

# LABELLING EMOTIONS

Cut out the face cards and labels to match up.



**Fear**



**Disgust**



**Excitement**



**Surprise**



**Joy**



**Sadness**



**Anger**



**Love/Adoration**



# LABELLING EMOTIONS

You can use this template to layout the labels for your Smileys or draw your own version with the correct label underneath.





# EMOTIONAL OPPOSITES

Match the Smiley with its opposite emotion. Draw lines between them or cut out the cards and match the opposite pairs.

**EXTENSION GAME: MEMORY PAIRS!** If you have two sets of cards printed and cut out, play the Memory Pairs Game where you can collect pairs of the same overturned card - or try opposite pairs of emotions.

Joy



Craving



Satisfaction



Sadness



Anxiety



Excitement



Boredom



Calmness





# ADVANCED EMOTIONAL OPPOSITES

Match the Smiley with its opposite emotion. Draw lines between them or cut out the cards and match the opposite pairs.

**EXTENSION: PLAY BIGGER GAMES!** If you have two sets of these cards, you could add these to the first set of **Emotional Opposites Cards** to play a bigger game of the Memory Pairs Game.

Envy



Triumph



Confusion



Awkwardness



Disgust



Admiration



Pride



Attraction





The rows below show emotions that are related to each other, but they are of different strengths. Can you number the emotions in each group below in order from 1 for the mildest emotion to 4 for the strongest emotion?

## UPSET










## JOY










## ANGER










## AMUSEMENT







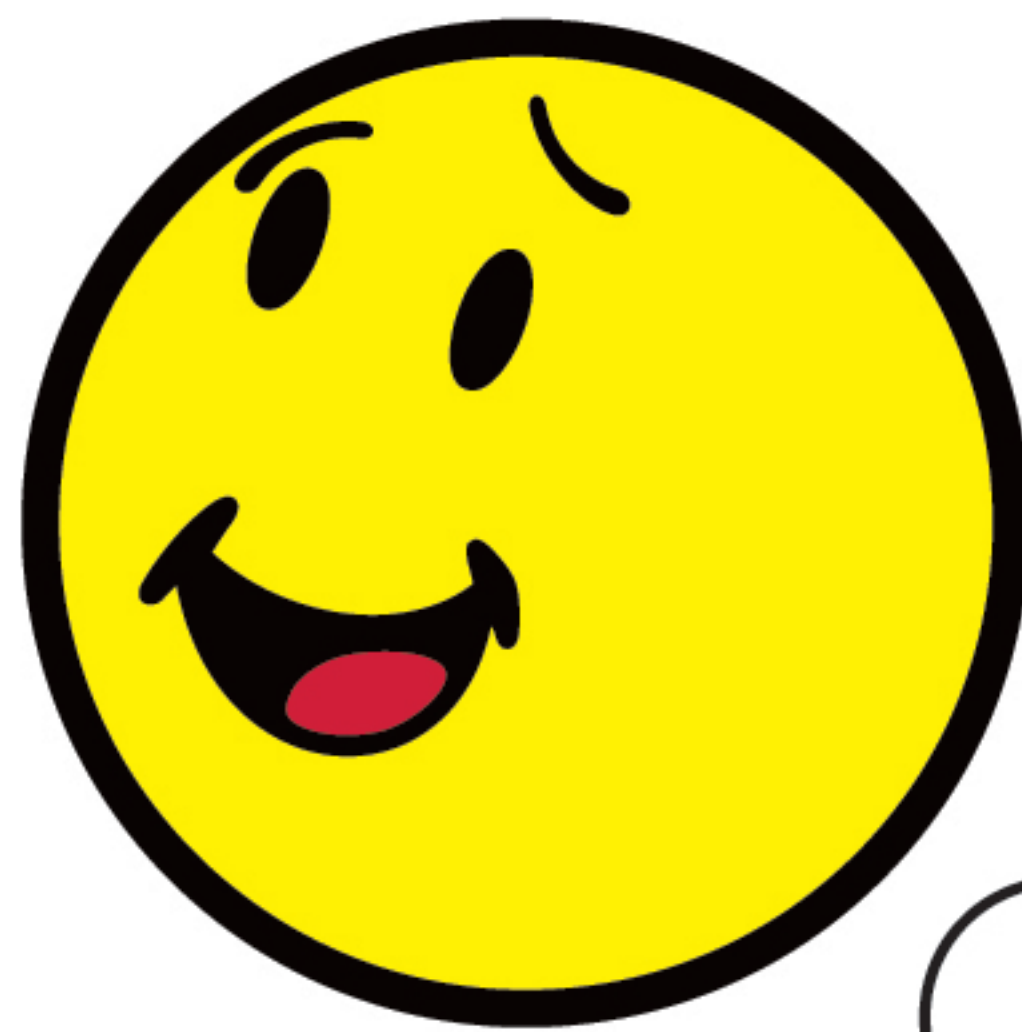




The rows below show emotions that are related to each other, but that show how you can change from a more negative emotion to a more positive one. Can you number the emotions in each group below in order from 1 for the most negative emotion to 4 for the most positive emotion in each row?

