

HOW MANY
CAN YOU
RECOGNISE?

THE 27 KEY EMOTIONS



Admiration



Adoration



Aesthetic
Appreciation



Amusement



Anger



Anxiety



Attraction



Awe



Awkwardness



Boredom



Calmness



Confusion



Craving



Disgust



Empathetic
Pain



Enchantment



Excitement



Fear



Horror



Interest



Joy



Pride



Relief



Romance



Sadness



Satisfaction



Surprise

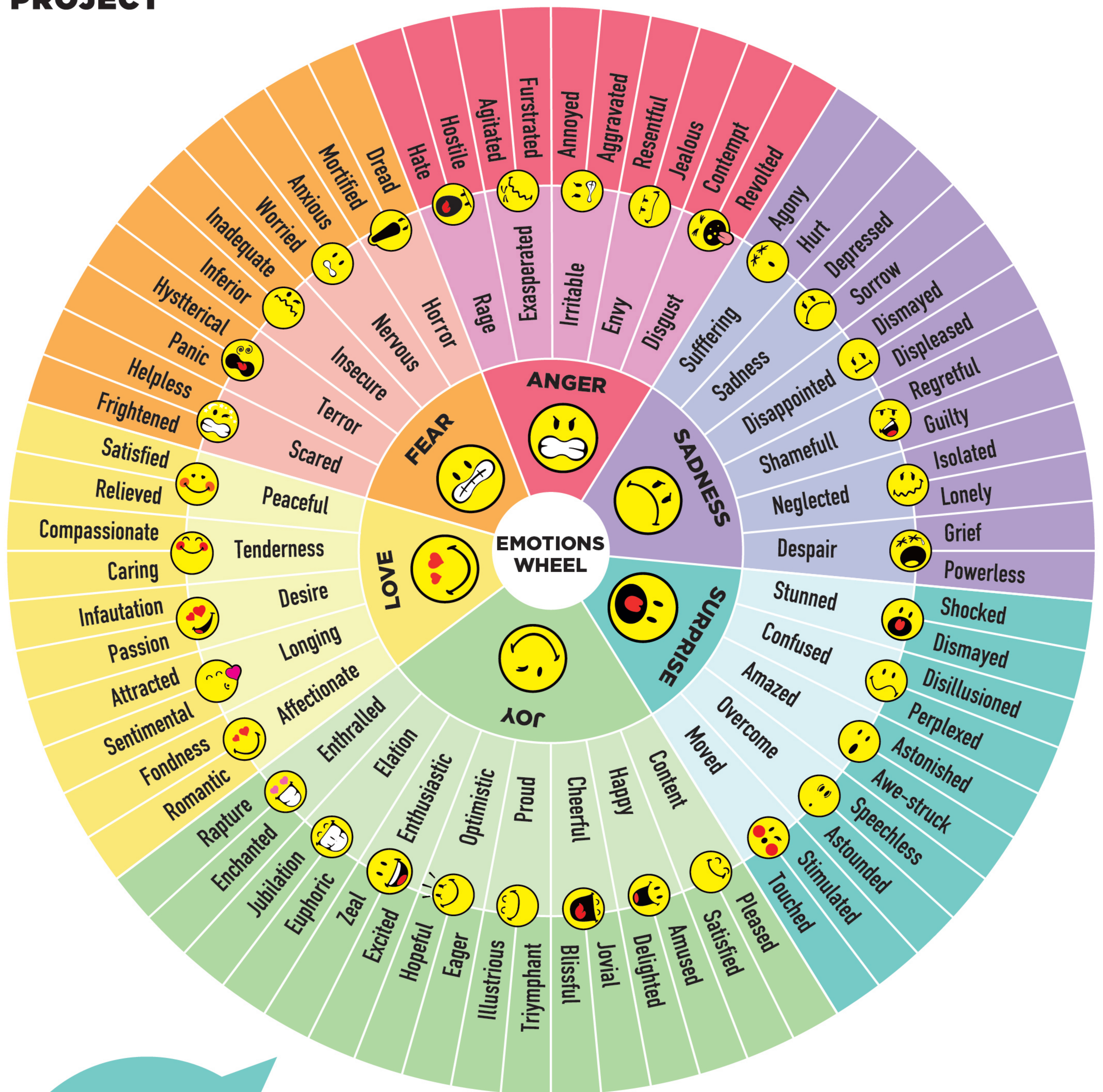
THE
HAPPIER
SCHOOLS
PROJECT

EMOTICONS
FOR A
SMILEY
WORLD®

HOW DO YOU FEEL?

Sometimes we feel lots of emotions all at once. It's easier to deal with our emotions when we know what they are called and where they come from.

THE HAPPIER SCHOOLS PROJECT













THIS EMOTIONS WHEEL CAN HELP YOU IDENTIFY LOTS OF DIFFERENT EMOTIONS YOU MIGHT BE FEELING. HOW MANY CAN YOU RECOGNISE?

EMOTICONS FOR A SMILEY WORLD®

CASEL FRAMEWORK CHART

The CASEL Framework is a made up of 5 abilities we can all develop and improve on. These life skills help us learn about and manage our own emotions and understand and empathise with others, which helps us have better friendships and relationships. Learning to manage ourselves, our relationships and our time helps us have happier, more successful lives.

CORE COMPETENCY	DEFINITION	ASSOCIATED SKILLS
 Self-awareness 	<p>The ability to accurately recognise one's own emotions, thoughts and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.</p>	<ul style="list-style-type: none"> • Identifying emotions • Accurate self-perception • Recognising strengths • Self-confidence • Self-efficacy
 Self-management 	<p>The ability to successfully regulate one's emotions, thoughts and behaviours in different situations - effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work towards personal and academic goals.</p>	<ul style="list-style-type: none"> • Impulse control • Stress management • Self-discipline • Self-motivation • Goal setting • Organisational skills
 Social awareness 	<p>The ability to take the perspective of and empathise with others. The ability to understand social and ethical norms for behaviour and to recognise family, school and community resources and supports.</p>	<ul style="list-style-type: none"> • Understanding emotions • Empathy/sympathy • Appreciating diversity • Respect for others
 Relationship skills 	<p>The ability to establish and maintain healthy relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.</p>	<ul style="list-style-type: none"> • Communication • Social engagement • Relationship building • Teamwork
 Responsible decision making 	<p>The ability to make constructive choices about personal behaviour and social interactions. The realistic evaluation of consequences of various actions and a consideration of the wellbeing of oneself and others.</p>	<ul style="list-style-type: none"> • Identifying problems • Analysing solutions • Solving problems • Evaluating • Reflecting • Ethical responsibility

