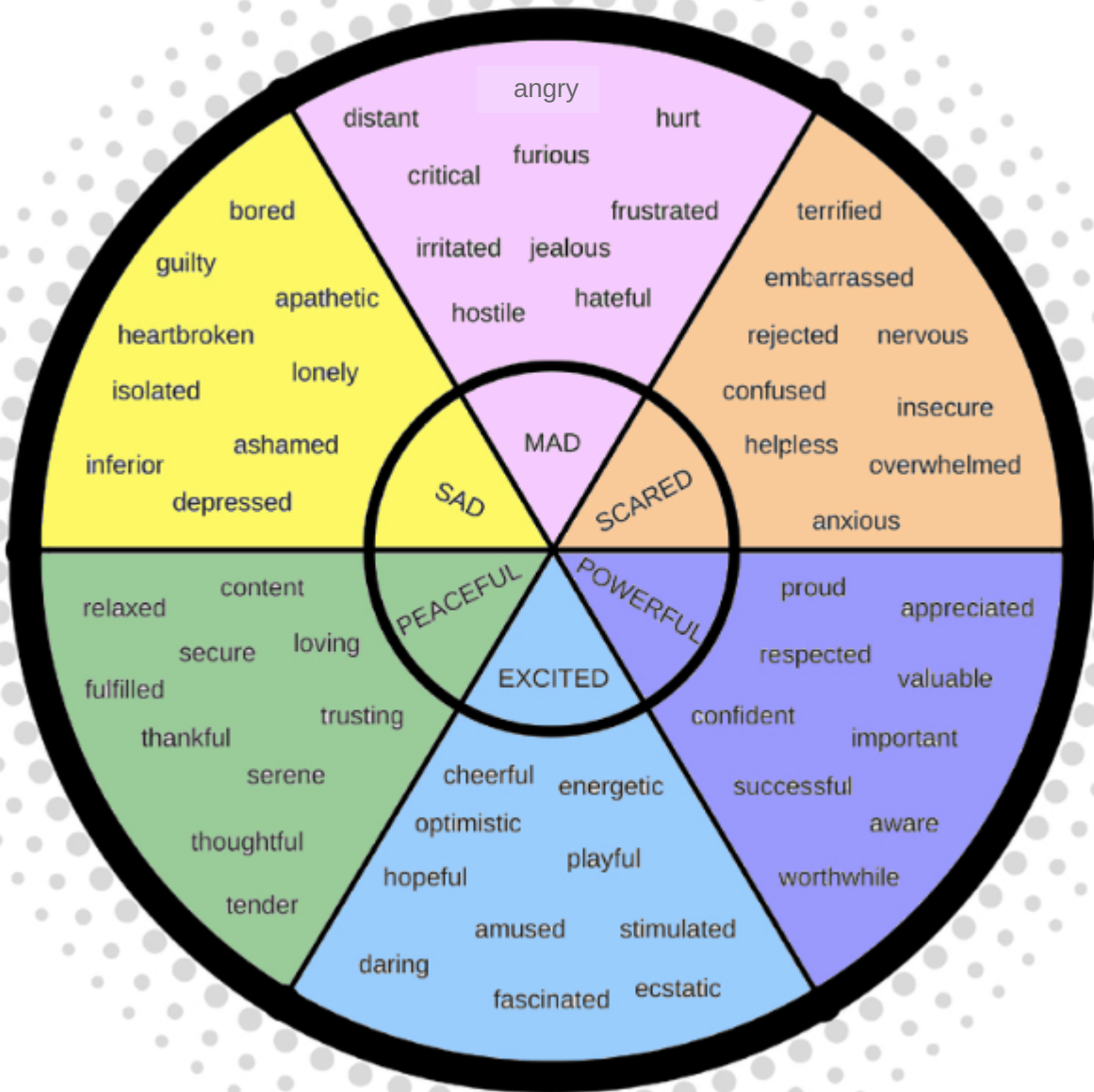


Directions:

1. Listen to the read-aloud of the book, "[The Way I Feel](#)" by Janan Cain.
2. Review the emotions listed on the *Emotion Wheel*. Circle any emotion words that are new to you. Review the emotion definitions on the second page.
3. Complete the "My Emotions" worksheet.

