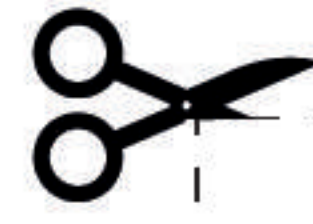
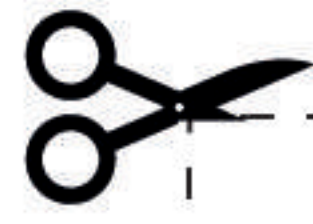
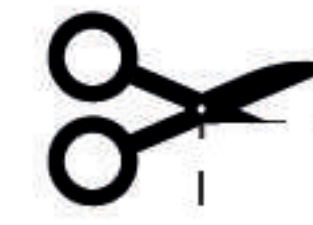
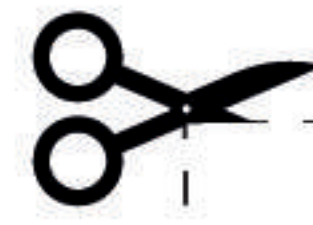
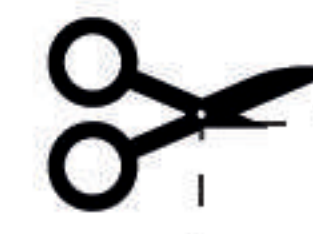
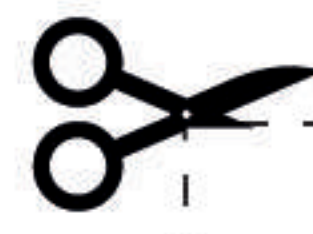


LABELLING EMOTIONS

Cut out the face cards and labels to match up.



Fear



Disgust



Excitement



Surprise



Joy



Sadness



Anger



Love/Adoration

SAVE EACH SET
OF CARDS IN AN
ENVELOPE LABELLED
WITH THE NAME OF
THE ACTIVITY FOR
EASY REUSE



LABELLING EMOTIONS

You can use this template to layout the labels for your Smileys or draw your own version with the correct label underneath.



Match the Smiley with its opposite emotion. Draw lines between them or cut out the cards and match the opposite pairs.

EXTENSION GAME: MEMORY PAIRS! If you have two sets of cards printed and cut out, play the Memory Pairs Game where you can collect pairs of the same overturned card - or try opposite pairs of emotions.

Joy



Craving



Satisfaction



Sadness



Anxiety



Excitement



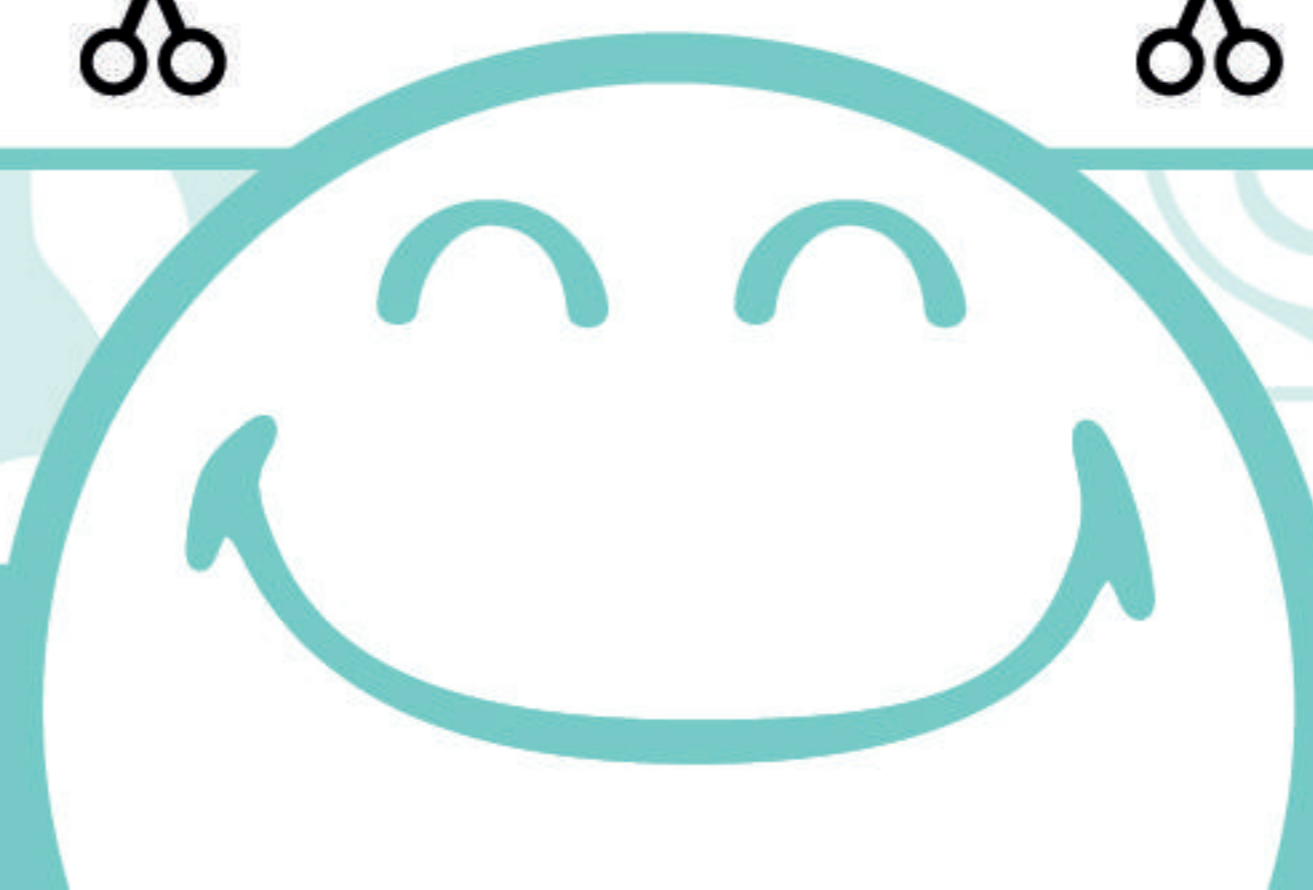
Boredom



Calmness



SAVE EACH SET
OF CARDS IN AN
ENVELOPE LABELLED
WITH THE NAME OF
THE ACTIVITY FOR
EASY REUSE



Match the Smiley with its opposite emotion. Draw lines between them or cut out the cards and match the opposite pairs.