## ENVY TO ADMIRATION



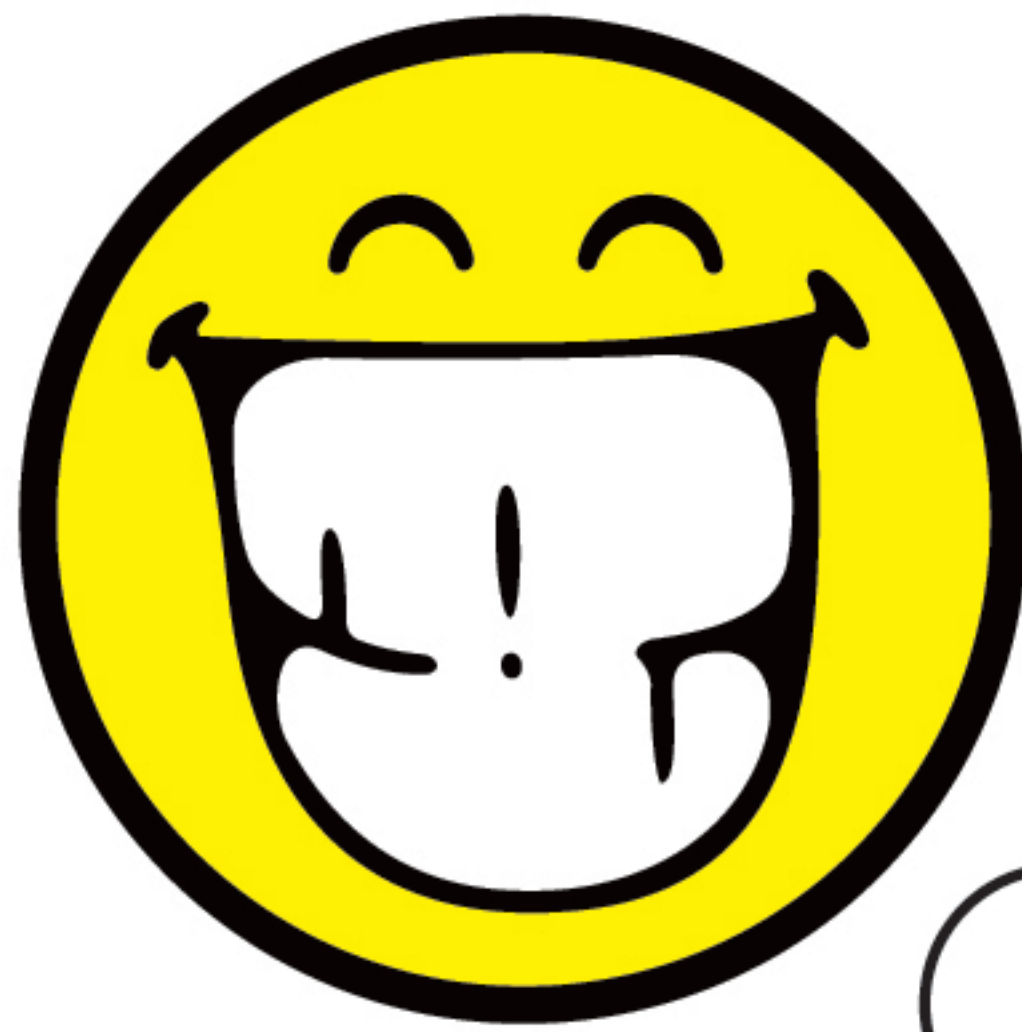







## FEAR TO TRIUMPH

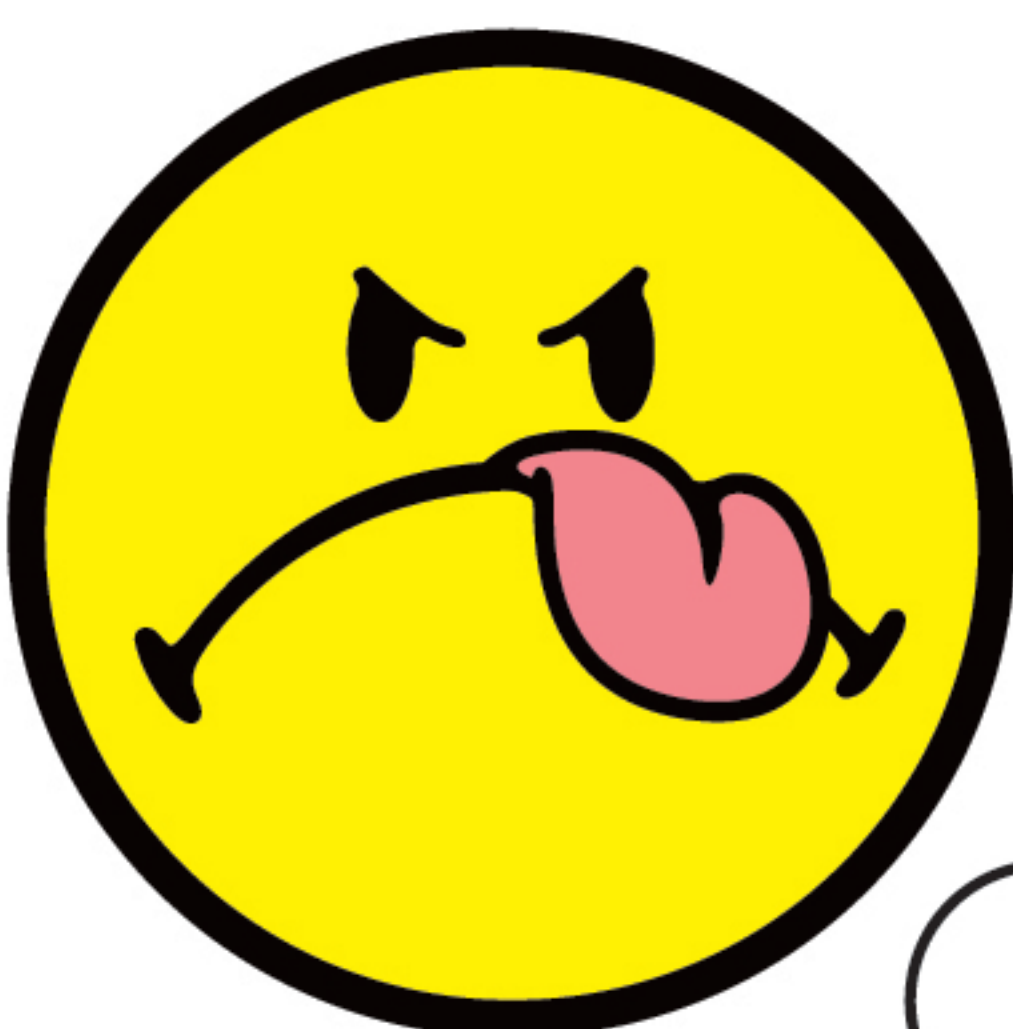


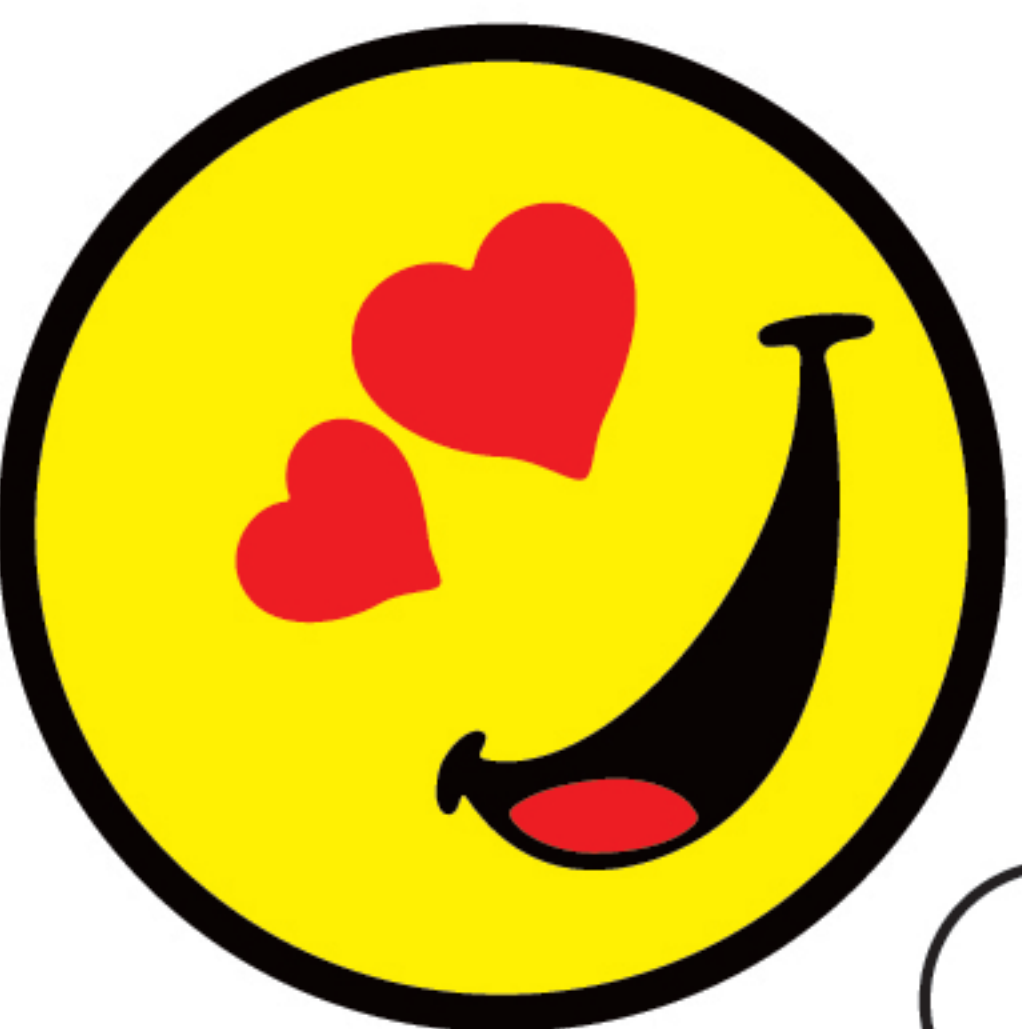







## DISGUST TO ADORATION










## HORROR TO CALM











My name is



To know ourselves better, we can ask people who know us well how they see us. We shouldn't judge ourselves on how we are seen by others, but it can help us understand ourselves better. This exercise asks you to talk to your parents or the people you live with to help you get to know yourself better.

Ask your parents or the people you live with what they think your three best characteristics are.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Also ask them to tell you one quality or character trait you could improve on.

\_\_\_\_\_  
\_\_\_\_\_



DON'T WORRY,  
NOBODY IS PERFECT!  
WE ALL HAVE THINGS  
WE COULD  
WORK ON!



**How can you improve the things you're good at and the things you're not so good at?**

Make a plan to improve one thing in the next week. Perhaps everyone in your family or home could come up with one thing they will work on for the next week? It could be keeping a tidy room, being on time for school or giving more hugs.

My plan is....

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





Emotions come and go. They can change very quickly. So don't worry if you're not feeling great, it won't last!

