How many do you think you show in a day?

1. Can you make your face look like the emotions on these SmileyWorld® icons?
2. How might people sound or speak in these states?
3. What might people's body posture and movements look like in these states?



Admiration



Adoration



**Aesthetic
Appreciation**



Amusement



Anger



Anxiety



Attraction



Awe



Awkwardness



Boredom



Calmness



Confusion



Craving



Disgust



**Empathetic
Pain**



Enchantment



Excitement



Fear



Horror



Interest



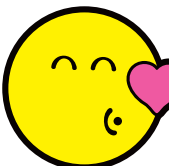
Joy



Pride



Relief



Romance



Sadness



Satisfaction



Surprise

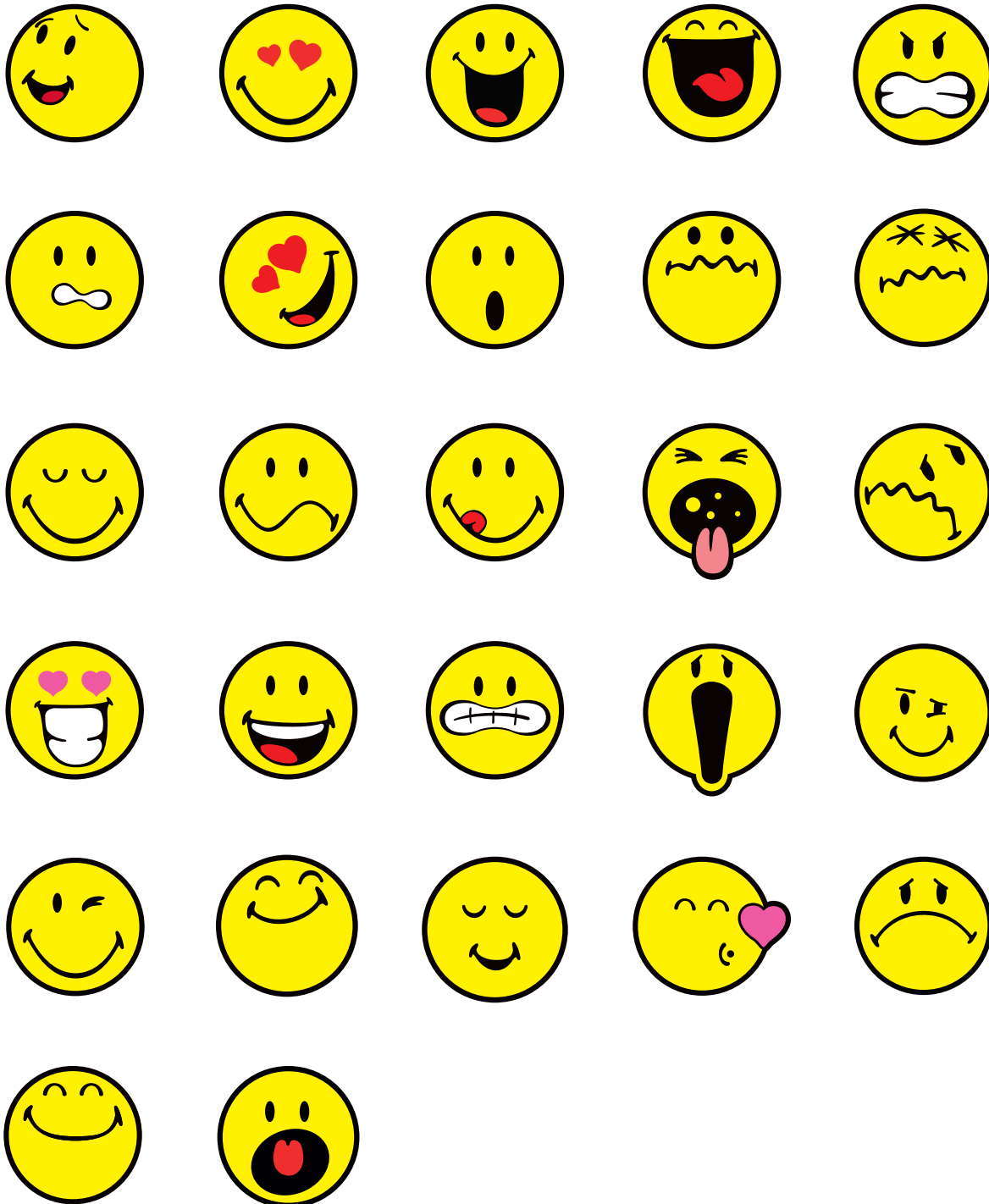
EXPLORING EMOTIONS

DISCOVERING THE 27 KEY EMOTIONS

LESSON PLAN 1

Getting To
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Emotions

It has been discovered that there are 27 Key Emotions we show on our faces more than any other. These key emotions are shown below. What do you think these emotions are? Can you name them? Remember that the same emotion may have more than one name.



