

UNDERSTANDING EMOTIONS

Fill in the blanks what feelings fit with what emotions.
Talk about each answer and why it fits with that emotion.

Excited

Tired

Kindness

Quiet

Joyful

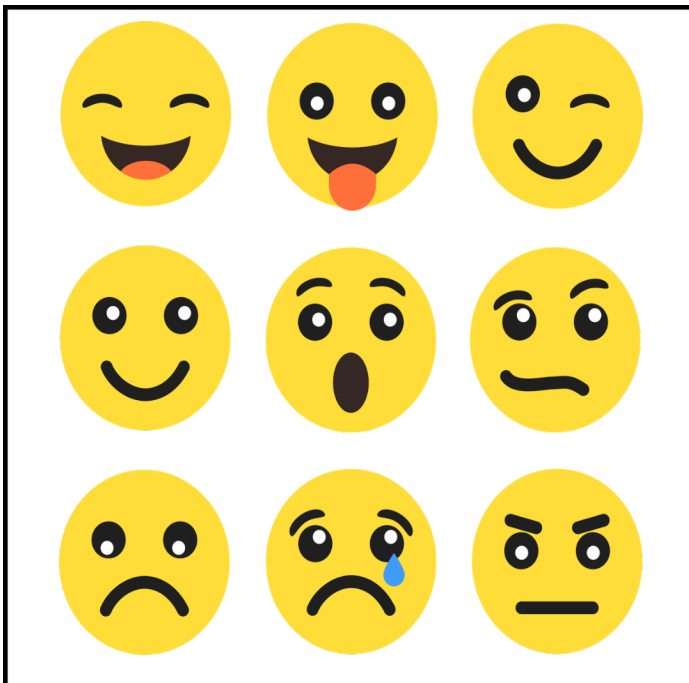
Unhappy

Happy: _____

Sad: _____

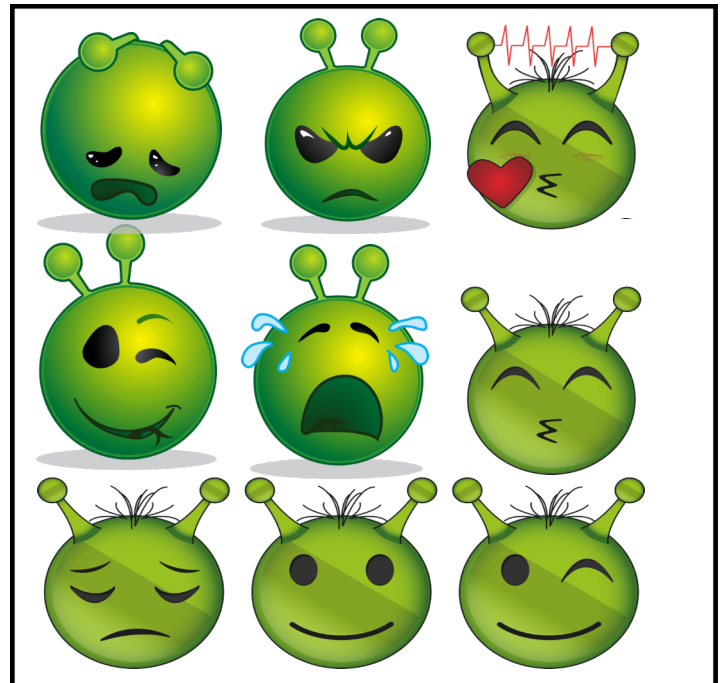
HAPPY

Circle all the happy faces.



SAD

Circle all the sad faces.



CLASS TALK:

Why is it important to be both happy and sad?