

UNDERSTANDING EMOTIONS

For each emotion in the circle, write what it looks and sounds like. In the adjoining rectangle, write about a situation in which you experienced the emotion and then try and recall a time when others may have felt the emotion. You may use magazines or computer images of others to help provide a visual representation of each emotion.

You: Others:	Happy	You: Others:	Sad
You: Others:	Angry	You: Others:	Excited