



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

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.

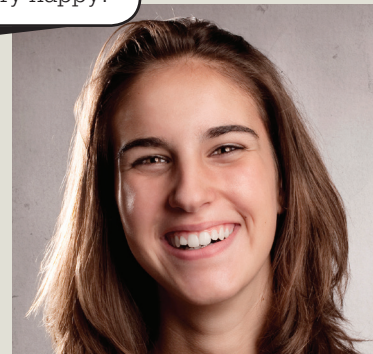
5 Answer the questions below and share your answers in pairs:

a How do you feel today? I feel _____

b Why do you feel this way?



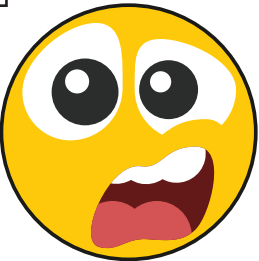




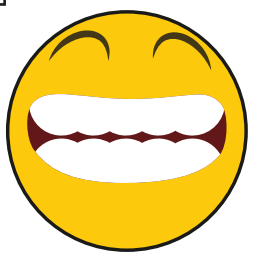






c Do you think many of your classmates feel like you?

I'm very happy!



If you want to learn more about emotions, you can go to:
<https://kidshealth.org/en/teens/understand-emotions.html>

EMOTIONAL WELL-BEING 1. RECOGNIZE YOUR EMOTIONS

<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 													
<p>14</p> 	<table border="0"> <tr> <td><input checked="" type="checkbox"/> happy</td> <td><input type="checkbox"/> proud</td> </tr> <tr> <td><input type="checkbox"/> angry</td> <td><input type="checkbox"/> relaxed</td> </tr> <tr> <td><input type="checkbox"/> confused</td> <td><input type="checkbox"/> sad</td> </tr> <tr> <td><input type="checkbox"/> embarrassed</td> <td><input type="checkbox"/> scared</td> </tr> <tr> <td><input type="checkbox"/> enthusiastic</td> <td><input type="checkbox"/> shy</td> </tr> <tr> <td><input type="checkbox"/> grateful</td> <td><input type="checkbox"/> stressed</td> </tr> <tr> <td><input type="checkbox"/> in love</td> <td><input type="checkbox"/> surprised</td> </tr> </table>	<input checked="" type="checkbox"/> happy	<input type="checkbox"/> proud	<input type="checkbox"/> angry	<input type="checkbox"/> relaxed	<input type="checkbox"/> confused	<input type="checkbox"/> sad	<input type="checkbox"/> embarrassed	<input type="checkbox"/> scared	<input type="checkbox"/> enthusiastic	<input type="checkbox"/> shy	<input type="checkbox"/> grateful	<input type="checkbox"/> stressed	<input type="checkbox"/> in love	<input type="checkbox"/> surprised	<p>5</p> 
<input checked="" type="checkbox"/> happy	<input type="checkbox"/> proud															
<input type="checkbox"/> angry	<input type="checkbox"/> relaxed															
<input type="checkbox"/> confused	<input type="checkbox"/> sad															
<input type="checkbox"/> embarrassed	<input type="checkbox"/> scared															
<input type="checkbox"/> enthusiastic	<input type="checkbox"/> shy															
<input type="checkbox"/> grateful	<input type="checkbox"/> stressed															
<input type="checkbox"/> in love	<input type="checkbox"/> surprised															
<p>13</p> 	<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: 100px; width: 100%;"></div>	<p>6</p> 														
<p>12</p> 		<p>7</p> 														
<p>11</p> 	<p>10</p> 	<p>9</p> 	<p>8</p> 													



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:
 - a Is it easy to talk about your feelings? Why?
 - b How often do you feel positive emotions?
 - c How often do you feel negative emotions?

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

EMOTIONAL WELL-BEING 2. HOW OFTEN DO I FEEL... ?

