



Level
2

sample!

Recognising Emotions

Student Worksheets

Contents

Teacher Notes
Overview
Assessment Brief

EMOTIONS

- A. What are Emotions?
- B. Types of Emotions
- C. Emotions and Body Language
- D. Your Emotions

EXPRESSING EMOTIONS

- A. Big and Small Emotions
- B. Happiness or Contentment
- C. Humour
- D. Sadness
- E. Anger
- F. Fear
- G. Expressing Emotions
- H. Peer Pressure
- I. Being Positive
- J. Mindfulness
- K. Problem-Solving

OTHERS' EMOTIONS

- A. The Emotions of Others
- B. Expressing Empathy
- C. Emotional Reactions

APPENDICES

MAPPING OF LEARNING OUTCOMES

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A. What are Emotions?

1. Read together as a group. Stop and talk about each paragraph after you have read it.

Emotions. What are they? Where do they come from? Do we need them? Can we switch them off or get rid of them?

Emotions have accompanied us since the dawn of time. Unfortunately for us, emotions get us into trouble on many occasions! Everyone has experienced a variety of unwanted, unneeded or unexpected situations, which were caused by emotions. Especially uncontrolled ones.



We argue and fight when guided by our emotions. Or we might act irrationally. If we allow our emotions to prevail over our so-called common sense, we often face an unpleasant aftermath!

On the other hand, emotions can save lives! For example, if we come across a fierce and growling dog, we don't calculate the situation or dwell on what to do next! We act or react emotionally. Our instinct tells us to get out of danger as fast as possible!

There is a full range of emotions that we have access to. One of these emotions is love. This aspect of our existence



5. Complete the sentences:

openly, different, change, respect, lives, time

a) Emotions are an important part of our _____ and our well-being.

b) We must be able to express ourselves _____.

c) Emotions _____, and it is OK to feel different ways at the same _____.

d) Understand that the people around us have _____ emotions, so treat others with _____ and without judgement.



No one could bring him back from his island paradise.

6. Write the possible emotions being shown in the cartoon.



Emotions are what you feel on the inside when things happen. Emotions are also known as feelings.

2. Write the emotions.

angry, proud, confident, relaxed, lonely, confused, energetic, ashamed, glad, stressed, embarrassed, afraid

- a) feeling fear and worry _____
- b) feeling mad with a person or idea _____
- c) feeling bad after doing wrong _____
- d) feeling able to do something _____
- e) feeling sad and discouraged _____
- f) feeling worried about what others may think _____
- g) feeling full of energy _____
- h) feeling joy and pleasure _____
- i) feeling alone and that nobody cares _____
- j) feeling pleased for doing well _____
- k) feeling calm and without worry _____
- l) feeling tense, tired and uneasy _____

Remember the Emotion Spectrum!

3. What might have happened? For each of the pictures that show a different expression, decide which statement best fits the picture. Write the letters. Answers may vary slightly.



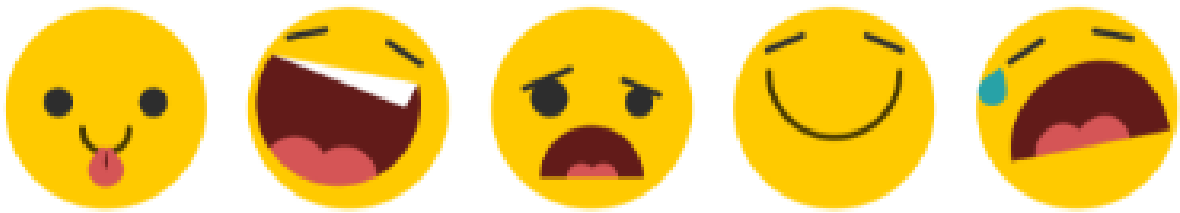
- A. Her friend asks if she is free on Friday night.
- B. Her friend tells her about an embarrassing situation.
- C. Her friend shouts at her, telling her that she's a bad friend.
- D. Her friend invites her to an all-paid weekend in France.
- E. Her friend tells her that he is very depressed and wants to give up work.
- F. Her friend tells her he has been arrested for jaywalking.