Draw a Smiley of how you're feeling at each time of day and write 1-3 words from the list at the bottom or add your own! You could be surprised by how many different emotions you feel in a week.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Break							
Lunch							
Mid-afternoon							
Bedtime							

Sad  
Disgusted  
Happy  
Proud  
Anxious  
Angry  
Confident  
Loving  
Excited  
Surprised  
Bored  
Calm  
Confused





Read the passage and fill in the blanks with words from the selection below.

We all experience e\_\_\_\_\_ all the time.

Sometimes we feel lots of d\_\_\_\_\_ emotions all at once. Sometimes we feel b\_\_\_\_\_ emotions that are very strong and sometimes we have small emotions that we don't notice much.

It is okay to feel any emotion, but when we have strong emotions, we need to take care not to h\_\_\_\_\_ other people.

There are \_\_\_\_\_ key emotions that we show on our faces.

Our e\_\_\_\_\_ and mouth can show how we feel as well as our body language and behaviour. But we can't always tell how people are feeling because emotions are c\_\_\_\_\_.

Some emotions have o\_\_\_\_\_, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling h\_\_\_\_\_ us deal with them. Understanding how other people might be feeling helps us have b\_\_\_\_\_ friendships.

**27 big different hurt better emotion  
opposites helps eyes complicated**





Read the passage and fill in the blanks with words from the selection below.

We all experience \_\_\_\_\_ all the time.

Sometimes we feel lots of \_\_\_\_\_ emotions all at once. Sometimes we feel \_\_\_\_\_ emotions that are very strong and sometimes we have small emotions that we don't notice much. It is okay to feel any emotion, but when we have strong emotions, we need to take care not to \_\_\_\_\_ other people.

There are \_\_\_\_\_ key emotions that we show on our faces.

Our \_\_\_\_\_ and mouth can show how we feel as well as our body language and behaviour. But we can't always tell how people are feeling because emotions are \_\_\_\_\_.

Some emotions have \_\_\_\_\_, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling \_\_\_\_\_ us deal with them. Understanding how other people might be feeling helps us have \_\_\_\_\_ friendships.



**27   big   different   hurt   better   emotion  
opposites   helps   eyes   complicated**





Read the passage and fill in the blanks with words you think fit best.

We all experience \_\_\_\_\_ all the time.

Sometimes we feel lots of \_\_\_\_\_ emotions all at once. Sometimes we feel \_\_\_\_\_ emotions that are very strong and sometimes we have small emotions that we don't notice much. It is okay to feel any emotion, but when we have strong emotions, we need to take care not to \_\_\_\_\_ other people.

There are \_\_\_\_\_ key emotions that we show on our faces.

Our \_\_\_\_\_ and mouth can show how we feel as well as our body language and behaviour. But we can't always tell how people are feeling because emotions are \_\_\_\_\_.

Some emotions have \_\_\_\_\_, like joy and sadness, but not all emotions have an opposite.

Knowing what emotions we are feeling \_\_\_\_\_ us deal with them. Understanding how other people might be feeling helps us have \_\_\_\_\_ friendships.





HOW MANY  
CAN YOU  
RECOGNISE?

