**Same Situation, Different Emotions**

**THE RANGE OF EMOTIONS**

**REMEMBER THAT EMOTIONS HAVE RANGES SUCH AS**

- **Happy**: Content, Pleased, Blissful, Ecstatic
- **Sad**: Unhappy, Down, Gloomy, Miserable
- **Scared**: Nervous, Fearful, Terrified, Petrified
- **Mad**: Upset, Angry, Irate, Furious
- **Lonely**: Separated, Isolated, Secluded, Alienated
- **Loving**: Sympathetic, Warm, Caring, Adoring
- **Surprised**: Shocked, Astounded, Startled, Amazed

After role playing with your family member, answer the following questions:

What emotions do both you and your family member frequently experience? How does it feel to know that you share these emotions in common?

What did you learn from the role-play with your family member? What are some factors that might have caused the emotional responses?

How do you think you will respond emotionally to the situation the next time it occurs?

How do you think this experience will help you in your other interactions with people?

**LET’S DO THIS!**

Share what you’ve learned about range of emotions and ask a family member to identify emotions that you both experience frequently. Use a common situation at home to role-play the various emotional responses to the situation with your family member.

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