EXTENSION: PLAY BIGGER GAMES! If you have two sets of these cards, you could add these to the first set of **Emotional Opposites Cards** to play a bigger game of the Memory Pairs Game.

Envy



Triumph



Confusion



Awkwardness



Disgust



Admiration



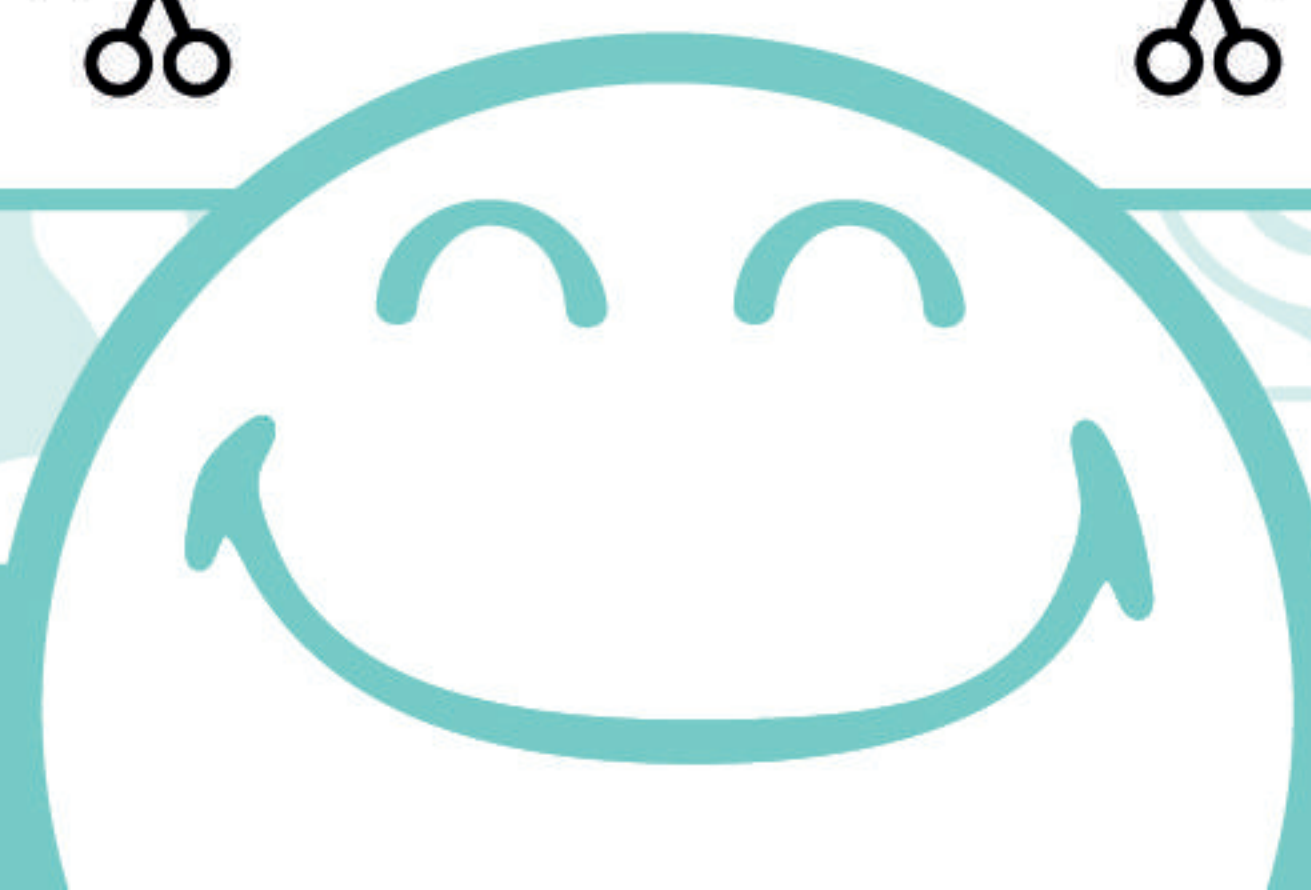
Pride



Attraction



SAVE EACH SET
OF CARDS IN AN
ENVELOPE LABELLED
WITH THE NAME OF
THE ACTIVITY FOR
EASY REUSE

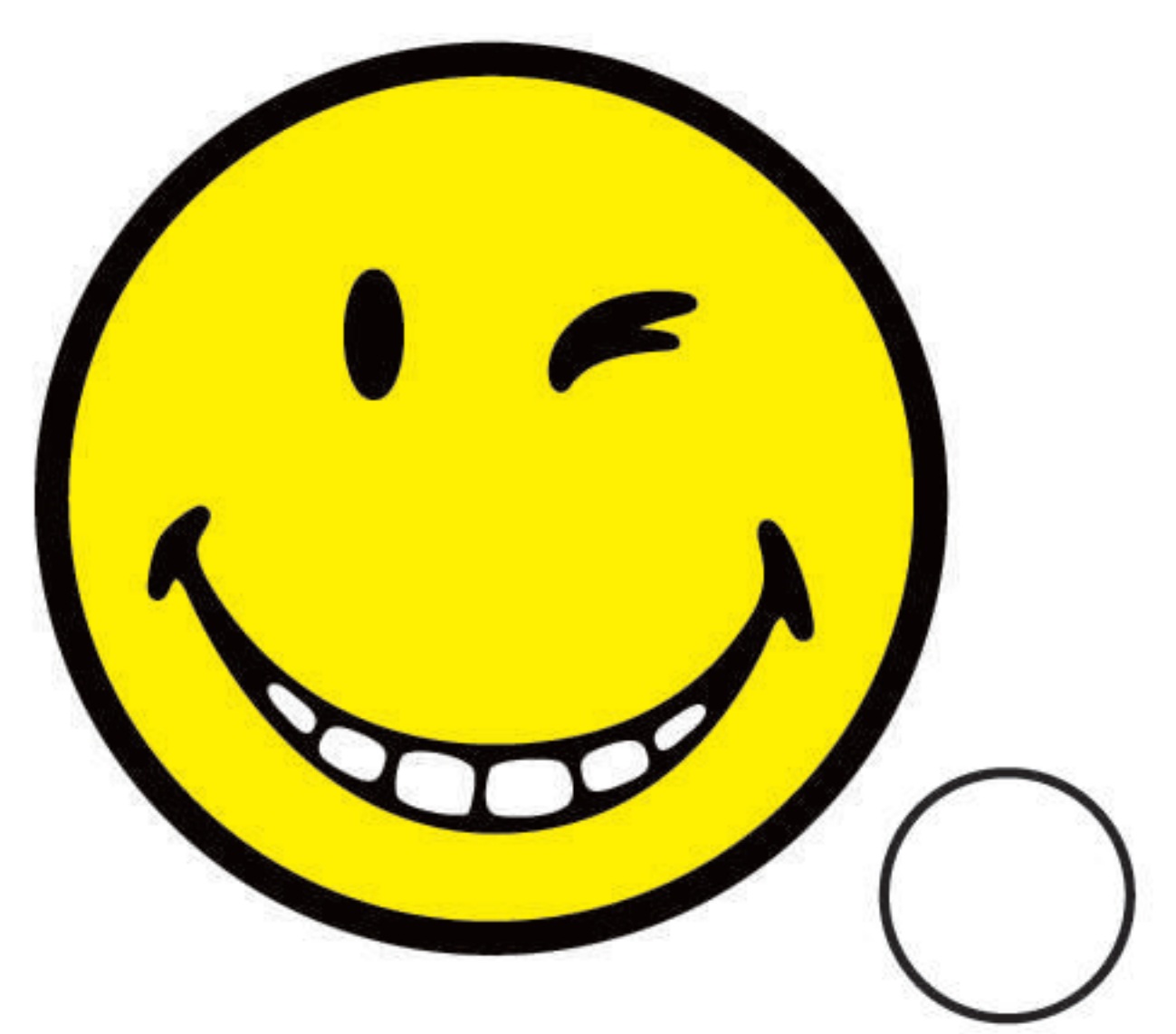


The rows below show emotions that are related to each other, but they are of different strengths. Can you number the emotions in each group below in order from 1 for the mildest emotion to 4 for the strongest emotion?

