

**Super Simple
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SEE IT!

Identify the emotion on an emotion chart.

SEE IT!

Explain what a person's body might look like when they feel this emotion.

SEE IT!

Explain how someone might hold their hands when they feel this emotion.

SEE IT!

Explain what someone might do with their feet when they feel this emotion.

SEE IT!

Explain what someone's face might look like when they feel this emotion.

SEE IT!

Tell about a time you saw this emotion in someone else and what they looked like.

SEE IT!

Talk about a T.V. show or a movie where you saw this emotion. What did the characters look like?

SEE IT!

Ask someone to use their face to make different emotions. Stop them when they get to this emotion.

SEE IT!

Stand face-to-face with someone. As they act out this emotion, mirror it back to them.

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SEE IT!

Draw a picture of what a person's face looks like with this emotion.

SEE IT!

Compare how someone's face looks with they feel this emotion compared to the opposite emotion.

SEE IT!

What color do you associate with this emotion?

SEE IT!

Explain what someone's eyes might look like when they feel this emotion.

SEE IT!

Explain what someone's mouth might look like when they feel this emotion.

SEE IT!

Name a different emotion that you might mistake for this emotion if you saw someone expressing it.

SEE IT!

SEE IT!

SEE IT!

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SAY IT!

Name a similar emotion.

SAY IT!

Name a situation when someone might feel this emotion.

SAY IT!

Name a similar emotion more intense than this emotion.

SAY IT!

Name a similar emotion less intense than this emotion.

SAY IT!

Name the opposite emotion.

SAY IT!

Describe this emotion in three words.

SAY IT!

What is another way to say this emotion?

SAY IT!

How would you describe this emotion to an alien who has never felt it?

SAY IT!

Complete the sentence with this emotion: "When I feel _____, I like to _____."

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SAY IT!

How would you define this emotion?

SAY IT!

Would you describe this emotion as pleasant or unpleasant? Why?

SAY IT!

Would you describe this emotion as helpful or unhelpful? Why?

SAY IT!

What type of experience might result in this type of emotion?

SAY IT!

Name an emotion that is often felt at the same time as this emotion.

SAY IT!

What category of emotions does this emotion fit best in (Happy, Mad, Sad, Glad, Afraid or Other)?

SAY IT!

SAY IT!

SAY IT!

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FEEL IT!

Describe how your belly feels when you experience this emotion.

FEEL IT!

Describe how your head feels when you experience this emotion.

FEEL IT!

Describe how your shoulders feel when you experience this emotion.

FEEL IT!

Describe how your legs feel when you experience this emotion.

FEEL IT!

Describe how your arms feel when you experience this emotion.

FEEL IT!

Describe how your muscles feel when you experience this emotion.

FEEL IT!

Describe how your heart feels when you experience this emotion.

FEEL IT!

Describe how your back feels when you experience this emotion.

FEEL IT!

Describe how your face feels when you experience this emotion.

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FEEL IT!

Does this emotion tend to make your body feel hotter, colder or neither?

FEEL IT!

Does this emotion tend to make your muscles more tense, more relaxed or neither?

FEEL IT!

Describe how your hands feels, or what they might be doing, when you experience this emotion.

FEEL IT!

What are some signs your body gives you that you are about to feel this emotion?

FEEL IT!

Describe how your feet feel, or what they might be doing, when you experience this emotion.

FEEL IT!

What can you do with your body to help when you are feeling this emotion?

FEEL IT!

FEEL IT!

FEEL IT!

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MIMIC IT!

Act out the emotion using words.

MIMIC IT!

Act out the emotion without using words.

MIMIC IT!

Act out the emotion using only your face.

MIMIC IT!

Act out the emotion without using your face.

MIMIC IT!

Act out the emotion using your face while your body does the opposite emotion.

MIMIC IT!

Act out a situation with a friend that involves this emotion.

MIMIC IT!

Act out a conversation with an adult about this emotion. Be both the adult and the child.

MIMIC IT!

Act out the emotion as your favorite animal.

MIMIC IT!

Act out the emotion as your favorite super hero.

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MIMIC IT!

Act out the emotion using your body while your face does the opposite emotion.

MIMIC IT!

Act out a time a parent or other grown up in your life has felt this emotion.

MIMIC IT!

Hum the tune of Row Row Row Your Boat as if you are feeling this emotion.

MIMIC IT!

Hum the tune of your favorite song as if you are feeling this emotion.

MIMIC IT!

What would it sound and look like if you were experiencing this emotion in your dreams and snoring?

MIMIC IT!

What would it look like if a baby was experiencing this emotion?

MIMIC IT!

MIMIC IT!

MIMIC IT!

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TALK ABOUT IT!

Talk about a time when you experienced this emotion.

TALK ABOUT IT!

Talk about what helped you last time you felt this emotion.

TALK ABOUT IT!

Talk about what happened one time to make you feel this emotion.

TALK ABOUT IT!

Why do you think you sometimes feel this emotion?

TALK ABOUT IT!

Would you like to feel this emotion more or less?

TALK ABOUT IT!

Who is somebody you could talk to about it next time you feel this emotion?

TALK ABOUT IT!

Why do you think this emotion exists?

TALK ABOUT IT!

In what ways can this be a helpful emotion?

TALK ABOUT IT!

In what ways can this be a harmful emotion?

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TALK ABOUT IT!

Does feeling this emotion usually make you feel good or bad? Why?

TALK ABOUT IT!

How often would you say you experience this emotion? Would you like it to be more or less often?

TALK ABOUT IT!

Tell a story titled, "My Very *[Insert Name of Emotion]* Day." It can be based on real events or made up.

TALK ABOUT IT!

Do you feel like this is an emotion you feel more often than other people do? Why or why not?

TALK ABOUT IT!

When you have felt this emotion in the past, what did you do well in terms of handling it?

TALK ABOUT IT!

When you have felt this emotion in the past, what could you have done better in terms of handling it?

TALK ABOUT IT!

TALK ABOUT IT!

TALK ABOUT IT!
