

2.6

Reflecting

Reflect on what you've learned about identifying emotions in this lesson.



What?

What are emotions? What are some examples of words that describe typical feelings that one might feel in the course of a day?



So What?

Why do you think it's important to be able to identify a range of emotions? What do you think is the benefit of knowing the variety of ways that emotions can be indicated through facial expressions and body postures?



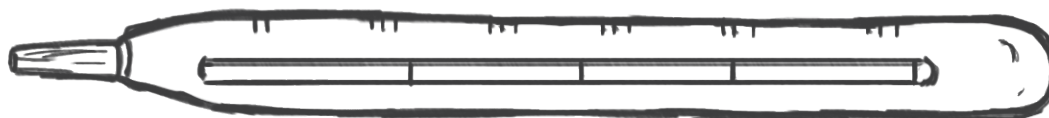
Now What?

How do you think having a feeling vocabulary and understanding a range of emotions will help you understand your own emotions? Understand the emotions of others? How might this information help you manage and communicate your emotions in the future?

Applying

Reflect on the range of emotions you might feel in one day.

Create emotional levels on the emotional thermometer below. Include at least four levels.



Why do you think you experience different emotions throughout the day?

How do you deal with difficult feelings? How can identifying your emotions help?

Naming, calming, and reflecting on your own emotions are important skills. How can these skills help you support others in a group?
