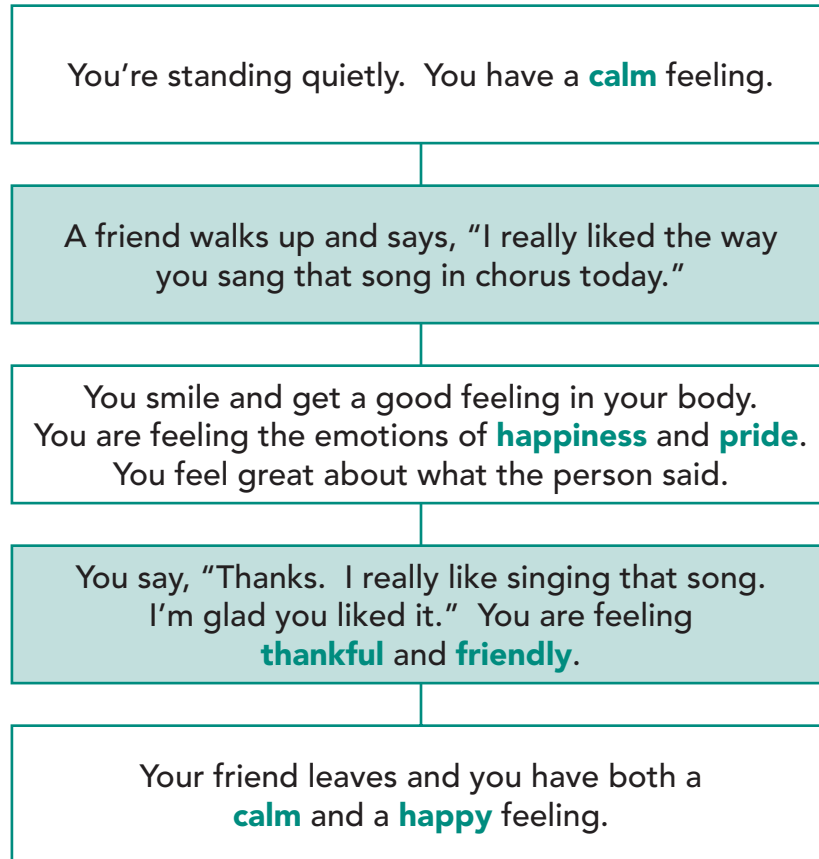


What Are Emotions? 1

An emotion is a feeling you have in your mind and your body before, during and after something happens. You can even have a feeling when nothing is happening. Being **bored** is an emotion!

Most of the time we feel several emotions in a short period of time. Here's an example:



In the situation above, someone said something to make you feel happy. What might someone say to make you feel the emotions below?

angry _____

surprised _____

scared _____

Understanding Your Emotions 1

Answer these questions about things that happen to you and how you feel about them.

1. What makes you feel content? _____

2. What makes you feel gloomy? _____

3. What frustrates you? _____

4. What excites you? _____

5. What frightens you? _____

6. What confuses you? _____

7. What makes you nervous? _____

8. What does someone do or say that makes you furious? _____

9. What does someone do or say that makes you enthusiastic? _____

Reducing Impulsivity 2

Sometimes things happen that you have no control over. Instead of reacting emotionally, take a moment and think, "Why is this happening?" Read each situation and answer the question about it.

1. You wait for the signal to change to start crossing the street. Once it changes, you step off of the curb and when you do, a car speeds around the corner. You just have time to get out of the way.

What is your first feeling? _____

What is a good reason the car might be in such a hurry? _____

2. You see a friend of yours walking toward you in the hall. You say, "Did you see that show last night? It was fabulous." Your friend barely looks at you, walks past, and says, "Whatever."

What is your first feeling? _____

What is a good reason your friend might be acting this way? _____



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3. Your dad wakes you up for school at 6:00 every morning after he gets home from work. You wake up and look at your clock. It's 7:30 and you're about to miss your bus.

What is your first feeling? _____

What is a good reason your dad didn't wake you? _____

4. You walk into class and your teacher says, "I need to speak with you after class." When class is over, you go to her desk and she says, "I didn't get your term paper last Friday. You know I don't accept late work. I'm sorry but this is really going to hurt your grade." You know you turned in your paper, and one of your friends was beside you when you did it.

What is your first feeling? _____

What is a possible reason your teacher doesn't have your paper? _____