D. Your Emotions

1. How satisfied are you with your life? Tick the correct columns. Talk about your answers.

Question	Yes	No
I am positive, most of the time		
I like who I am		
I know that I am good at doing something		
I know what I need to work on to do better		
I learn from my mistakes		
I can handle life challenges		
I know different emotions		
I am happy about 5 out of 7 days		
I know my positive qualities		
I can cope with my feelings		
I enjoy free time		
I know how to have fun		
I use my talents		
I express myself through activities		
I do activities I enjoy		
I know activities to do when feeling sad		
I know activities to do when feeling angry		
I take time to learn new activities that I like		
I feel good about the activities I do		
I do the best I can in all activities		

2. Know your feelings! It's easier to talk about your feelings if you know how you feel and why.



Try these steps:

a) Think of the name for how you feel right now.
(Choose one word)

b) Think of why you feel that way.

c) Put them together into words: I feel
----- because

a) If you don't know why you feel a certain way, you can still talk about it. You can say, "I feel sad, but I don't know why." Give an example:

9. Roleplay, mime or freeze frame.

a) Everyone just showed up for a surprise birthday for you.

b) Your friend just smiled at you.

c) You lost your wallet.

d) You have just bought a cute kitten.

e) Your teacher thinks you can do better.

f) A family member is annoyed with you because you did not do your share of the housework.

g) You have gone for a run, but you have overdone it and now you cannot catch your breath.

h) It's night-time, you are alone, and you think you can hear someone breaking into your home.

i) You got excellent marks on a test.

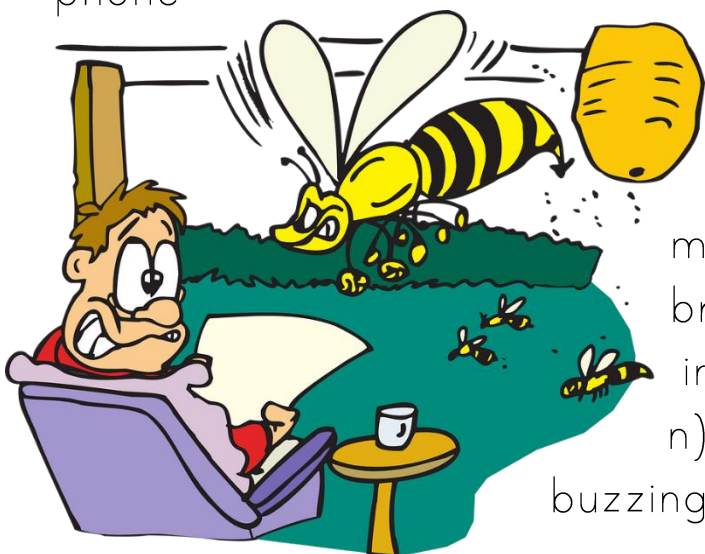
j) Your sister sends you a parcel with a nice shirt and all your favourite snacks.

k) You are just about to go out and you notice your phone is dead.

l) You witness a burglary in your street.

m) You accidentally broke an expensive vase in your aunt's house.

n) A few bees are buzzing around your head.



2. Read: Here are five steps to help you manage big emotions.

Remind yourself that it is never OK to hurt others. That includes hurting others with your words.

Take 3 deep breaths or count slowly to 10. Taking a few deep breaths or slowly counting to ten gives you time to recognise your body's warning signs, e.g. tense body, sore stomach, clenched teeth or racing heart. It will give you the time to think more clearly.

Use your words to say how you feel and what you wish would happen. Big emotions are normal and although you can't always get your wishes, it helps if you know your feelings and goals.

Ask for help to solve the problem. It is perfectly fine to ask for support when you need it! Speak to someone you trust.

Take the time you need to calm down. Sometimes, it's better to walk away for a time. Take some time for yourself, go for a walk or find another safe way to cool down.



5. Can you remember a time when you were so upset/angry/stressed that you couldn't think clearly? When?

6. What happened after you calmed down? Did you feel differently?

7. What do you think you should do if you are feeling very emotional, e.g. very jealous, irritated or upset?



7. Here are some things that could make you happier and help you to enjoy life more. For each point, write something you can do – start each statement with ‘I...’.

a) Be thankful for the good things in your life. It might be helpful to start a gratitude journal.