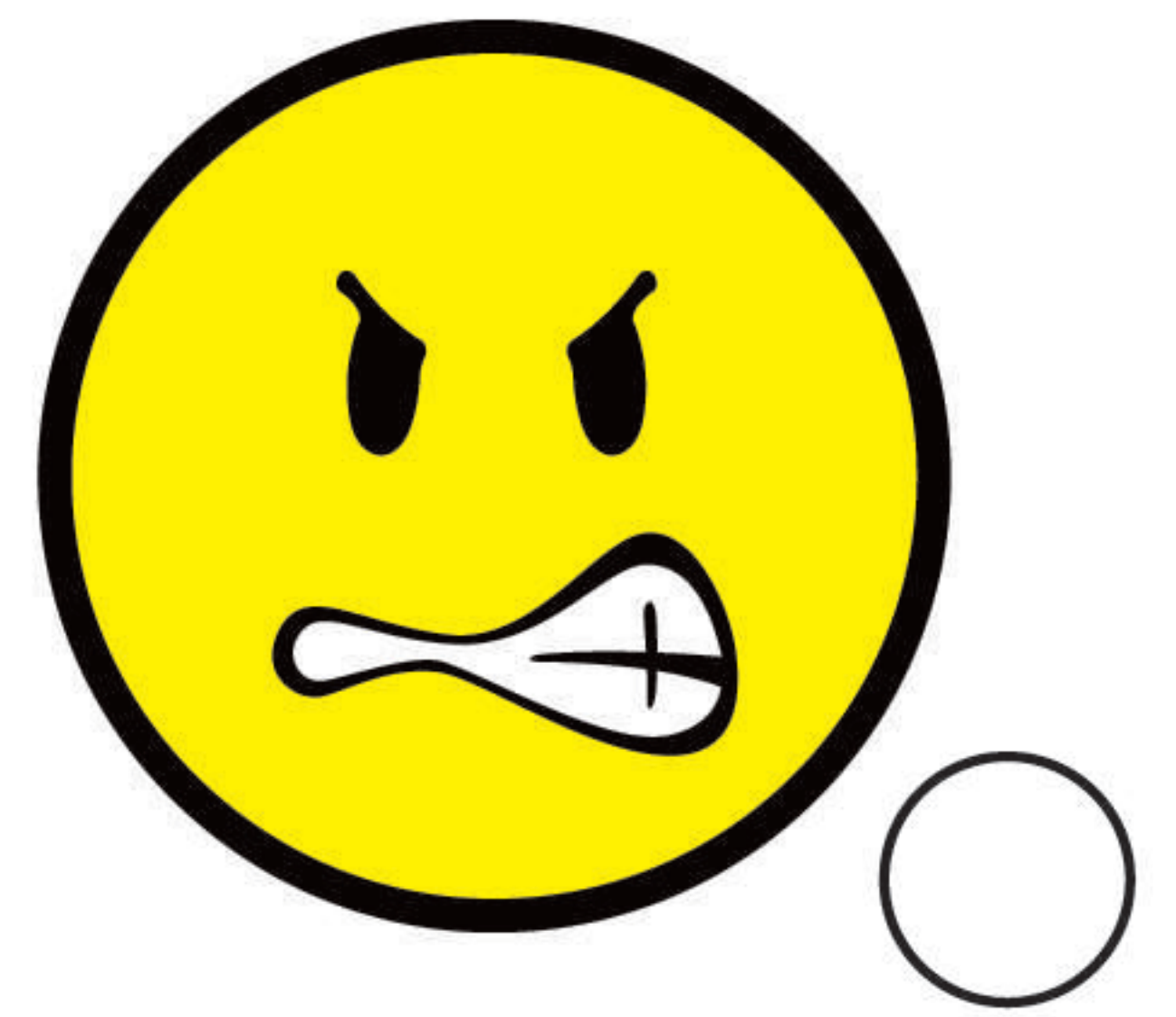
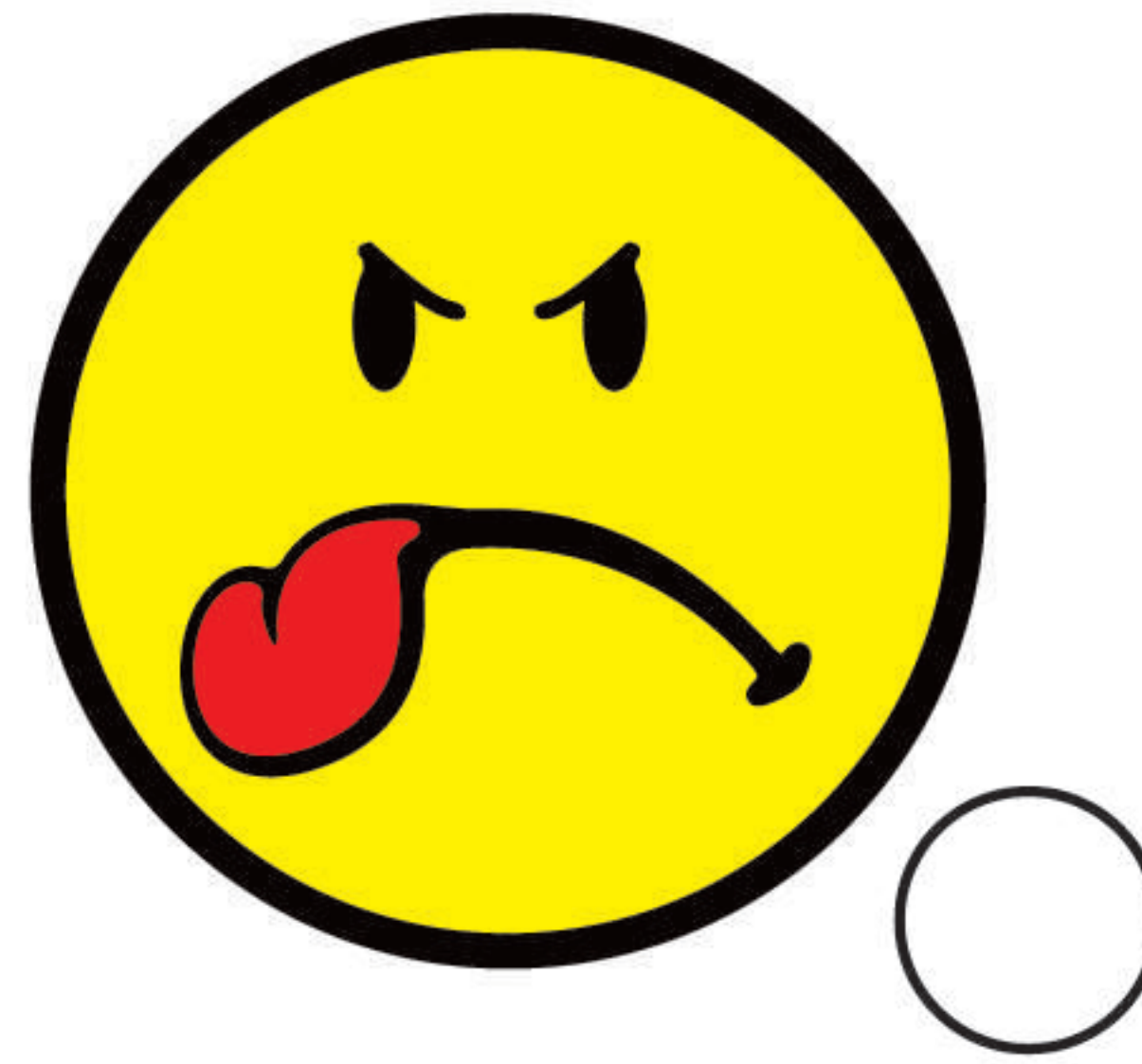