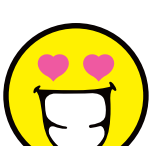
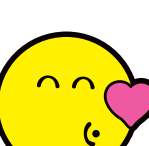
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THE 27 KEY EMOTIONS CARDS

LESSON PLAN 1
**Getting To
Know Your
Emotions**

Use these cards in the Face Race lesson or print out two copies of these cards to play the Memory Pairs game or Snap.

				
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			

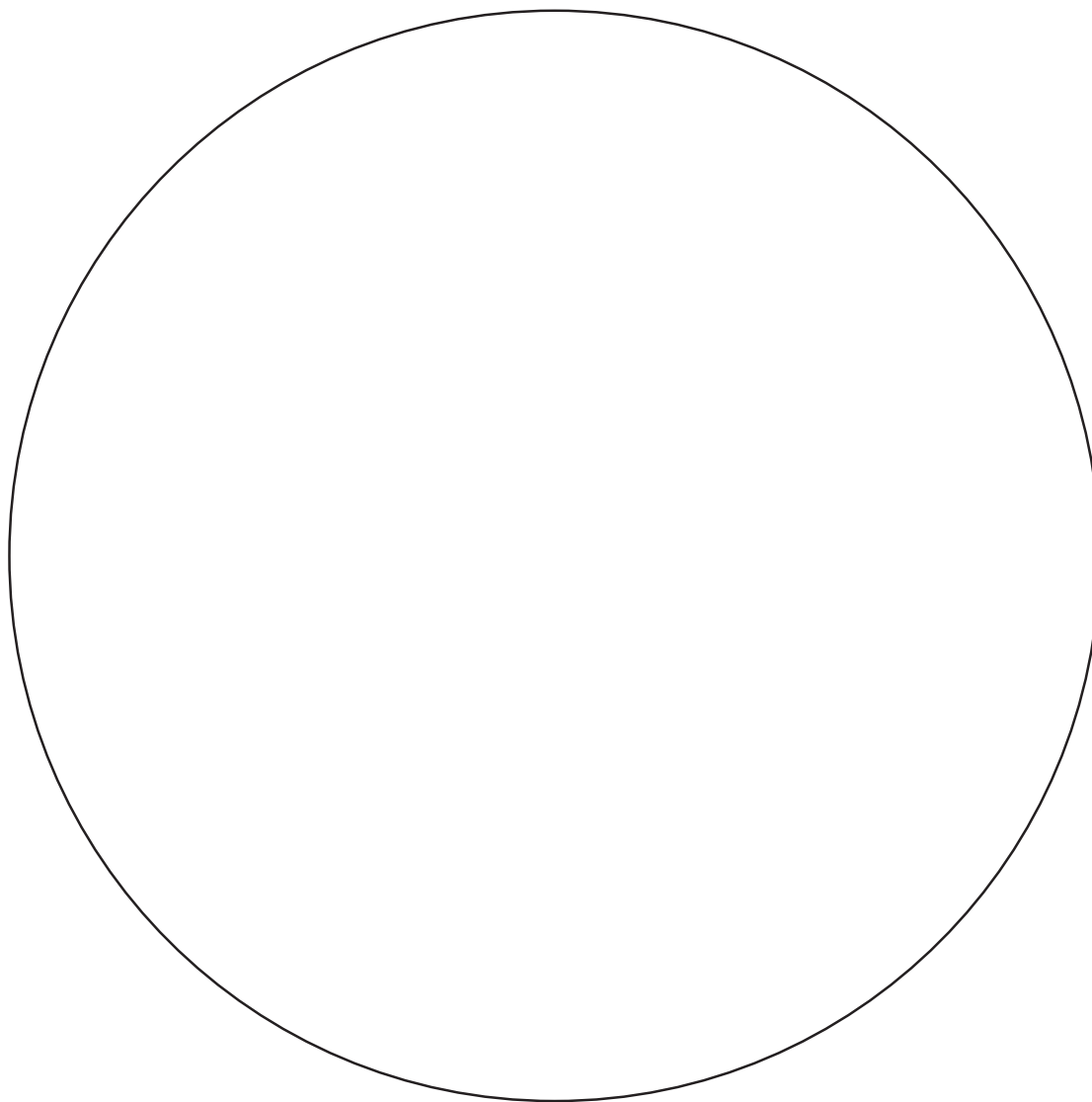
**SAVE EACH SET
OF CARDS IN AN
ENVELOPE LABELED
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THE ACTIVITY FOR
EASY REUSE**

CREATE YOUR OWN SMILEYWORLD® ICON

LESSON PLAN 1

Getting To
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Emotions

Draw your feelings to make your own SmileyWorld® icon.
Write your name and the emotion you are feeling underneath.



My name is _____

I am feeling _____

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EMOTICONS FOR A
**SMILEY
WORLD®**