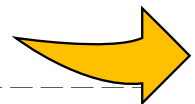


b) Make sure that give back. There's something about giving that allows you to receive more in return, besides just the enjoyment of giving to help others. When you give, e.g. by volunteering, you're sending a message to the Universe that you know everything's going to be OK.

c) Laugh every day. When you laugh, you release a happy hormone called oxytocin. It's a hormone that can make you feel happier. Even just making yourself smile will put you in a better mood.



d) Make sure you have good relationships with family and friends. You need people that will support you and be there for you. The healthy relationships and bonds you have with others will improve your quality of life.



C. Humour



Laughter is a way to express feelings and it is strong medicine. Laughter strengthens your immune system, improves your mood, diminishes pain, and reduces the effects of stress. Humour lightens your burdens, gives you hope, connects you to others, and keeps you focused, and alert. It also helps you get rid of anger and forgive sooner.

1. Rate the jokes.

What did the French teacher say to the class? I don't know I couldn't understand her.

Good	Fair	Poor
------	------	------

What do you call bears with no ears? B

Good	Fair	Poor
------	------	------

Why couldn't the teacher control her pupils? She couldn't find her glasses.

Good	Fair	Poor
------	------	------

How does NASA organise a party? They planet

Good	Fair	Poor
------	------	------

What does a judge and an English teacher have in common? Sentences. Lots and lots of sentences.

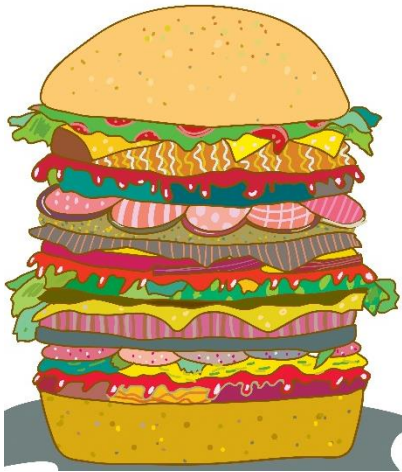
Good	Fair	Poor
------	------	------

Take turns to tell good (clean!) jokes to the class.

e) A boy asks his father, "Dad, are bugs good to eat?"

"That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

Score: / 10



f) A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the waitress,

"Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-r-gerrr Kiiiing."

Score: / 10

g) My girlfriend has just dumped me because she thinks I'm obsessed with football. I'm gutted - we'd been going out for three seasons.

Score: / 10

D. Sadness

1. Read:

Think about these questions: Are you sad? Do you ever cry? Under what circumstances do you cry? Do you cry because someone hurt you, or are you lonely or scared? Do you sometimes cry for no apparent reason? Do you cry alone, or do you allow others to see you crying? Do you struggle to express your sadness?

Sometimes, you may feel sad but have trouble shedding tears. It is important to vent your sadness and not hold it in. You can listen to emotional music or watch an emotional movie so that you can express the sadness.



2. Write 2 reasons why someone might be sad.

3. Is it OK to cry? Explain.

4. Name 1 thing that makes you cry.

**Remember the
Emotion Spectrum!**

5. Do you Agree (A) or Disagree (D)?

- a) Some people are aggressive when they are angry.
- b) Being aggressive will make others respect you.
- c) If you are angry, you will get respect from others if you throw things around the room.
- d) Doing exercise can reduce your feelings of anger.
- e) Screaming into a pillow can also help if you are very angry.
- f) Deep breathing and meditation will make your anger worse.
- g) You should think about the reasons for your anger.
- h) Each person is responsible for their own behaviour.
- i) Speak about your anger and the reasons for it.
- j) When you are angry, it is always someone else's fault.
- k) When you are very angry, speak loudly over the other person so that you can be heard.
- l) Appreciate the fact that people are different – there is not always a clear 'right' and 'wrong'.



3. Tick the fears that you have and add your own:

- Being homeless
- Having no money
- Being cold
- Not being loved
- Being hurt physically
- Being hurt emotionally
- Speaking in front of a group
- Not doing well at your centre or school
- Making a mistake
- Being left out
- Being embarrassed



Other: _____

Other: _____

Other: _____

Other: _____

4. Do you have any phobias?

Explain.