# THE 27 KEY EMOTIONS



Admiration



Adoration



Aesthetic  
Appreciation



Amusement



Anger



Anxiety



Attraction



Awe



Awkwardness



Boredom



Calmness



Confusion



Craving



Disgust



Empathetic  
Pain



Enchantment



Excitement



Fear



Horror



Interest



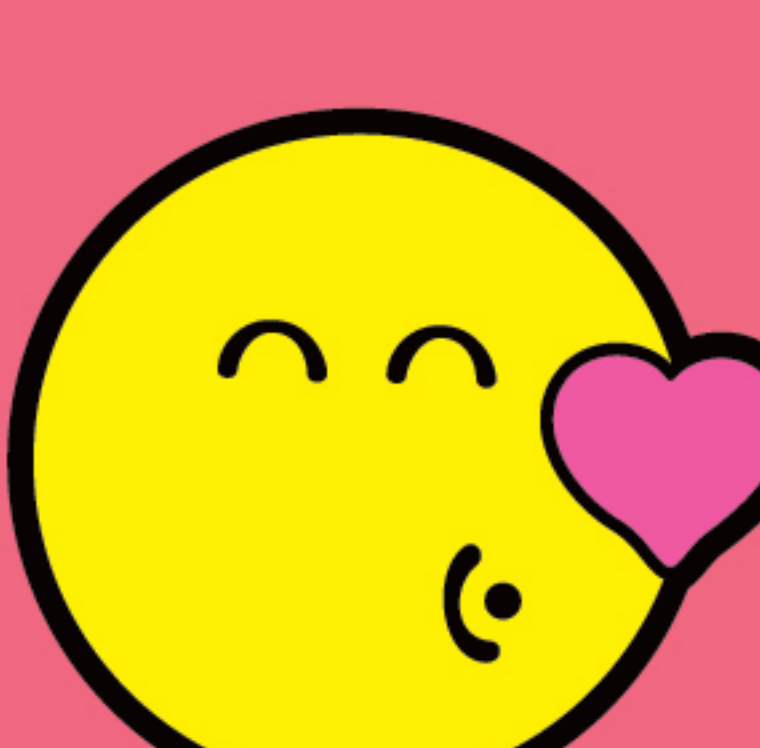
Joy



Pride



Relief



Romance



Sadness



Satisfaction



Surprise

THE  
HAPPIER  
SCHOOLS  
PROJECT



Save the  
Children

EMOTICONS  
FOR A  
SMILEY  
WORLD®



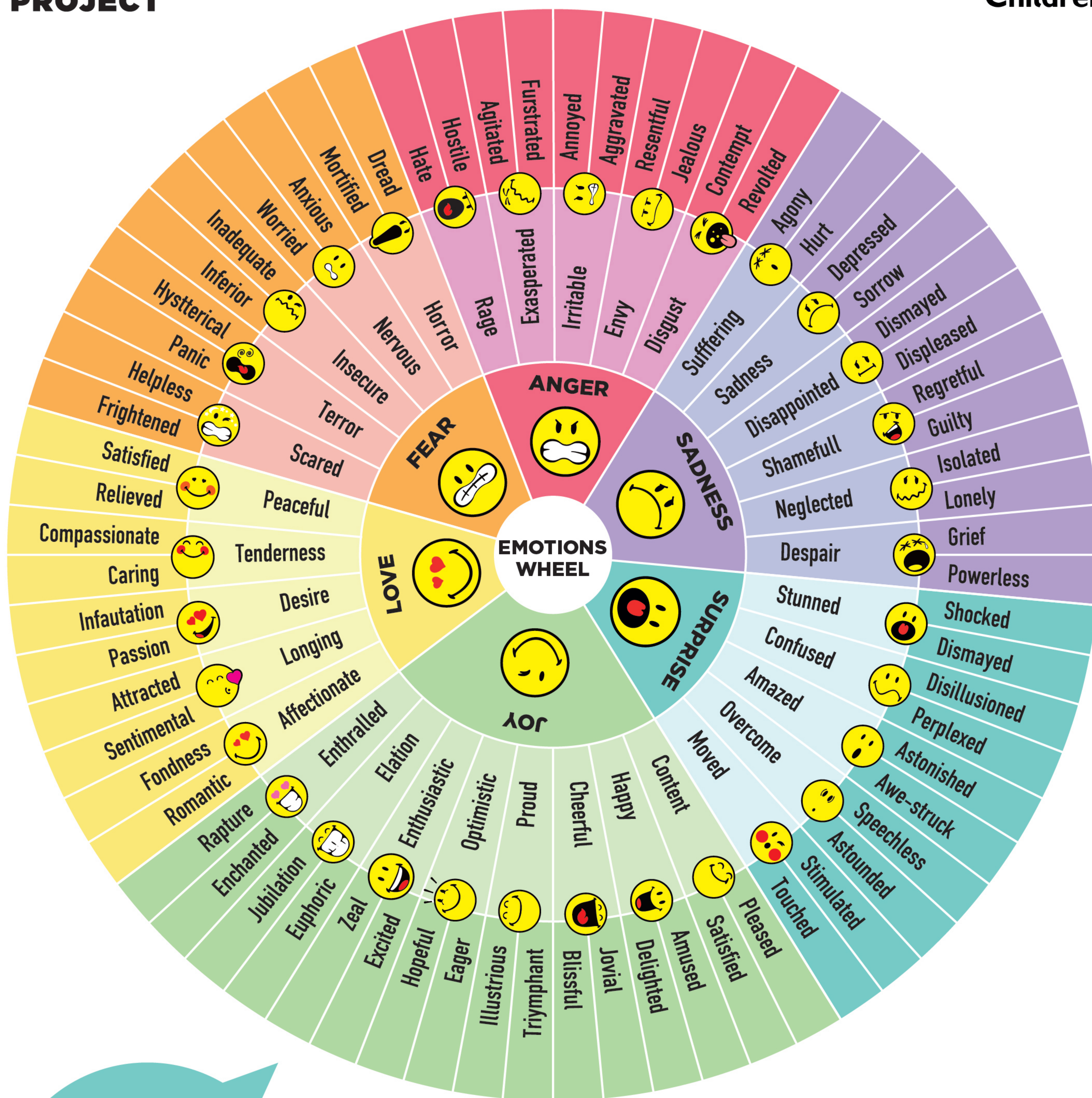
# HOW DO YOU FEEL?

Sometimes we feel lots of emotions all at once. It's easier to deal with our emotions when we know what they are called and where they come from.

# THE HAPPIER SCHOOLS PROJECT



# Save the Children













**THIS  
EMOTIONS  
WHEEL CAN HELP  
YOU IDENTIFY LOTS  
OF DIFFERENT  
EMOTIONS YOU MIGHT  
BE FEELING. HOW  
MANY CAN YOU  
RECOGNISE?**

# EMOTICONS FOR A SMILEY WORLD®



# CASEL FRAMEWORK CHART

The CASEL Framework is made up of 5 abilities we can all develop and improve on. These life skills help us learn about and manage our own emotions and understand and empathise with others, which helps us have better friendships and relationships. Learning to manage ourselves, our relationships and our time helps us have happier, more successful lives.