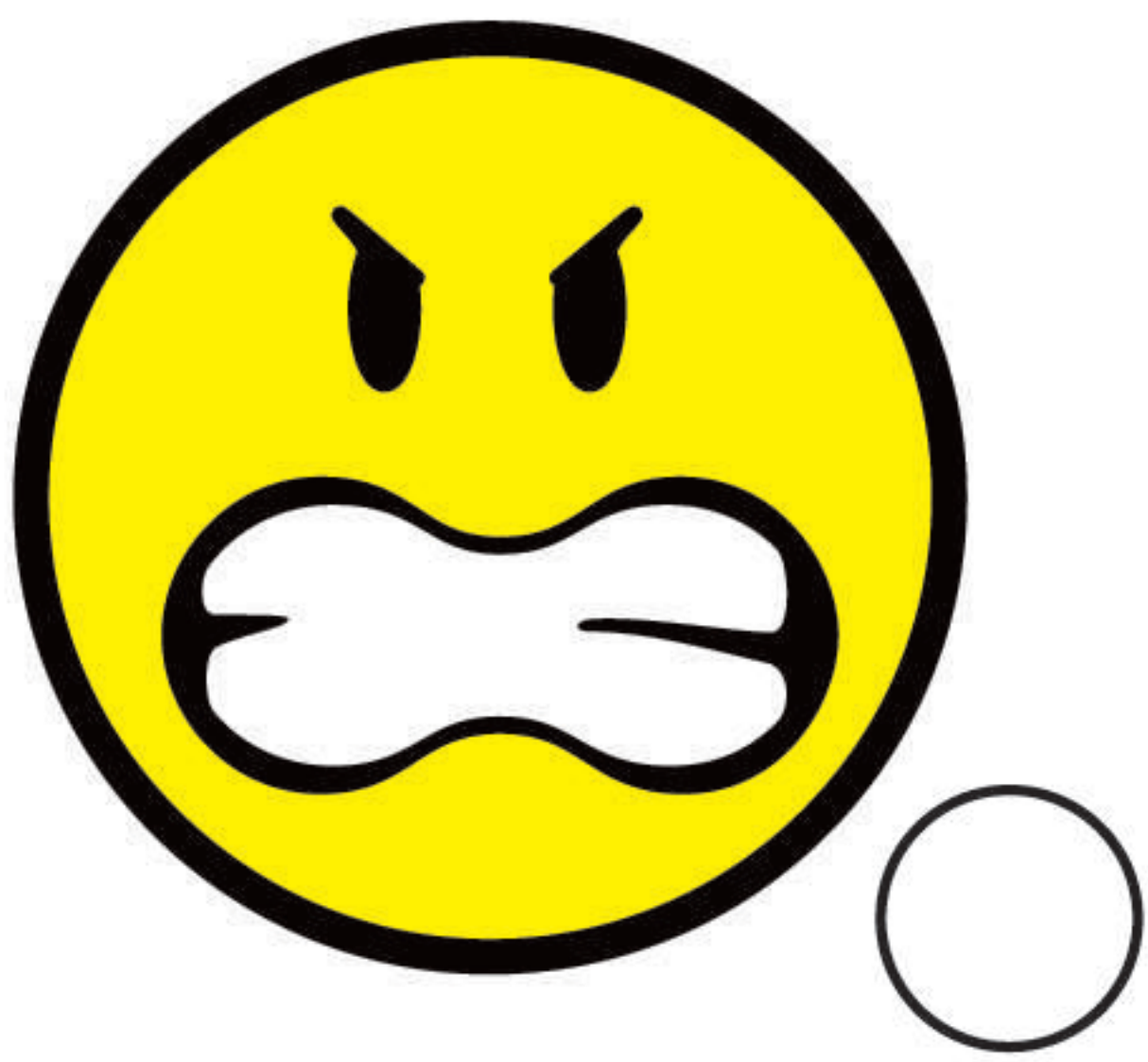
UPSET



