

SOCIO-EMOTIONAL SKILLS

Unit 2



EMOTIONAL WELL-BEING

1. RECOGNIZE YOUR EMOTIONS

This activity helps you recognize your emotions and name them. This is the first step to understanding yourself and learning how to handle your emotions to live better. Once you know your emotions, you may go on to deal with them. When you have negative emotions, accept them, feel them, and let them go.

Materials

- Pen or pencil
- Printed handout
- Colored pencils or markers

STEP BY STEP

- 1 Work in groups of three. For two minutes, write all the emotions you know.

- 2 Look at the emoticons on the handout next page and tell each other where you have used them and which ones you can identify.
- 3 Work on your printed handout to match the name of each emotion with its facial expression.
- 4 Answer the question on the printed handout and if you want, share your answers and / or drawings with your partners.
- 5 Answer the questions below and share your answers in pairs.

1 How do you feel today? I feel _____

2 Why do you feel this way?

3 Do you think many of your classmates feel like you?

I'm very happy!
















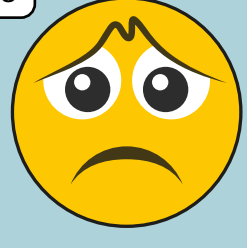
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If you want to learn more about emotions, you can go to: <http://www.edutics.mx/5UF>



EMOTIONAL WELL-BEING

1. RECOGNIZE YOUR EMOTIONS

1 	2 	3 	4 
14 	<div> <input checked="" type="checkbox"/> 1 happy <input type="checkbox"/> proud </div> <div> <input type="checkbox"/> angry <input type="checkbox"/> relaxed </div> <div> <input type="checkbox"/> confused <input type="checkbox"/> sad </div> <div> <input type="checkbox"/> embarrassed <input type="checkbox"/> scared </div> <div> <input type="checkbox"/> enthusiastic <input type="checkbox"/> shy </div> <div> <input type="checkbox"/> grateful <input type="checkbox"/> stressed </div> <div> <input type="checkbox"/> in love <input type="checkbox"/> surprised </div>		5 
13 	<p>Do you feel something different? If you know how you feel, but it's not included in the emoticons above, draw your own emoticon here:</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div>		6 
12 			7 
11 	10 	9 	8 



EMOTIONAL WELL-BEING

2. HOW OFTEN DO I FEEL...?

It is important to recognize how often you experience specific emotions to understand if you're fine in general or if you are not well and need a change or some external help. It is always good to have friends that listen to us, but they do not have the training to help us professionally, so if you are sad or angry most of the time, ask a professional to help you. This is a good piece of advice you can give to your own friends too.

Materials

- Pen or pencil
- Printed handout
- Colored pencils or markers

STEP BY STEP

- 1 Think about the emotions you usually feel. Make a list.

- 2 Exchange your list with a partner and identify the emotions you don't know from your partner's list.
- 3 Print the handout on the next page. Choose a color for each frequency adverb in the table on your handout.
- 4 Color each emotion inside the heart, based on how often you feel this way. Use the colors you chose for the frequency adverbs in the table.
- 5 When you finish, fill in the blank spaces with other emotions you consider important for you and color them based on how often you feel this way.
- 6 Write sentences with your answers on the space provided in the handout.



I always feel enthusiastic. I sometimes feel angry. I never feel depressed.

- 7 Share your answers with your partner and discuss your similarities and differences.
- 8 Discuss in pairs.

- 1 Is it easy to talk about your feelings? Why?
- 2 How often do you feel positive emotions?
- 3 How often do you feel negative emotions?

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If you want to learn more about emotional well-being, you can go to:
<http://www.edutics.mx/iAm>

SOCIO-EMOTIONAL SKILLS

Unit 2



EMOTIONAL WELL-BEING

2. HOW OFTEN DO I FEEL...?

Color guide	
Color	Frequency word
	always
	often
	sometimes
	rarely
	never

I sometimes feel sad.

enthusiastic

bored

optimistic

excited

shy

stressed

happy

confident

sad

nervous

relaxed

embarrassed

guilty

tired

scared

lonely

upset