

Happiness

Happiness is the emotion that shows our enjoyment, contentment and joy with things.

Happiness is a positive emotion for our well-being and one that we strive for. It helps to reduce our stress levels and anxieties when we are happy.

We can demonstrate happiness through: laughing; smiling; speaking in an upbeat manner and showing enjoyment in our body language.



Sadness

Sadness is an emotion that shows that we are upset about something. Perhaps an event has happened such as a friend moving away, or the death of a pet.

We can demonstrate that we are sad through: slumped shoulders; withdrawn posture; drooping mouth; crying and sometimes through isolating ourselves from others.



Fear

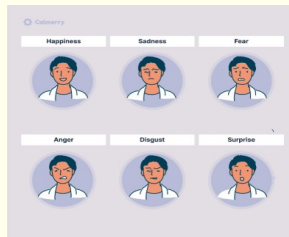
Fear is an emotion that we express when something has scared us or made us anxious.

Our bodies will naturally react to a fearful situation, causing our 'fight/flight' response. Therefore, fear is actually useful in keeping us safe.

Fear can be demonstrated through: wide eyes, a need to run, increased heart rate and breathing.



UNIVERSAL EMOTIONS



Disgust

Disgust shows that there is something that we are not happy with or repulsed by.

It shows that something is unpleasant to us. This may be a smell, an event or in reaction to food that has gone off, for example.

We show disgust through: turning away; wrinkling up our noses and possibly retching in reaction to the item that has made us feel the disgust.



Anger

Feeling angry can happen if there is something that is frustrating us or causing us agitation. We may also feel anger if we are being threatened, and this too can evoke our fight/flight response.

Anger can be shown through our tense body language, posture as well as potentially aggression in our voices. We may also show violence when angry.



Surprise

Surprise is the emotion that we display if we are startled by an event or occurrence.

We might be pleasantly surprised by something nice, or frighteningly surprised by something more unpleasant such as someone playing a joke on us.

We may show surprise through widening our eyes and mouths, moving back or gasping.