JOY



ANGER



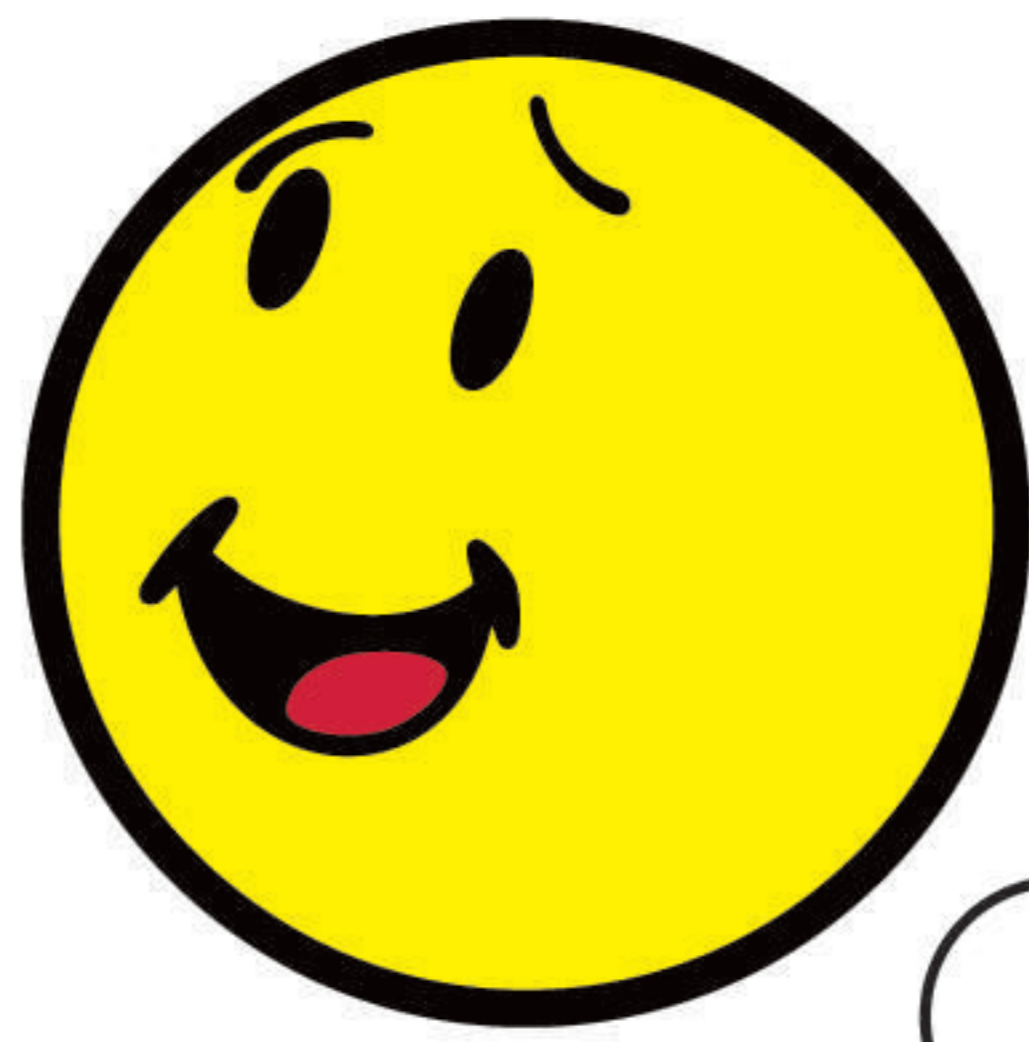
AMUSEMENT



The rows below show emotions that are related to each other, but that show how you can change from a more negative emotion to a more positive one. Can you number the emotions in each group below in order from 1 for the most negative emotion to 4 for the most positive emotion in each row?

