

2.6

Reflecting

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

WHAT?

What are emotions? What are some examples of feeling words that describe pleasant emotions? Difficult emotions?

What have you learned about the importance of developing a feeling vocabulary? How can you benefit from being able to identify and name your emotions in any given situation?

SO WHAT?

NOW WHAT?

How will being able to identify and name your emotions influence your interactions with family and friends? What will what you understand now about how people may respond emotionally to the same situation help you relate to others?

Applying

Observe emotions in yourself expressed during one day. Take notes on three of those emotions. What situation occurred that triggered emotional responses? What words did you use to identify and name the emotions?

Emotional Observation Number 1

Emotional Observation Number 2

Emotional Observation Number 3