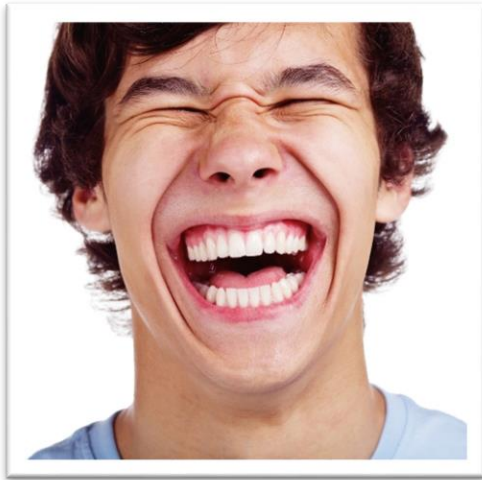
“I hear a burglar downstairs, the poor fool.”

2. It can be very helpful to talk about your feelings.
Complete the sentences.

helps, talk, care, shouting, you, Talking, bad, problem,
feelings, express, annoyed, better

- a) No matter how you feel – good or _____ – it's healthy to put your feelings into words.
- b) Talking about feelings helps you feel close to people who _____.
- c) Share your _____ with someone you trust.
- d) Talk to someone who will listen to _____ and not judge you.
- e) Just saying how you feel and why helps you start to feel _____.
- f) It _____ to know you are not alone with a problem or worry.
- g) _____ about your feelings helps you use self-control when you feel mad or upset.
- h) If a family member annoys you by taking something of yours without asking, you can say "Hey, I'm _____ that you took that without asking me. Next time, please ask."
- i) There is no need for a fight if you are angry – just say how you feel and why, without _____.
- j) You don't have to wait for a big _____ to talk about your feelings.
- k) You don't have to _____ about every feeling you have but noticing your feelings and saying how you feel and why is good practice.
- l) Talking about your feelings is a healthy way to _____ them.

I. Being Positive



When dealing with the problems and emotions in everyday life, it helps to look at the positives in life.

“Positives” are thoughts that we consider to be good, pleasurable, and enjoyable.

1. Name some things that you do well.

2. Why is it important to focus on what you can do well?

3. How do you feel when you think about your past successes and things you can do well?

3. Try this Mindful Breathing Exercise.

You can try and focus your attention on breathing. Pay attention to your breath in a relaxed way – on purpose, but not forced.

(The teacher can read the instructions.)

- A. Sit up in a comfortable way.
- B. Close your eyes.
- C. Notice your breathing as you inhale and exhale normally.
- D. Pay attention to your breath as it goes in and out.
- E. As you breathe, think about: Can you feel where the air enters your nostrils? Can you notice your belly or your chest moving as you breathe?
- F. Pay attention to how the breath gently moves your body.
- G. Sit for a few minutes, just paying attention to your gentle breathing.
- H. Notice how relaxed you can feel just sitting, breathing in and out.
- I. When your mind starts to wander and think about something else, gently bring your attention back to your breathing.

4. How did this breathing exercise make you feel?



Practise every day. It only takes a few minutes!

A. The Emotions of Others

Of course, it's not just you who have emotions! The people around you have them too! Be aware of the emotions of others.

Try your best not to hurt others.

Be supportive, kind and understanding.

How might classmates feel in the following situations?

1. Write two emotions for each situation.

a) A classmate comes to class with odd shoes on.

b) A classmate loses their wallet and phone on the way to class.

c) A classmate wins a world cruise holiday.

d) A classmate is given the responsibility to organise the class party.

e) A classmate is finding the maths difficult.

f) A classmate thinks they are falling in love with another classmate.



B. Expressing Empathy

Empathy means to understand how others could feel by placing yourself in their situation

1. Read each situation below. Write how the person might feel.

a) Joe slipped on ice, fell, and broke his leg. How might he feel?

b) Jenny's sister had a beautiful baby girl. How might Jenny feel?