ENVY TO ADMIRATION









FEAR TO TRIUMPH

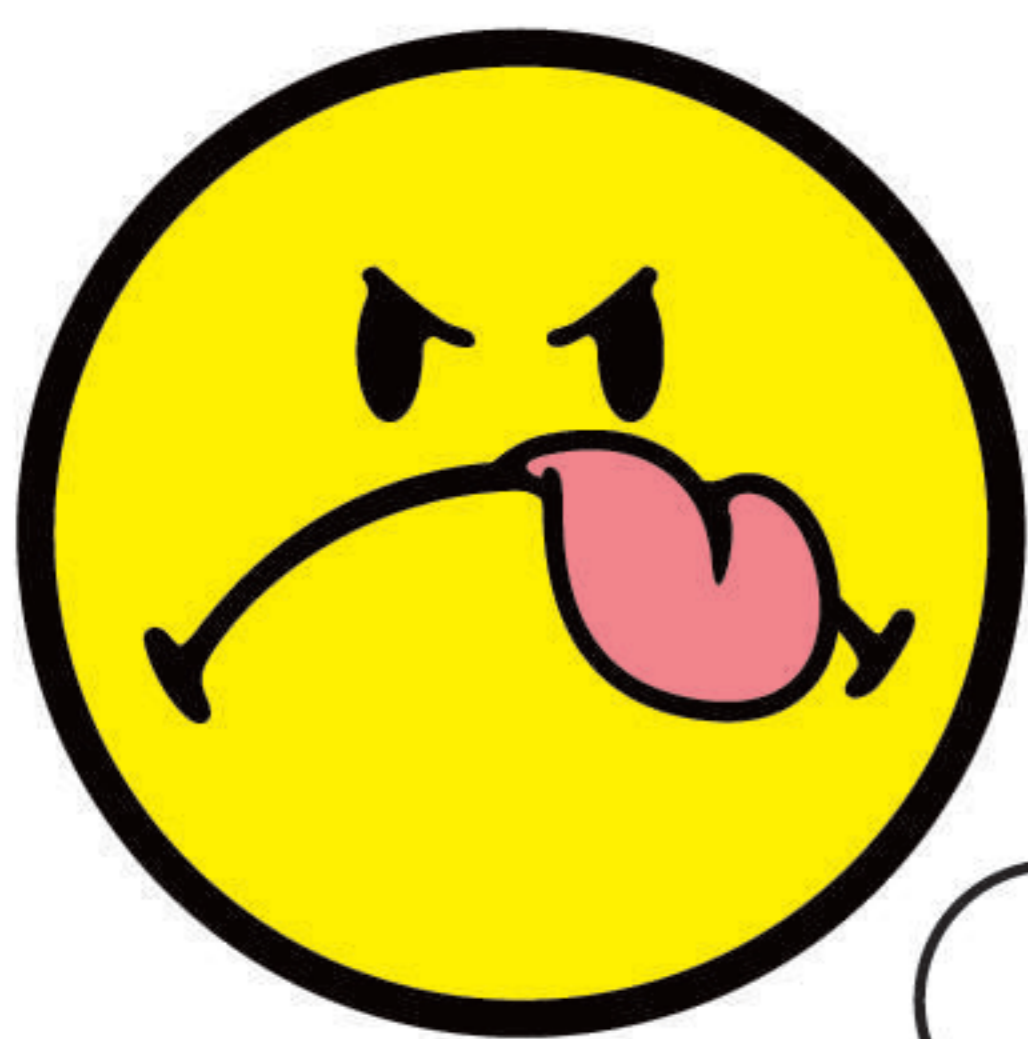








DISGUST TO ADORATION









HORROR TO CALM









My name is



To know ourselves better, we can ask people who know us well how they see us. We shouldn't judge ourselves on how we are seen by others, but it can help us understand ourselves better. This exercise asks you to talk to your parents or the people you live with to help you get to know yourself better.

Ask your parents or the people you live with what they think your three best characteristics are.

1. _____

2. _____

3. _____

Also ask them to tell you one quality or character trait you could improve on.



DON'T WORRY,
NOBODY IS PERFECT!
WE ALL HAVE THINGS
WE COULD
WORK ON!



How can you improve the things you're good at and the things you're not so good at?

Make a plan to improve one thing in the next week. Perhaps everyone in your family or home could come up with one thing they will work on for the next week? It could be keeping a tidy room, being on time for school or giving more hugs.

My plan is....



Emotions come and go. They can change very quickly. So don't worry if you're not feeling great, it won't last!

Draw a Smiley of how you're feeling at each time of day and write 1-3 words from the list at the bottom or add your own! You could be surprised by how many different emotions you feel in a week.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Break							
Lunch							
Mid-afternoon							
Bedtime							

- sad** **Anxious** **Confident** **Excited** **Calm**
Disgusted **Happy** **Loving** **Surprised** **Bored**
Proud **Angry** **Confused**



Read the passage and fill in the blanks with words from the selection below.

We all experience e_____ all the time.

Sometimes we feel lots of d_____ emotions all at once. Sometimes we feel b_____ emotions that are very strong and sometimes we have small emotions that we don't notice much.

It is okay to feel any emotion, but when we have strong emotions, we need to take care not to h_____ other people.

There are _____ key emotions that we show on our faces.

Our e_____ and mouth can show how we feel as well as our body language and behaviour. But we can't always tell how people are feeling because emotions are c_____.

Some emotions have o_____, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling h_____ us deal with them. Understanding how other people might be feeling helps us have b_____ friendships.

**27 big different hurt better emotion
opposites helps eyes complicated**



Read the passage and fill in the blanks with words from the selection below.

We all experience _____ all the time.

Sometimes we feel lots of _____ emotions all at once. Sometimes we feel _____ emotions that are very strong and sometimes we have small emotions that we don't notice much. It is okay to feel any emotion, but when we have strong emotions, we need to take care not to _____ other people.

There are _____ key emotions that we show on our faces.

Our _____ and mouth can show how we feel as well as our body language and behaviour. But we can't always tell how people are feeling because emotions are _____.

Some emotions have _____, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling _____ us deal with them. Understanding how other people might be feeling helps us have _____ friendships.



**27 big different hurt better emotion
opposites helps eyes complicated**



Read the passage and fill in the blanks with words you think fit best.

We all experience _____ all the time.

Sometimes we feel lots of _____ emotions all at once. Sometimes we feel _____ emotions that are very strong and sometimes we have small emotions that we don't notice much. It is okay to feel any emotion, but when we have strong emotions, we need to take care not to _____ other people.

There are _____ key emotions that we show on our faces.

Our _____ and mouth can show how we feel as well as our body language and behaviour. But we can't always tell how people are feeling because emotions are _____.

Some emotions have _____, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling _____ us deal with them. Understanding how other people might be feeling helps us have _____ friendships.



