

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.