

# Understanding Emotions

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For each emotion in the circle, write what it looks and sounds like. In the adjoining rectangles, write about a situation in which you experienced the emotion and then try and recall a time when others may have felt the emotion. You may use magazines or computer images of others to help provide a visual representation of each emotion.

The worksheet is designed for a student to explore four emotions: Happy, Sad, Angry, and Excited. Each emotion is represented by a quadrant of a large circle. To the left and right of each quadrant are rectangular boxes for notes. Each of these boxes is divided into two sections: 'You:' for personal experiences and 'Others:' for recalling when others might have felt the same emotion. The layout is symmetrical, with 'Happy' and 'Sad' in the top row, and 'Angry' and 'Excited' in the bottom row.

<p>You:</p> <p>Others:</p>	<p><b>Happy</b></p>	<p>You:</p> <p>Others:</p>	<p><b>Sad</b></p>
<p>You:</p> <p>Others:</p>	<p><b>Angry</b></p>	<p>You:</p> <p>Others:</p>	<p><b>Excited</b></p>