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

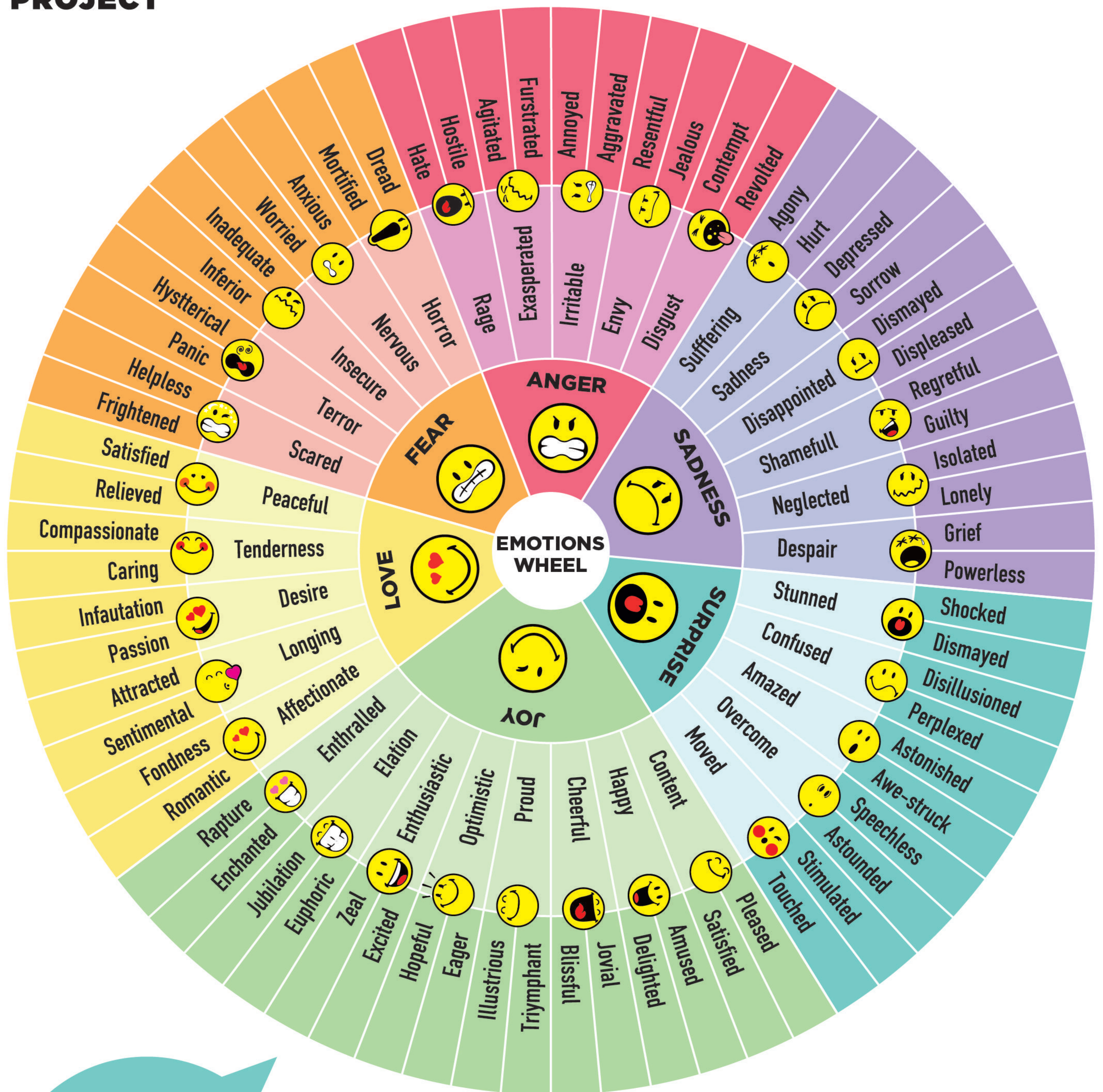
THE
HAPPIER
SCHOOLS
PROJECT

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










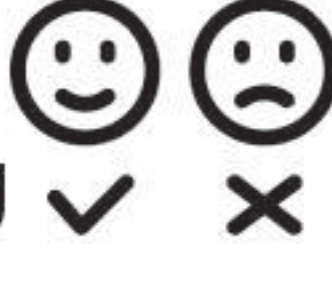


THIS EMOTIONS WHEEL CAN HELP YOU IDENTIFY LOTS OF DIFFERENT EMOTIONS YOU MIGHT BE FEELING. HOW MANY CAN YOU RECOGNISE?

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



It has been discovered that there are 27 Key Emotions we show on our faces more than any others. These key emotions are shown below. How many do you think you show in a day?

1. Can you make your face look like the emotions on these Smileys?
2. How might people sound or speak in these states?
3. What might people's body posture and movements look like in these states?



