

EMOTION RECOGNITION

This activity is designed to help with emotion awareness and recognition. It is important to be able to recognize our emotions and feel them without judging ourselves.

SUPPLIES NEEDED



Writing Utensil



Emotion Recognition Worksheet



Building Our Bundle video "Bundle Activities: Recognizing Emotions"

DIRECTIONS:

1

REVIEW EMOTIONS

Review the emotions chart

2

WATCH VIDEO

Watch the video "Bundle Activities: Recognizing Emotions" on the Finding Our Power Together Youtube channel. Throughout the video, use the worksheet to identify what emotions you're experiencing.

3

REFLECT

After watching the video and identifying your emotions, answer the following questions:

- Were you able to notice any emotions?
- What evoked these emotions?
- What do you feel in your body?



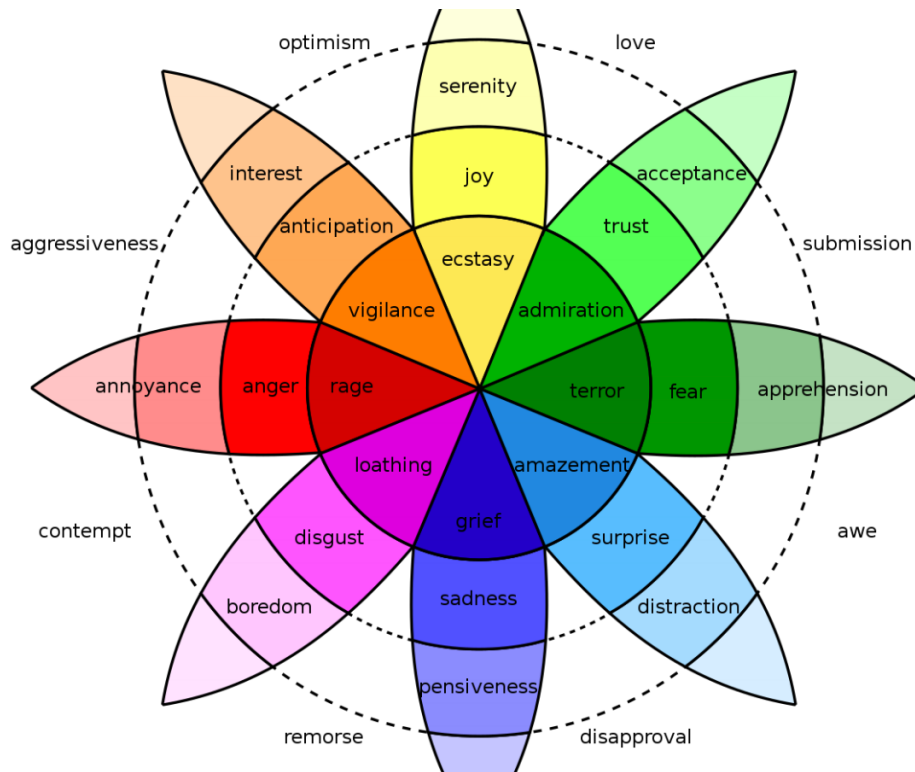
FINDING OUR POWER TOGETHER

Supporting Indigenous youth to thrive

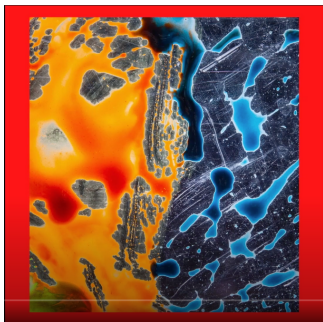
www.findingourpowertogether.com

EMOTION RECOGNITION

Review the emotions chart below:



USING THE VIDEO TO GUIDE YOU, WHAT EMOTIONS ARISE WHEN VIEWING THE FOLLOWING AUDIOVISUAL PROMPTS?



--	--



FINDING OUR POWER TOGETHER

Supporting Indigenous youth to thrive

www.findingourpowertogether.com

EMOTION RECOGNITION

USING THE VIDEO TO GUIDE YOU, WHAT EMOTIONS ARISE WHEN VIEWING THE FOLLOWING AUDIOVISUAL PROMPTS?



--	--	--

ALLOW YOURSELF TO FEEL THESE EMOTIONS WITHOUT JUDGEMENT.

REFLECT ON THE FOLLOWING QUESTIONS:

WERE YOU ABLE TO NOTICE ANY EMOTIONS?

WHAT EVOKED THESE EMOTIONS?

WHAT DO YOU FEEL IN YOUR BODY?



FINDING OUR POWER TOGETHER

Supporting Indigenous youth to thrive

www.findingourpowertogether.com