

DRAWING EMOTIONS

Emotions are powerful messages we send to ourselves. They tell us to pay attention. Emotions only last for about 6 seconds. They cause your brain to release chemicals that create a physical reaction in your body. The chemicals cause you to feel things. Feelings are influenced by other experiences you have had. So one person might feel angry when faced with a threat, but another person might feel afraid. Feelings are important. They affect you and others all the time. Do you sometimes have trouble figuring out exactly how you are feeling? When you are able to recognize and accurately name your feelings it is easier to manage them.



CREATE a fan book to show facial expressions for the emotions **Anger, Fear, Happiness, Sadness, Disgust, Surprise**. Include a list of words that describe what the emotion causes people to **Feel**. Explain what the **Purpose** of that emotion might be.



PRESENT your fan book to a small group of classmates. Discuss how you are feeling as you share your work. Identify the basic emotion that goes with your feelings. Talk about how the fan book can help you recognize and accurately name your feelings.



RESPOND to your classmates' fan books. Compare the words they chose with yours. Comment on details that help you better understand emotions and feelings. Talk about ways you might use the fan books either by yourself or with others.



CONNECT how you felt presenting your work with other times you felt a strong emotion. Were you able to talk with someone about it? Did it help to put your feelings into words? Being able to say how you are feeling and why is a healthy way to deal with them. The more you do it, the easier it becomes.



Education

THINKING SHEET

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