

2.6 Reflecting

Reflect on what you've learned about verbal and non-verbal cues in this lesson.



What are some feeling words people use to name feelings?



What did you learn about the benefits of naming feelings?



How do you think naming your feelings will help you in the future?

Applying

Think about the way words, faces, and actions can be used to show feelings. Answer the questions below to describe the different ways one specific emotion can be expressed.

Choose an emotion and write it on the line.

What are some words you or someone else might use when having this feeling?

What are some faces or actions you or someone else might use when feeling this emotion?