CORE COMPETENCY	DEFINITION	ASSOCIATED SKILLS
 Self-awareness 	The ability to accurately recognise one's own emotions, thoughts and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.	<ul style="list-style-type: none"> <li>Identifying emotions</li> <li>Accurate self-perception</li> <li>Recognising strengths</li> <li>Self-confidence</li> <li>Self-efficacy</li> </ul>
 Self-management 	The ability to successfully regulate one's emotions, thoughts and behaviours in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work towards personal and academic goals.	<ul style="list-style-type: none"> <li>Impulse control</li> <li>Stress management</li> <li>Self-discipline</li> <li>Self-motivation</li> <li>Goal setting</li> <li>Organisational skills</li> </ul>
 Social awareness 	The ability to take the perspective of and empathise with others. The ability to understand social and ethical norms for behaviour and to recognise family, school and community resources and supports.	<ul style="list-style-type: none"> <li>Understanding emotions</li> <li>Empathy/sympathy</li> <li>Appreciating diversity</li> <li>Respect for others</li> </ul>
 Relationship skills 	The ability to establish and maintain healthy relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.	<ul style="list-style-type: none"> <li>Communication</li> <li>Social engagement</li> <li>Relationship building</li> <li>Teamwork</li> </ul>
 Responsible decision making 	The ability to make constructive choices about personal behaviour and social interactions. The realistic evaluation of consequences of various actions and a consideration of the wellbeing of oneself and others.	<ul style="list-style-type: none"> <li>Identifying problems</li> <li>Analysing solutions</li> <li>Solving problems</li> <li>Evaluating</li> <li>Reflecting</li> <li>Ethical responsibility</li> </ul>

**THE  
HAPPIER  
SCHOOLS  
PROJECT**



**Save the  
Children**



**EMOTICONS  
FOR A  
SMILEY  
WORLD®**



It has been discovered that there are 27 Key Emotions we show on our faces more than any others. These key emotions are shown below. How many do you think you show in a day?

1. Can you make your face look like the emotions on these Smileys?
2. How might people sound or speak in these states?
3. What might people's body posture and movements look like in these states?



