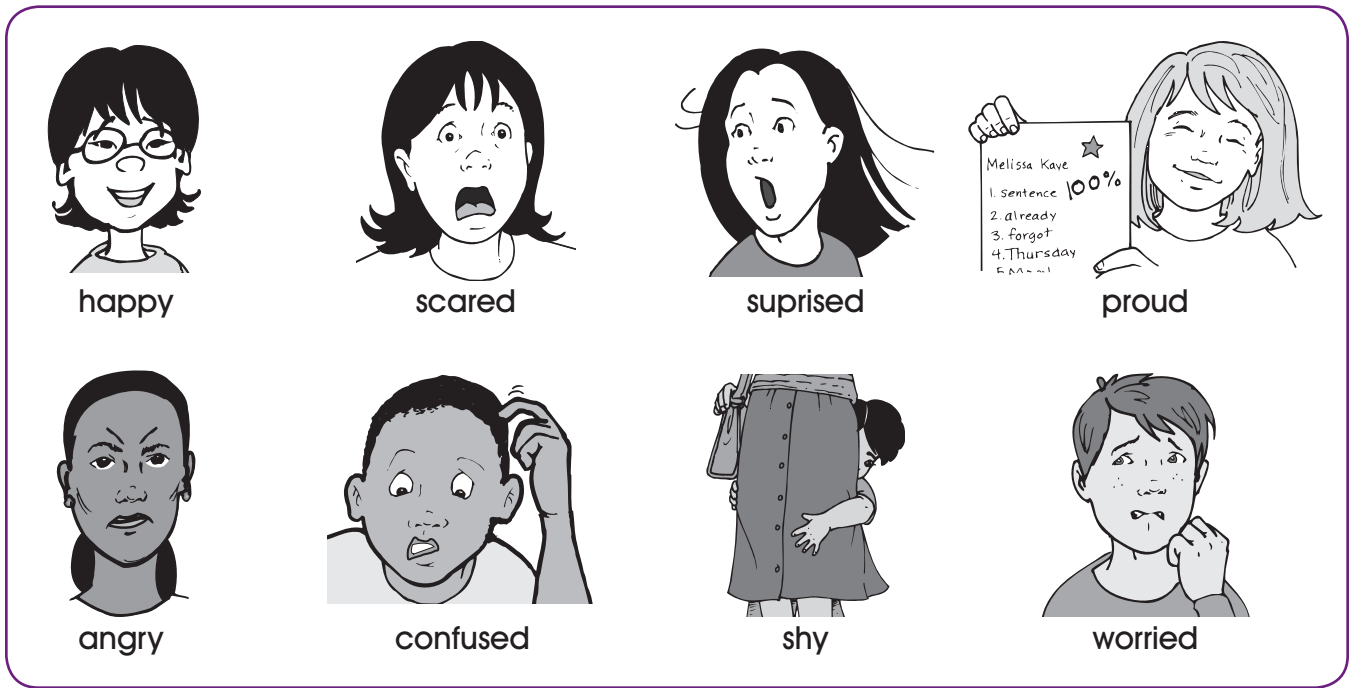


# What Are Emotions? 1

Emotions are the feelings we have about what happens and what we think. We might feel happy, sad, or excited about something.

Use the emotion words in the box to finish each sentence.



happy      scared      surprised      proud

angry      confused      shy      worried

1. Lisa was \_\_\_\_\_ because she spelled all the words correctly.
2. Mom was \_\_\_\_\_ when I said a bad word.
3. Lemont was \_\_\_\_\_ because he did not know how to do the math problem.
4. Rita was \_\_\_\_\_ when she saw a big spider.
5. Judy was \_\_\_\_\_ when she got her birthday present.
6. Sara was \_\_\_\_\_ when she heard a loud noise.
7. Manny was \_\_\_\_\_ when his mom took him to a new preschool.
8. Jeremy was \_\_\_\_\_ because he couldn't find his dad at the baseball field.

# Expressing Emotions ②

Make a list of things in each box or draw a picture of something that makes you feel each emotion.

Happy

Sad

Things that make me feel . . .

Angry

Scared

# Emotions Inventory

Below are the emotions addressed by the activities in this book. Put a check by the emotions your student understands, expresses, and can use in regular conversation. (Note: Play the Emotions Games on pages 19-21 to review all emotions.)

## Basic Emotions

- |                                    |                                   |                                  |
|------------------------------------|-----------------------------------|----------------------------------|
| <input type="checkbox"/> happy     | <input type="checkbox"/> sad      | <input type="checkbox"/> scared  |
| <input type="checkbox"/> surprised | <input type="checkbox"/> confused | <input type="checkbox"/> calm    |
| <input type="checkbox"/> angry     | <input type="checkbox"/> bored    | <input type="checkbox"/> lonely  |
| <input type="checkbox"/> nervous   | <input type="checkbox"/> shy      | <input type="checkbox"/> excited |

## Advanced Emotions

- |                                     |                                      |                                       |
|-------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> grateful   | <input type="checkbox"/> embarrassed | <input type="checkbox"/> disappointed |
| <input type="checkbox"/> frightened | <input type="checkbox"/> cheerful    | <input type="checkbox"/> disgusted    |
| <input type="checkbox"/> amused     | <input type="checkbox"/> ashamed     | <input type="checkbox"/> bashful      |
| <input type="checkbox"/> interested | <input type="checkbox"/> relaxed     | <input type="checkbox"/> jealous      |

# Emotional Behaviors

Use this checklist to assess your student's emotional behaviors in different situations.

Self-Control	rarely	sometimes	often
Overreacts to simple conflicts with emotional outbursts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Underreacts to urgent or emotionally-charged situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments			
Self-Expression	rarely	sometimes	often
Uses variation in tone of voice, volume, and prosody to express emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses change in facial expression to express emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses change in body posture and movement to express emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments			
Relating to Others	rarely	sometimes	often
Recognizes changes in others' emotional states	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reacts appropriately to others' emotional states	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments			