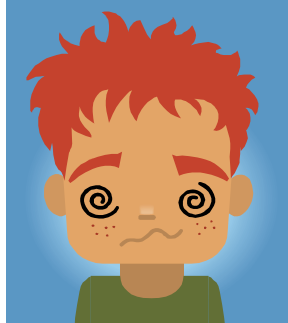
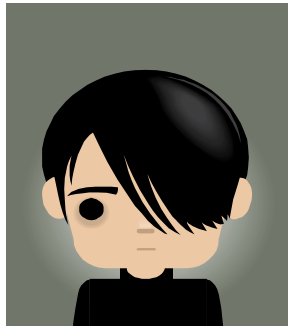
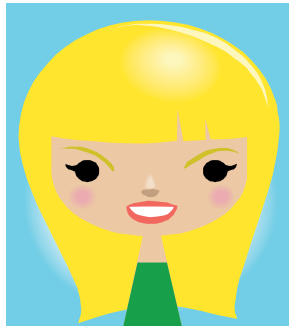


# This is How



# I Feel

This is how I feel...

**Identify Problem:** When we understand our feelings and emotions it is easier for us to identify what makes us happy.

**Materials:** Use the attached worksheet "Emotions"

**Exercise:** Allow the students' time to fill out the worksheet appropriately. Tell them to be creative and to use complete sentences. Follow up with allowing the students to read through some of their list. Ask students to identify if they have similar statements.

**Questions & Discussion:**

- Did you have any similar statements as someone else in the class?
- What statement did you find to be the most creative?
- Did another students' statement make you change the way you feel about a certain emotion?
- How does knowing what each emotion means to you help you understand your feelings?

**Identify Skills:** Identify feelings.  
Understanding emotions.  
Accepting others feelings.

Emotions  
Write your own ending. Be creative.

Love is \_\_\_\_\_

Courage is \_\_\_\_\_

Happiness is \_\_\_\_\_

Sadness is \_\_\_\_\_

Peace is \_\_\_\_\_

Loneliness is \_\_\_\_\_

Hope is \_\_\_\_\_

Confidence is \_\_\_\_\_

Understood is \_\_\_\_\_

Obnoxious is \_\_\_\_\_

Embarrassed is \_\_\_\_\_

Miserable is \_\_\_\_\_

Daring is \_\_\_\_\_

Depressed is \_\_\_\_\_

Relieved is \_\_\_\_\_

Worried is \_\_\_\_\_

Confused is \_\_\_\_\_

Challenged is \_\_\_\_\_

Elated is \_\_\_\_\_

Frustrated is \_\_\_\_\_

Delighted is \_\_\_\_\_

Accepted is \_\_\_\_\_

Furious is \_\_\_\_\_

Hurt is \_\_\_\_\_

Pain is \_\_\_\_\_

Betrayed is \_\_\_\_\_

Neglected is \_\_\_\_\_