**Admiration**



**Adoration**



**Aesthetic  
Appreciation**



**Amusement**



**Anger**



**Anxiety**



**Attraction**



**Awe**



**Awkwardness**



**Boredom**



**Calmness**



**Confusion**



**Craving**



**Disgust**



**Empathetic  
Pain**



**Enchantment**



**Excitement**



**Fear**



**Horror**



**Interest**



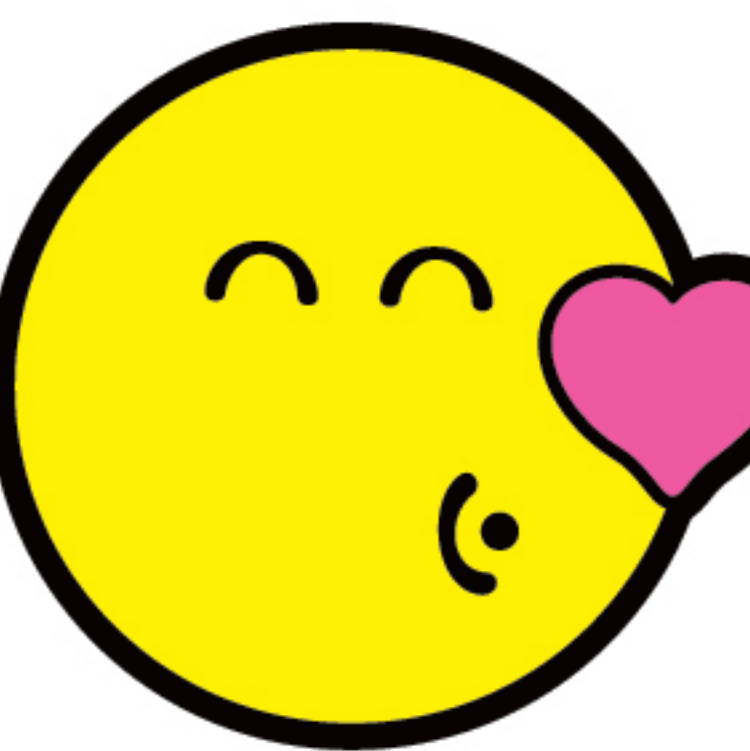
**Joy**



**Pride**



**Relief**



**Romance**



**Sadness**



**Satisfaction**



**Surprise**

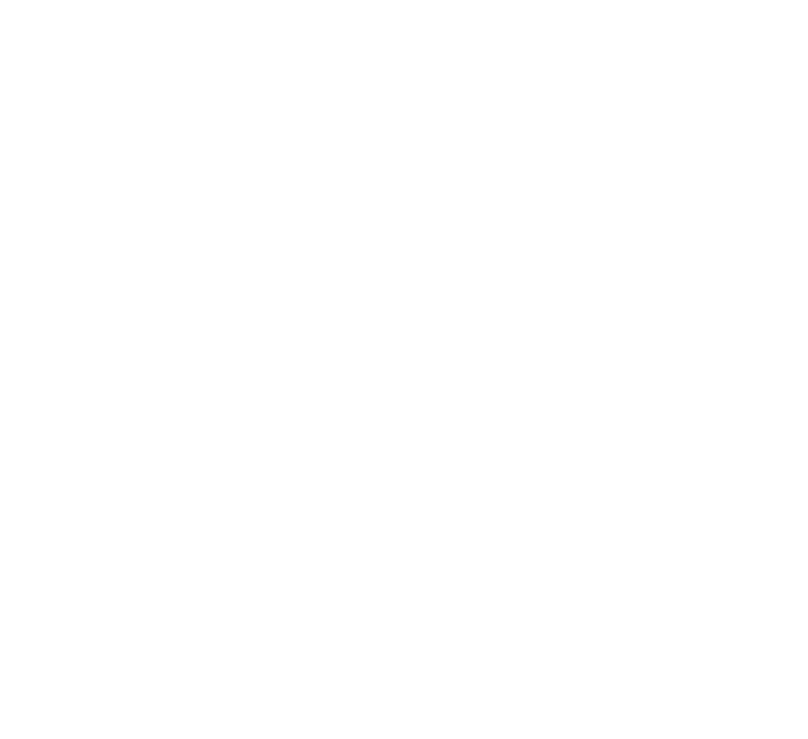
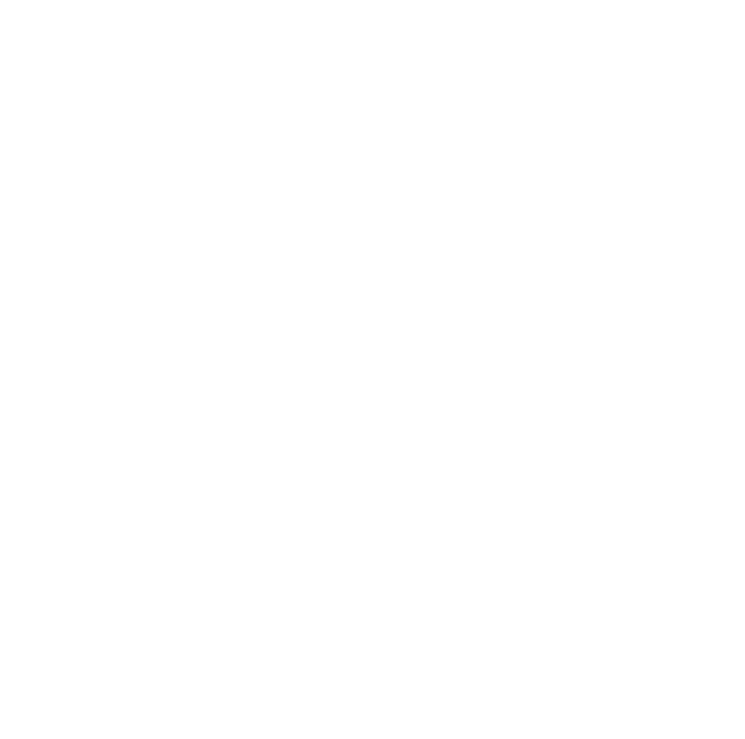
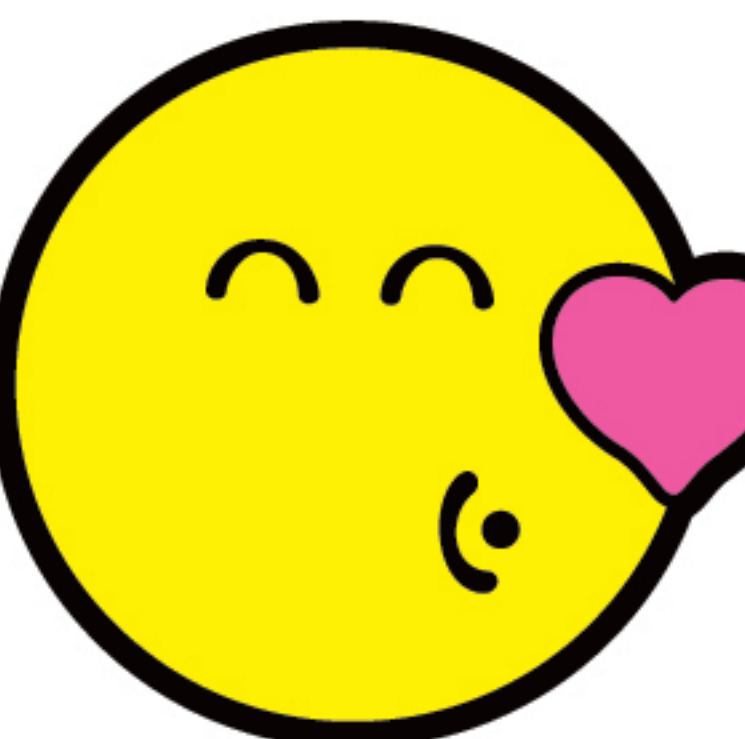




# EXPLORING EMOTIONS

## DISCOVERING THE 27 KEY EMOTIONS
























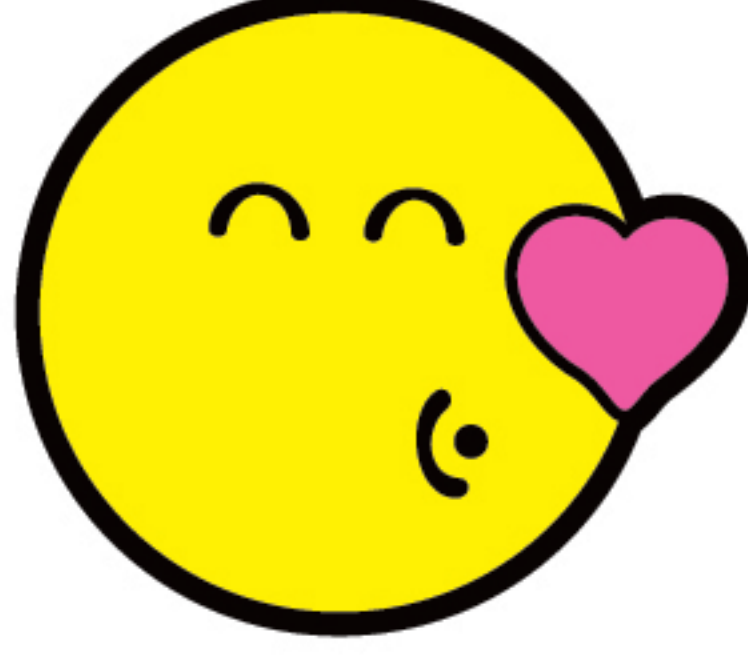



It has been discovered that there are 27 Key Emotions we show on our faces more than any other. These key emotions are shown below. What do you think these emotions are? Can you name them? Remember that the same emotion may have more than one name.





