

#### **WORKSHEET N°2: FEELINGS AND EMOTIONS**

### What are feelings and emotions?

Nobody can help having feelings - they are part of everyone. We feel different things all day long as different things happen to us.

Sometimes we feel *sad* – for example, when someone we love goes away.

Sometimes we feel *happy* – for example, when we are having fun playing.

Sometimes we feel *scared*, *angry*, *guilty*, *lonely* or any of a huge range of human emotions.

It is important not to be ashamed of having feelings. Everyone has them - good and bad. What counts is what we do about our feelings - we can all learn to show our feelings in ways that are helpful to us and to others, not ways that are hurtful

## Let's talk about feeling and emotions!

SAD	НАРРҮ	HURT	CONFIDENCE	ENERGIZED
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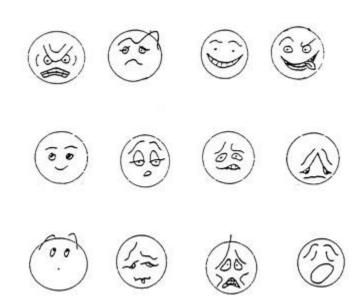
## FEELINGS & EMOTIONS

#### SAD **HAPPY** HURT CONFIDENT ENERGIZED Strong **Depressed Jealous** Strengthened **Amused Betrayed Desperate Delighted** Brave Motivated Dejected Glad Let down Assured **Focused** Heavy Pleased **Tender** Certain **Invigorated** Crushed Charmed Wounded **Determined Prepared Impaired** Disgusted Grateful Inspired Successful **Damaged Encouraged** Creative Upset **Optimistic** Criticized Peaceful Healthy Content Sorrowful Abused Joyful Secure Renewed Weepy **Punished** Relaxed **Vibrant** Frustrated **Enthusiastic** Rejected Comforted Refreshed Loving

# <u>I ITEM: WRITE DOWN THE PREVIOUS EMOTIONS IN SPANISH.</u> USE A DICTIONARY! DEBES TRADUCIR AL ESPAÑOL LAS EMOCIONES MENCIONADAS EN RECUADRO ANTERIOR.

SAD	HAPPY	HURT	CONFIDENT	ENERGIZED

<u>II ITEM: MATCH THEESE FACES WITH THE EMOTIONS.</u> Une los rostros con las emociones mencionadas al final de la guía. Puedes escribir el nombre debajo de cada rostro.



## Which words do you think go with each face?

happy	angry	puzzled
miserable	nervous	greedy
lazy	thoughtful	innocent
worried	bored	sick