Color guide	
Color	Frequency word
	always
	often
	sometimes
	rarely
	never



enthusiastic bored

optimistic excited shy stressed

happy confident sad nervous

relaxed [] embarrassed guilty

[] tired scared

[] [] lonely upset

[] depressed

horrified

EMOTIONAL WELL-BEING 3. MUSIC AND YOUR EMOTIONS

When you know how music connects to your feelings, you can learn how to use music to do some activities better, to feel comfort when you are sad or depressed, and to improve your mood. We associate certain music with certain moments so you can, for example, feel better in difficult times by playing the music that makes you happy.

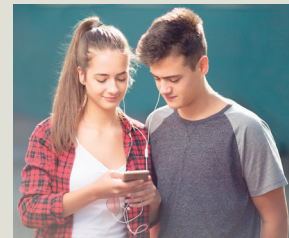
Materials

- Pen or pencil
- Music you like
- CD or MP3 player
- Colored pencils or markers
- Printed handout

STEP BY STEP

- 1 Discuss as a class what music genre you like listening to. What do you think about the idea that music helps you understand how you feel? Do you agree that you choose the music you listen to according to how you feel?
- 2 Think of different songs you like and write them.

- 3 Work in small groups. Share your music with your classmates by playing some songs on a CD player, MP3 player, or any electronic device you have. Share why you like the song and how it makes you feel.
- 4 In your group, choose an emotion and make a playlist on the printed handout with different songs that make you feel the emotion you chose.
- 5 Exchange your playlists with other groups, read their playlists, and feel free to add other songs that make you feel the chosen emotion.
- 6 Display the playlists in the classroom. Use them for further reference, so you can play a song that shows a positive emotion when you feel sad or classical music when you want to relax, for example.
- 7 If you have time, you can play some songs from the playlists and discuss as a class how the songs make you feel.
- 8 Discuss with your group:
 - a Do you think music influences your emotions?
 - b What kind of music do you listen to most of the time?
 - c Do your friends listen to the same music as you? Do they react to that music like you do?



IT If you want to learn more about how music affects your mood and emotions, you can go to: <http://www.edutics.mx/iAs>

EMOTIONAL WELL-BEING 4. ANGER MAP

▼ **This activity helps you recognize anger and how you react to this emotion. Once you know how you react when you are angry, you can learn what to avoid and how to calm down. If you can't control your anger, you can do things you can be sorry later. Anger can be channeled and used to make great things, like running long distances or creating a work of art.**

Materials

- Pen or pencil
- Colored pencils
- Printed handout

STEP BY STEP

- 1 Discuss as a class what makes you feel angry. Think of different situations and write some sentences.

I feel angry when there are a lot of people talking at the same time.

I feel angry when there are people yelling at me.

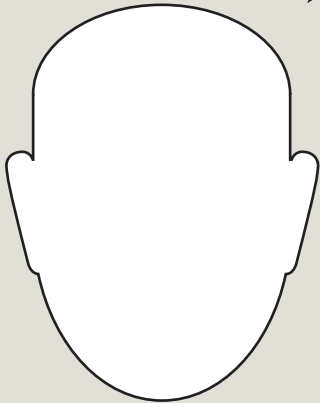
- 2 Choose a situation that makes you feel angry.
- 3 Think about the situation you chose and use the handout on the next page to draw and color your face, write words or expressions you say, write how you behave, write other emotions you feel, and draw or write other things that calm you down when you are angry.
- 4 When you finish, read your work and reflect: Do you like your actions when you are angry? Do you think your angry reactions are good for you? Why or why not?
- 5 If you want to share your work with your classmates, exchange your maps and share your answers. Compare and find what actions are more helpful or positive than others.
- 6 Discuss in small groups:
 - a What effect does your anger have on your friends or family?
 - b Do your actions when you are angry cause you problems?
 - c What helps you calm down when you are angry?



IT If you want to learn more about how to control your anger, you can watch the following video: <https://www.apa.org/topics/anger/control>

EMOTIONAL WELL-BEING 4. ANGER MAP

Things I say when I'm angry



Facial expression

My behavior



Lined area for writing about behavior.

Other emotions I feel when I'm angry



Lined area for writing about other emotions.

Things that help me calm down when I'm angry



Lined area for writing about things that help calm down.