Admiration



Adoration



**Aesthetic
Appreciation**



Amusement



Anger



Anxiety



Attraction



Awe



Awkwardness



Boredom



Calmness



Confusion



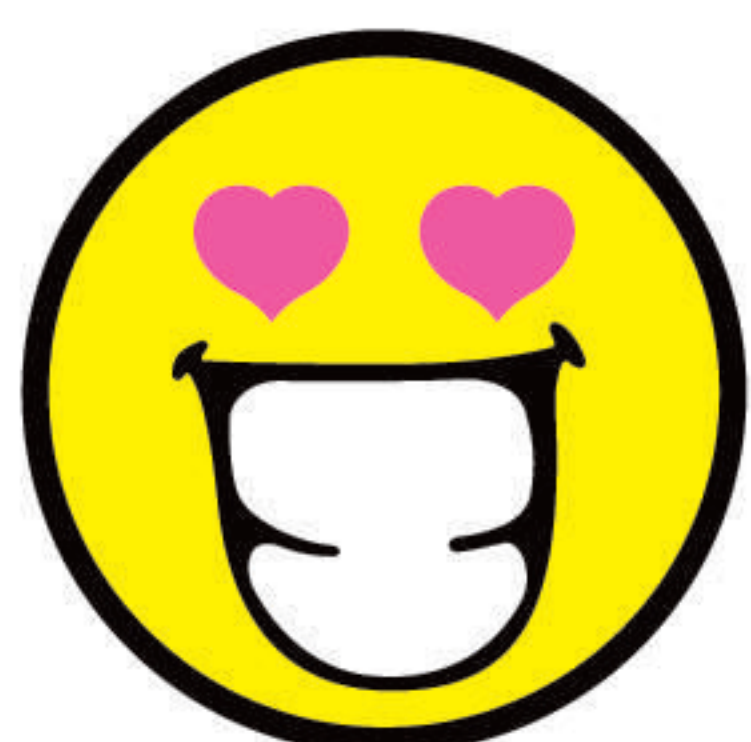
Craving



Disgust



**Empathetic
Pain**



Enchantment



Excitement



Fear



Horror



Interest



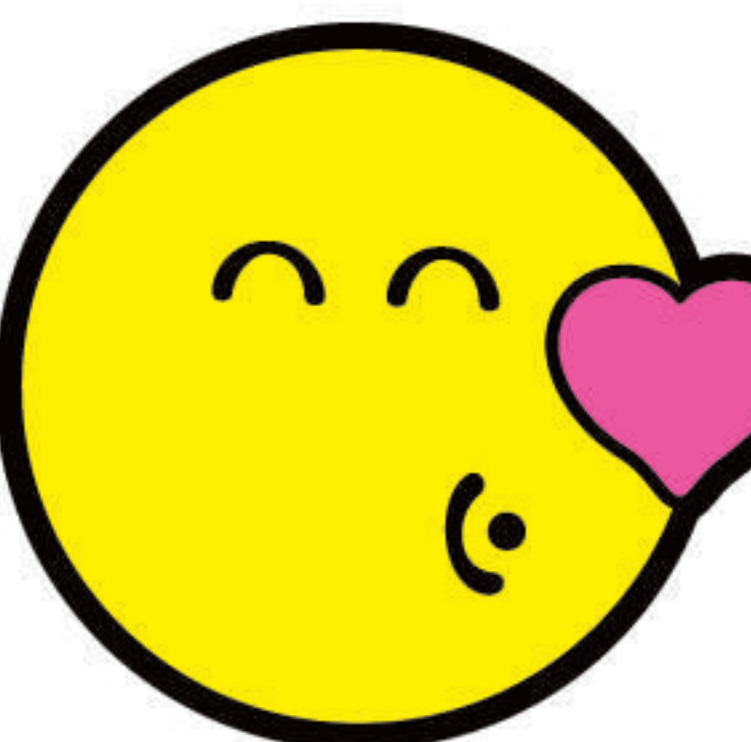
Joy



Pride



Relief



Romance



Sadness


























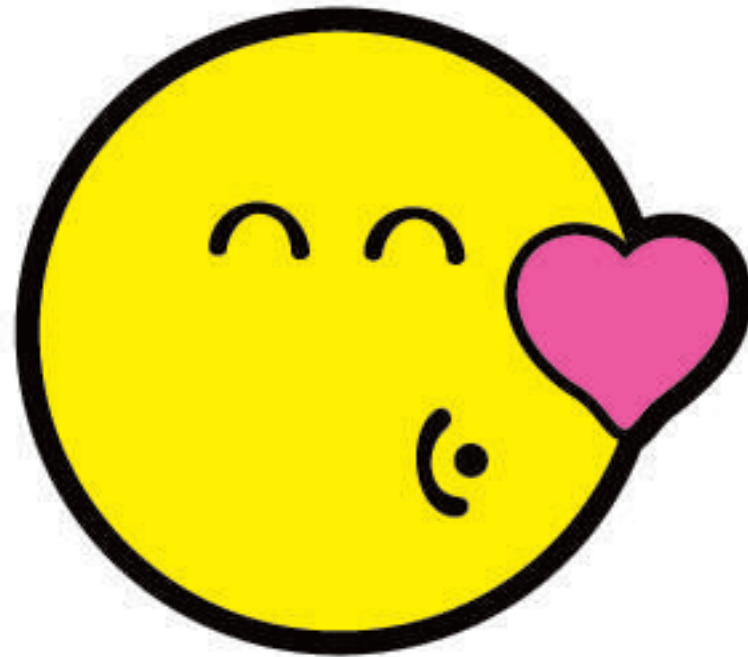



Satisfaction



Surprise



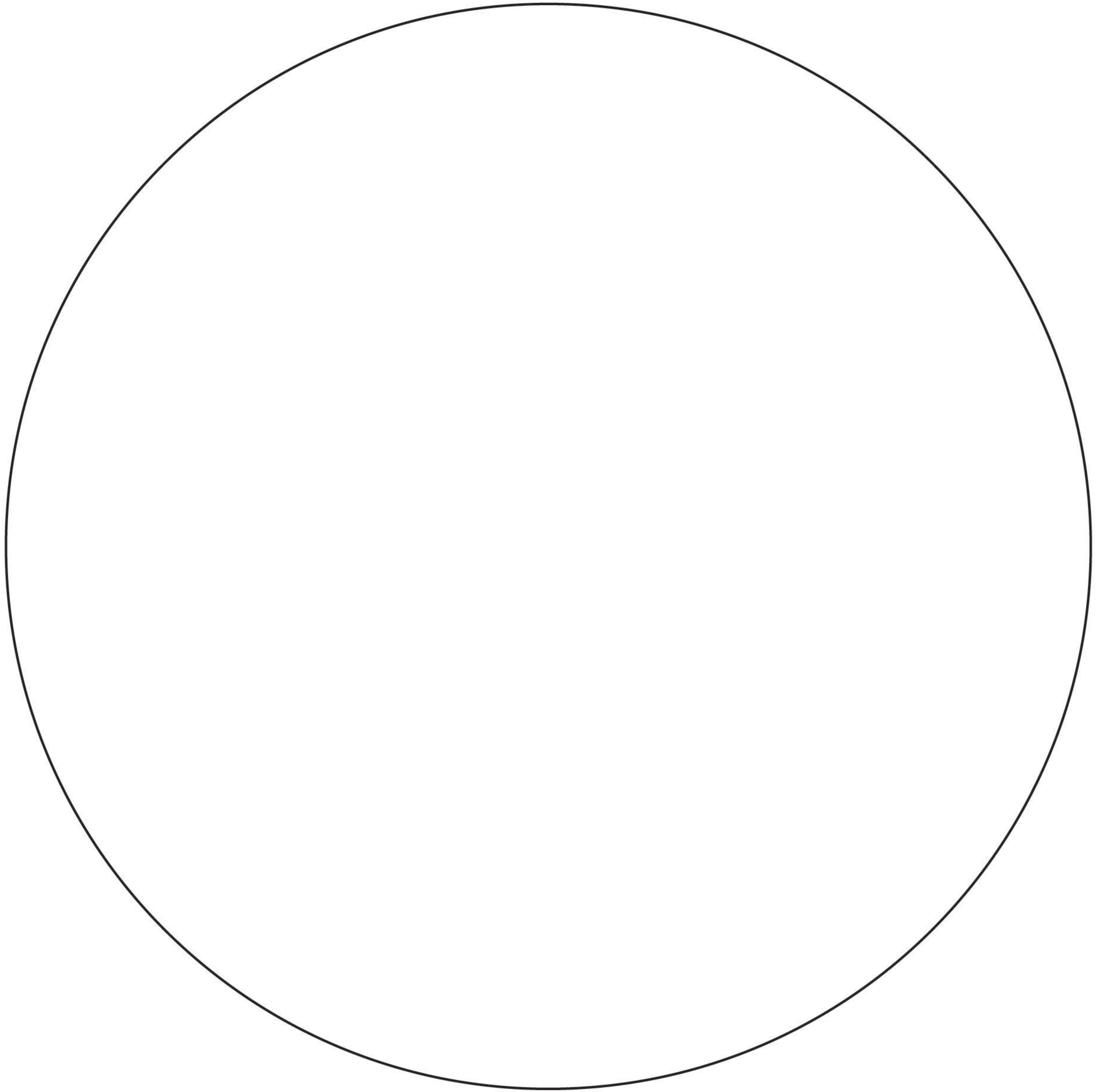
Use these cards in the Face Race lesson or print out two copies of these cards to play the Memory Pairs game or Snap.

				
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			

SAVE EACH
SET OF CARDS
IN AN ENVELOPE
LABELLED WITH
THE NAME OF THE
ACTIVITY FOR
EASY REUSE



Draw your feelings to make your own Smiley face. Write your name and the emotion you are feeling underneath.



My name is _____

I am feeling _____