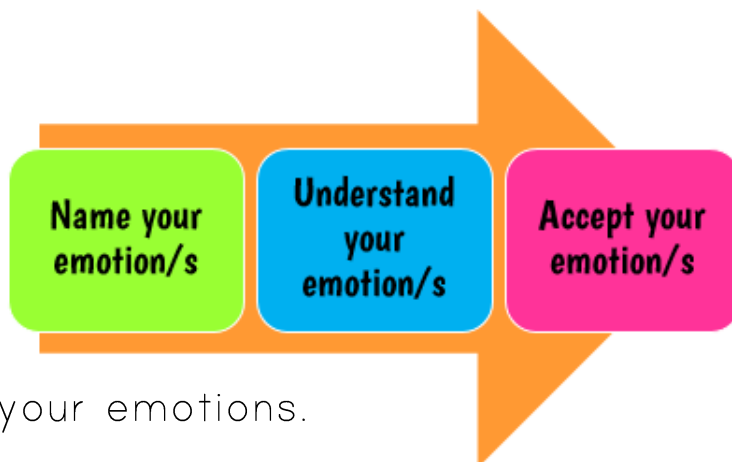


c) Lisa won money and an award in a writing contest. How might she feel?

d) Paul cannot sleep as the neighbours are having a loud argument. How might he feel?



Steps:



A. Notice and name your emotions.

B. Understand your emotions. What would you say to yourself?


C. Accept your emotions. What would you say to yourself?

After these three steps, there may be physical steps you need to take, e.g. talking to someone, seeking help, etc.

Mapping of Learning Outcomes

Recognising Emotions

1. Identify common emotions and associated words used to express them Pages 8 to 18 (what are emotions, emotion spectrum), Pages 19 to 24 (types of emotions), Pages 25 to 30 (emotions and body language), Appendix 1: List of Emotions, Appendix 8: Human Emotions
2. Recognise their own emotional responses to a range of situations, e.g. happy, sad, impatient, angry, upset Pages 31 to 44 (your emotions, emotional check-in and check-out, role-play, group discussion, evoking emotions), Pages 46 to 51 (expressing big and small emotions, strategies to manage big emotions, emotion chart, how brain reacts), Pages 52 to 58 (happiness or contentment, tips for a happier life, Feel-Good Menu), Pages 59 to 65 (humour), Pages 66 to 69 (sadness, help and support available, questionnaire), Pages 70 to 75 (anger, strategies for managing anger, meditation, guided journey), Pages 76 to 80 (fear, fear vs phobia, common fears), Appendix 2: Daily Emotion Chart
3. Describe appropriate ways of expressing their emotions Pages 46 to 51 (expressing big and small emotions, strategies to manage big emotions, emotion chart, how brain reacts), Pages 70 to 75 (anger, strategies for managing anger, meditation, guided journey), Page 76 (managing fear), Pages 81 to 85 (expressing emotions, reflecting on journal entries, activities to enjoy), Pages 86 to 91 (peer pressure, good and bad peer pressure, appropriate responses to peer pressure, social media pressure), Pages 92 to 95 (being positive), Pages 96 to 104 (mindfulness, mindful eating, breathing exercise, mindful walking, mindful word, letting go of painful emotions), Pages 108 to 110 (dealing with conflict),



Appendix 2: Daily Emotion Chart, Appendix 3: Emotions Journal, Appendix 4: Guided Meditation, Appendix 5: Activity Log

4. Recognise the emotions of others, e.g. know what upsets him/her, be aware that if he/she is upset, others in the room may become upset Pages 25 to 30 (emotions and body language), Pages 86 to 91 (peer pressure, good and bad peer pressure, appropriate responses to peer pressure, social media pressure), Pages 112 to 118 (emotions of others, emotional intelligence, body language), Pages 119 to 122 (expressing empathy). Appendix 7: Role-Play Scenarios

5. React in an emotionally appropriate way in a given situation, e.g. a friend receives bad news Pages 105 to 110 (problem-solving, emotional well-being, goals, conflict), Pages 123 to 129 (emotional reactions, managing your emotions, steps on how to react to emotions, role-play scenarios), Appendix 6: Progress Sheet, Appendix 7: Role-Play Scenarios