

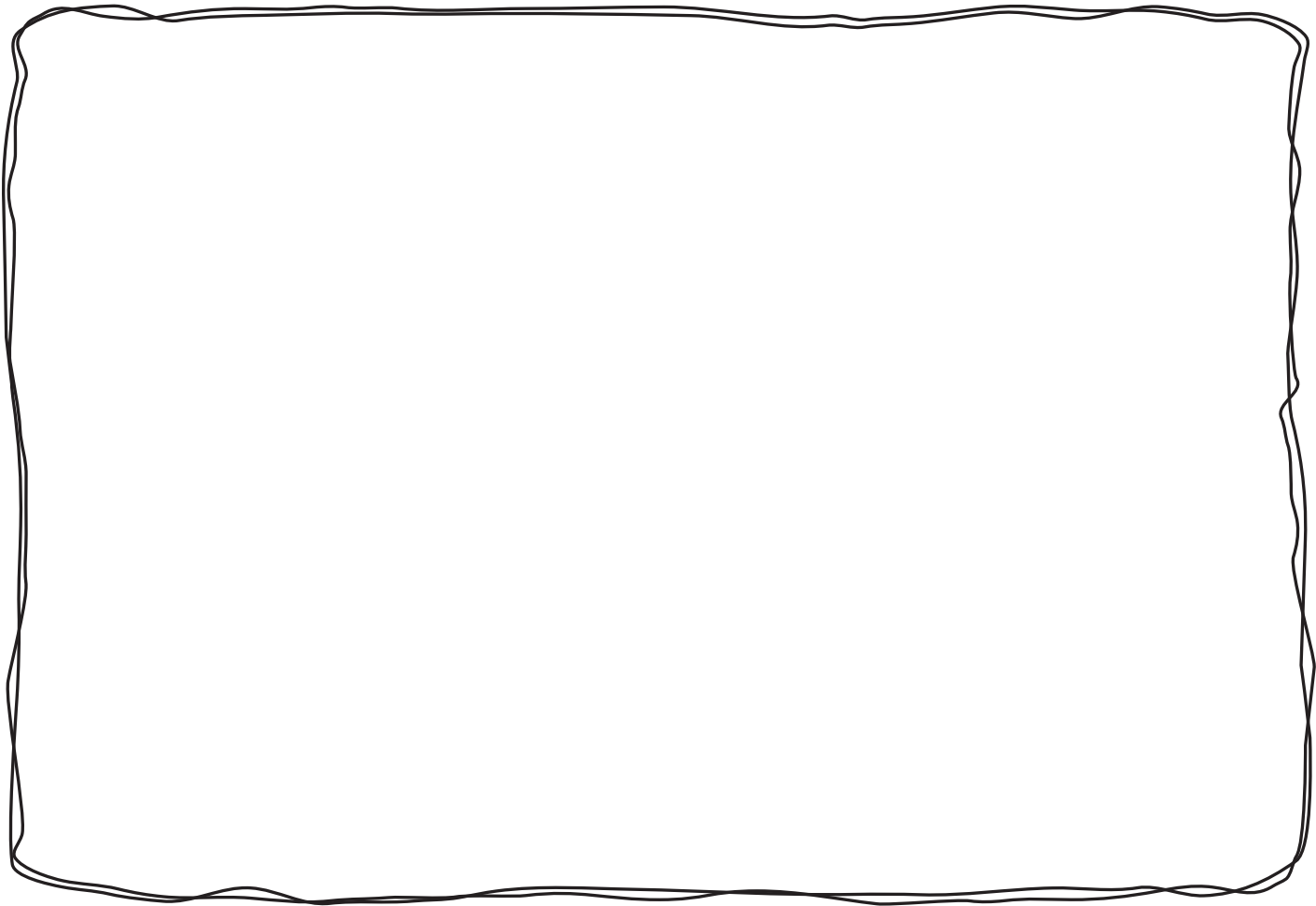
# 2.6

## Practicing

Draw a picture that depicts how identifying, understanding, and naming your emotions can help you know yourself and what you are experiencing.

I am feeling \_\_\_\_\_  
(emotion word)

Draw a picture of yourself experiencing that emotion.



Write a caption explaining what emotions you are communicating through your actions.

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# Reflecting

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

**What?**

What do the words *emotions* and *feelings* mean?

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**So  
What?**

In what ways do you think your feelings can affect your daily interactions?

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**Now  
What?**

How do you think identifying emotions will help you?

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# Applying

Create an emotions chart for two or three emotions that tells what the emotion is, what it looks like physically, how it feels inside, and what your actions communicate to others.

<b>Emotion</b>	<b>What it looks like</b>	<b>How it feels inside</b>	<b>What your actions communicate to others</b>