Emotion Wheel: In the middle of the wheel are six basic emotions (sad, mad, scared, powerful, excited, and peaceful). The outer edge of the wheel lists different types of the basic emotions.



Emotion Wheel Definitions

Sad

- Apathetic – Feeling uncaring or uninterested in anything.
- Ashamed – Feelings embarrassed or guilty because of something you did.
- Bored – Feeling uninterested in what you are doing.
- Depressed – Feeling extremely unhappy and gloomy for a long period of time.
- Guilty – Feeling responsible for something bad that happened.
- Heartbroken – Feeling crushed by deep sadness or grief.
- Inferior – Feeling you are less important than others.
- Isolated – Feeling that you are alone and unable to connect with other people.
- Lonely – Feeling sad because you do not have friends or company

Powerful

- Appreciated – Feeling recognized for one's actions or qualities.
- Aware – Feeling knowledgeable about a situation or fact.
- Confident – Feeling that you can do something well or be successful at something.
- Important – Feeling of great significance or value.
- Proud – Feeling deep satisfaction as the result of one's accomplishments or qualities.
- Respected – Feeling admired or thought highly of.
- Successful – Feeling you accomplished an aim or purpose.
- Valuable – Feeling useful or helpful.
- Worthwhile – Feeling valuable or important.

Mad

- Angry – Feeling quite mad about a situation or person.
- Critical – Feeling the need to prove others wrong.
- Distant – Feeling withdrawn or not interested in connecting with others.
- Frustrated – Feeling annoyed because you cannot change or achieve something.
- Furious – Feeling full of fury or rage.
- Hateful – Feeling extreme angry and dislike.
- Hostile – Feeling unfriendly or easily angered.
- Hurt – Feeling upset because someone did something unfair or cruel to you.
- Irritated – Feeling slightly angry or annoyed.
- Jealous – Feeling angry because you want something that another person has.

Excited

- Amused – Feeling entertained.
- Cheerful – Feeling happy and optimistic.
- Daring – Feeling adventurous and bold.
- Ecstatic – Feeling intense, overpowering joy.
- Energetic – Feeling a high level of energy.
- Fascinated – Feeling extremely interested.
- Hopeful – Feeling positively about the future.
- Optimistic – Feeling hopeful about the future.
- Playful – Feeling willing to play and be lighthearted.
- Stimulated - Feeling interested and enthusiastic.

Scared

- Anxious – Feeling worried about an event or something with an uncertain outcome.
- Confused – Feeling unable to think clearly.
- Embarrassed – Feeling foolish in front of other people.
- Helpless – Feeling weak and powerless.
- Insecure – Feeling as though you lack confidence.
- Nervous – Feeling uneasy or apprehensive.
- Overwhelmed – Feeling you have been given too much to do and cannot handle it.
- Rejected – Feeling dismissed for being inadequate.
- Terrified – Feeling full of terror or alarm.

Peaceful

- Content – Feeling a state of peaceful happiness.
- Fulfilled – Feeling content and satisfied that you have or are enough.
- Loving – Feeling great care for others.
- Relaxed – Feeling free of tension or anxiety.
- Secure – Feeling safe and protected.
- Serene – Feeling calm and untroubled.
- Tender – Feeling delicately loving and caring.
- Thankful – Feeling grateful or relieved.
- Thoughtful – Feeling willing to consider the needs of others.
- Trusting – Feeling willing to believe others.

My Emotions

Directions: Complete each of the following sentences and draw a picture to represent what you wrote.

<p>I feel peaceful when _____ _____.</p>	<p>I feel scared when _____ _____.</p>
<p>I feel excited when _____ _____.</p>	<p>I feel mad when _____ _____.</p>
<p>I feel powerful when _____ _____.</p>	<p>I feel sad when _____ _____.</p>

<p>Today I am feeling _____ because _____ _____</p>
