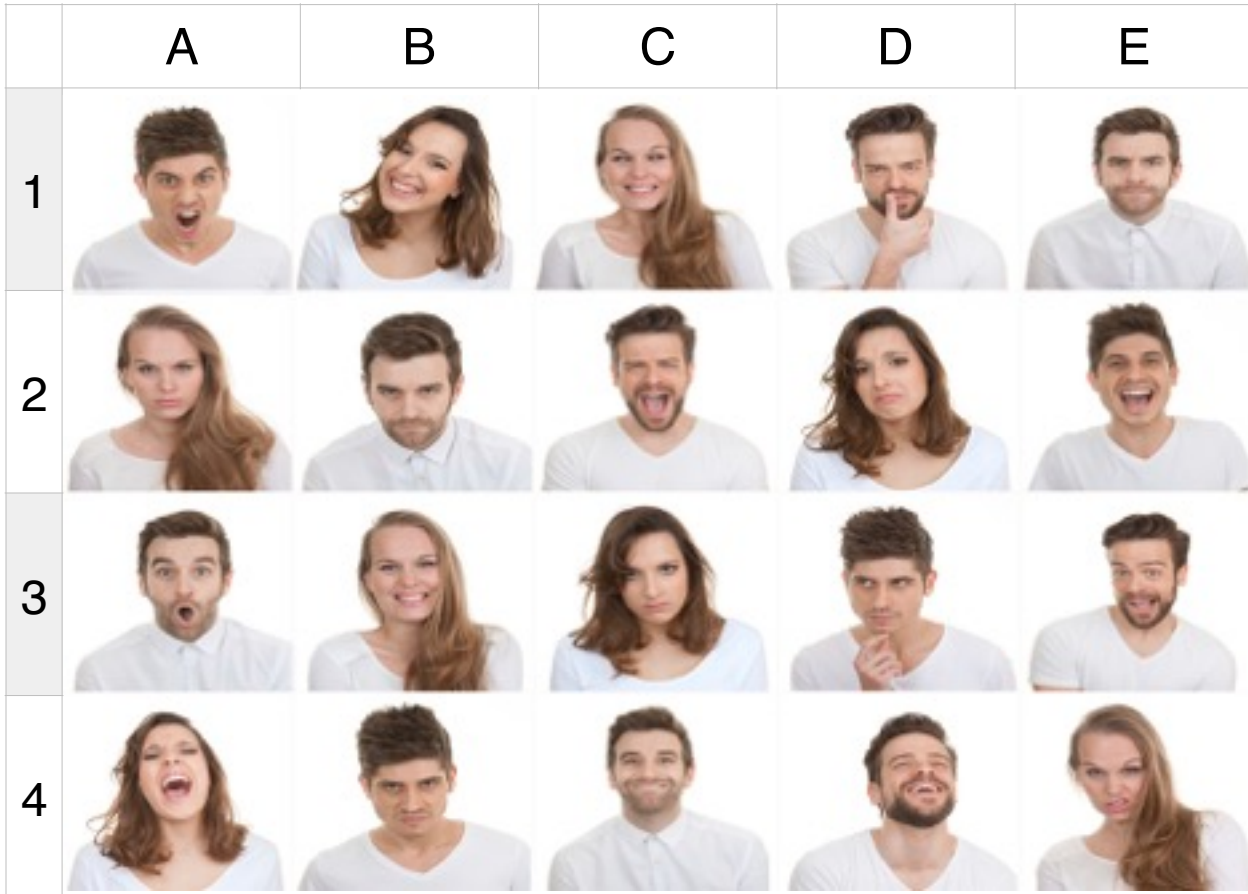


Social Work/Counseling Lesson Day 1  
Feelings Identification  
Grades 3-5



Happy	Incredulous	Silly	Goofy	Happy	Joyful	Enraged
Perplexed	Amused	Happy	Disappointed	Angry	Thoughtful	
Surprised	Annoyed	Unconvinced	Happy	Annoyed	Sad	
Disgusted	Jealous	Excited	Bored	Scared	Worried	

1. Label each of the photos using an emotion word. You may pick from the box or think of one of your own.

	A	B	C	D	E
1					
2					
3					
4					

2. Pick 2 emotions from the box on the last page. Fill in the blank spaces below:

Example:

Emotion : Sad

A time I felt that way was when I found out I was moving to a new school.

I responded by crying at first. Then I talked with my Mom about all the cool things at my new school and I felt better.

Emotion 1: \_\_\_\_\_

A time I felt that way was when

\_\_\_\_\_.

I responded by

\_\_\_\_\_.

Emotion 2: \_\_\_\_\_

A time I felt that way was when

\_\_\_\_\_.

I responded by

\_\_\_\_\_.

3. Take a picture of yourself making a face to show each of the 2 emotions you have chosen.

Bonus Activity:

Act out the emotions from the box. Have someone in your house guess what emotion you are showing.