# THE 27 KEY EMOTIONS CARDS

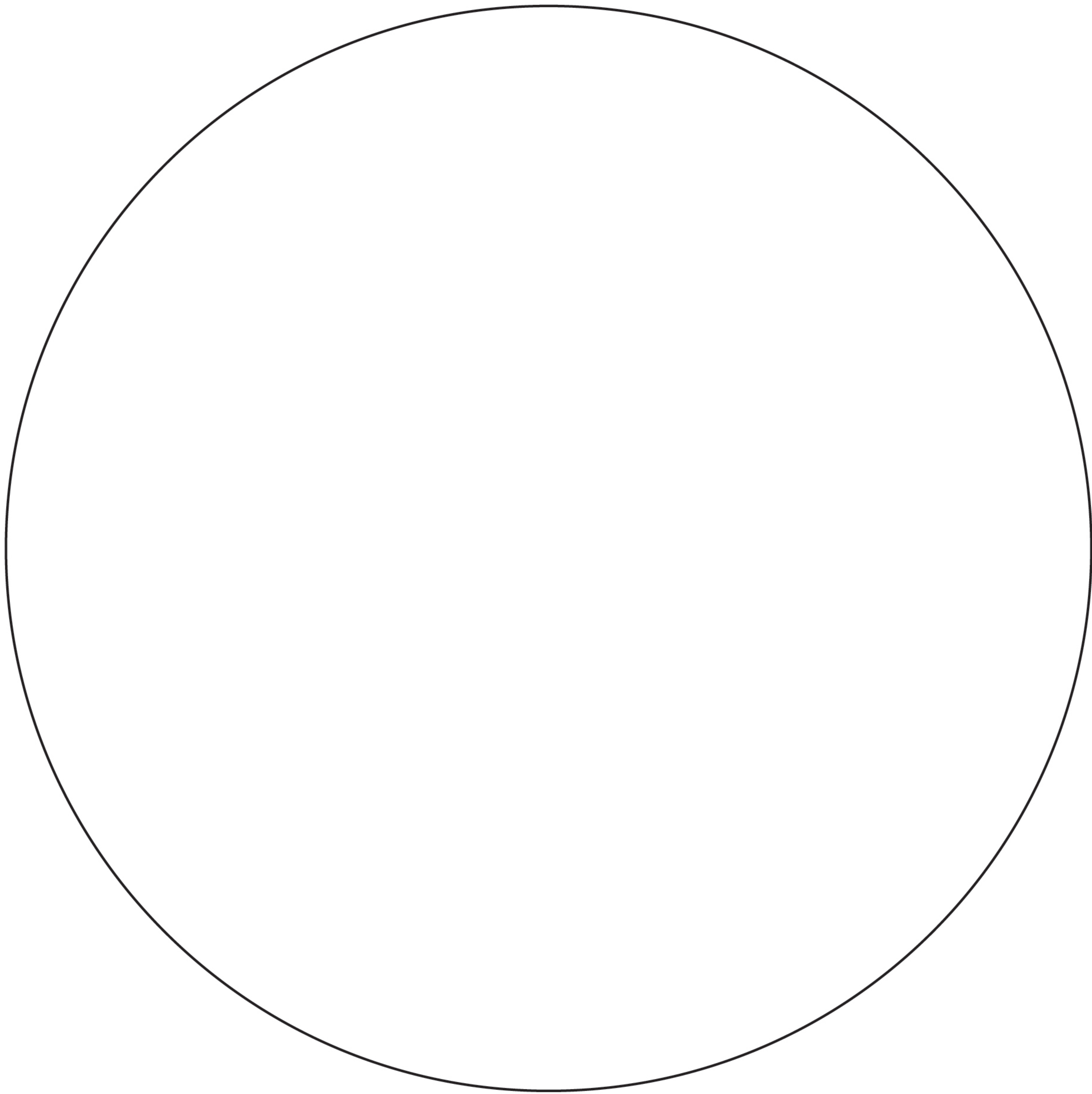
Use these cards in the Face Race lesson or print out two copies of these cards to play the Memory Pairs game or Snap.

 <b>Admiration</b>	 <b>Adoration</b>	 <b>Aesthetic Appreciation</b>	 <b>Amusement</b>	 <b>Anger</b>
 <b>Anxiety</b>	 <b>Attraction</b>	 <b>Awe</b>	 <b>Awkwardness</b>	 <b>Boredom</b>
 <b>Calmness</b>	 <b>Confusion</b>	 <b>Craving</b>	 <b>Disgust</b>	 <b>Empathetic Pain</b>
 <b>Enchantment</b>	 <b>Excitement</b>	 <b>Fear</b>	 <b>Horror</b>	 <b>Interest</b>
 <b>Joy</b>	 <b>Pride</b>	 <b>Relief</b>	 <b>Romance</b>	 <b>Sadness</b>
 <b>Satisfaction</b>	 <b>Surprise</b>			

SAVE EACH  
SET OF CARDS  
IN AN ENVELOPE  
LABELLED WITH  
THE NAME OF THE  
ACTIVITY FOR  
EASY REUSE



Draw your feelings to make your own Smiley face. Write your name and the emotion you are feeling underneath.



My name is \_\_\_\_\_

I am feeling \_\_\_\_\_

