

Resource 1 (Activity 1) Expressing Emotion

You have just been asked to report to the principal's office.

- 1 Name the emotion. **I felt**
- 2 Describe what you did. **I**
- 3 Describe any physical reaction.

You have entered a competition to win two free tickets for Disneyworld, Florida, with all expenses paid. An envelope bearing the company's logo arrives.

- 1 Name the emotion. **I felt**
- 2 Describe what you did. **I**
- 3 Describe any physical reaction.

It is the night of your first disco. A few hours before you are due to go out, a huge spot appears on your nose.

- 1 Name the emotion. **I felt**
- 2 Describe what you did. **I**
- 3 Describe any physical reaction.

You are on your way home when you see the bully from across the road push your little brother and take his sweets.

- 1 Name the emotion. **I felt**
- 2 Describe what you did. **I**
- 3 Describe any physical reaction.

Resource 2 (Activity 1)

Saying How I Feel (A Checklist of Feelings)

Identify the feeling you think you would have in the following situations. Colour your choice or write your own feeling in the blank bubble.

When spots appear on my face, I feel:

fed up	ugly	nothing
panicky	annoyed	

If we were to discuss changes to girls'/boys' bodies in class, I would feel:

bored	interested	uncomfortable
relieved	embarrassed	

When I see the boy/girl I fancy, I feel:

confused	butterflies	happy
excited	giddy	

When I look at myself in the mirror, I feel:

pleased	unhappy	confident
frustrated	wonderful	

Resource 3 (Activity 1)

How Do You Feel Today?

exhausted

confused

ecstatic

guilty

suspicious

angry

hysterical

frustrated

sad

confident

embarrassed

happy

mischievous

disgusted

frightened

enraged

ashamed

cautious

smug

depressed

overwhelmed

hopeful

lonely

lovestruck

jealous

bored

surprised

anxious

shocked

shy

Resource 4a (Activity 1)

How Do I Feel? (Scenario 1 and 2)

Scenario 1

Imagine that you are alone in your bedroom when a mouse runs across the floor. **How do you feel?**

Your parent/carer rushes in. **How do you feel now?**

S/he kills the mouse. **How do you feel now?**

Scenario 2

Imagine that you plan to meet your friends outside the cinema at 7 pm.

Your friends don't show up. **How do you feel?**

The following day you realise you got the time wrong. **How do you feel now?**

Resource 4b (Activity 1)

How Do I Feel? (Scenario 3 and 4)

Scenario 3

Your pet dies. **How do you feel?**

Your friends are very understanding and supportive. **How do you feel?**

Your parents/carer tell you it is not possible to have another pet. **How do you feel now?**

You arrive home from school to find a new pet. **Do your feelings change?**

Scenario 4

You go to the hairdressers to get your hair highlighted.

Your brother/sister laugh and make fun of you. **How do you feel?**

In school next day, your friends think it's great. **How do you feel now?**

