

BOUNCEBACKABILITY



1. Understanding our Emotions

Understanding our Emotions

Emotions, or feelings, can change all the time.

We *all* experience a whole range of emotions, from anger to happiness to fear.

Let's begin by looking
at different emotions.

In your groups, can you decide which emotion you think is
being displayed by each character? Pick the closest adjective
around the edge, or you might like to think of your own.

There are no right
or wrong answers
– just say what
you think!



excitement

tiredness

fury

happiness

passion

sadness

jealousy

sorrow

anger

shyness

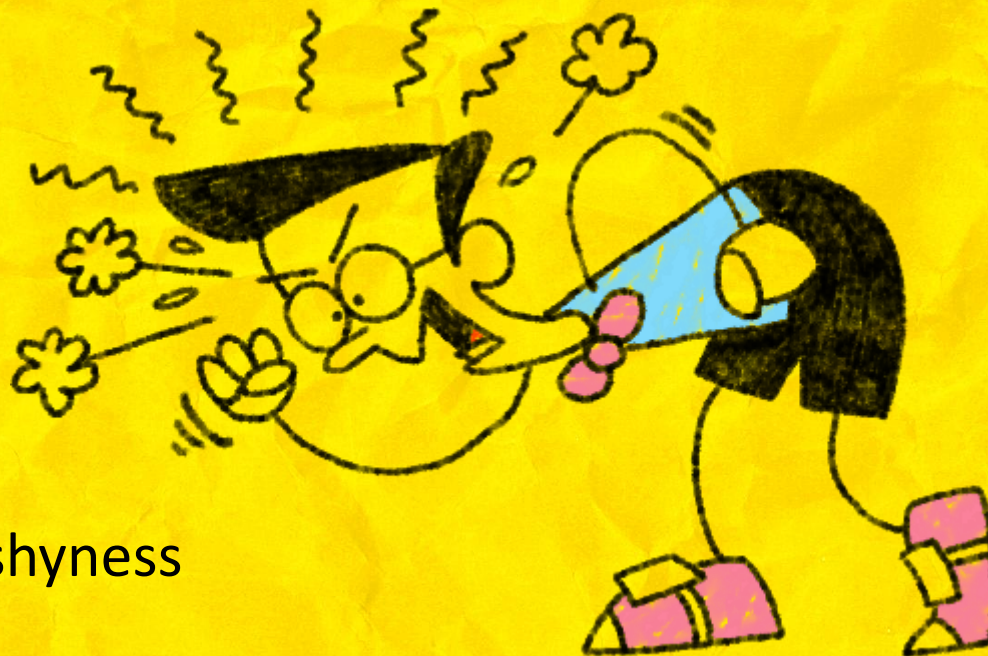
fear

guilt

surprise

rage

boredom



nervousness

excitement

happiness

shock

jealousy

fear

loved

anger



sadness

sorrow

unease

surprise

regret

guilt

boredom

confusion

excitement

shock

happiness

elation

fear

jealousy

sorrow

nervousness

shyness

sadness

surprise

guilt

boredom



tiredness

excitement

apprehension

sadness

jealousy

anxiety

happiness

worry

sorrow

anger

surprise

panic

fear

guilt

doubt



joy

tiredness

happiness

despair

sadness

apprehension

anxiety

jealousy

anger

sorrow

doubt

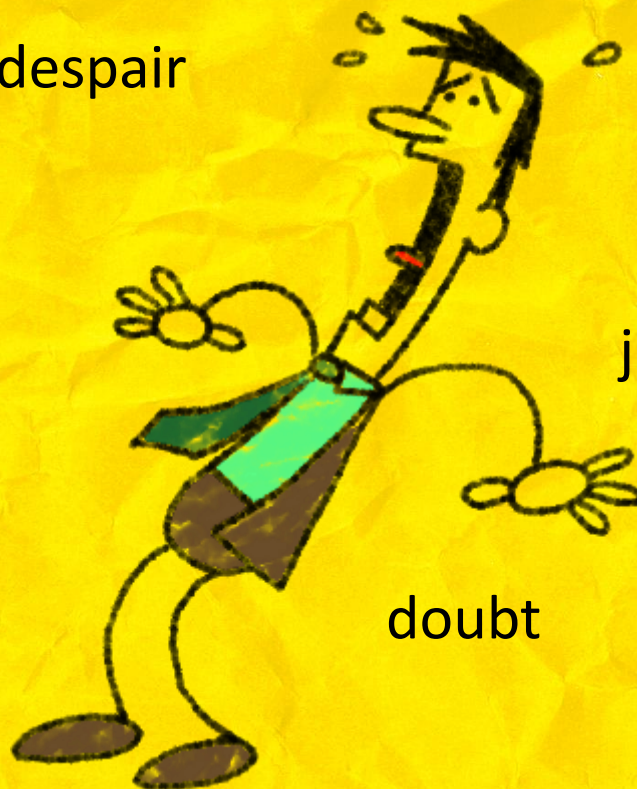
surprise

panic

dread

fear

guilt



tiredness

happiness

joy

despair

hopelessness

sadness

anxiety

jealousy

anger

anguish

sorrow

surprise

misery

dread

guilt

doubt



annoyance

happiness

tiredness

anxiety

anger

sadness

jealousy

sorrow

irritability

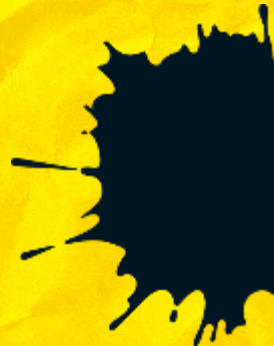
shyness

boredom

guilt

worry

fear



Now go through the PowerPoint again. Do you all agree on which emotion each character is displaying?

What clues were there to help you decide?

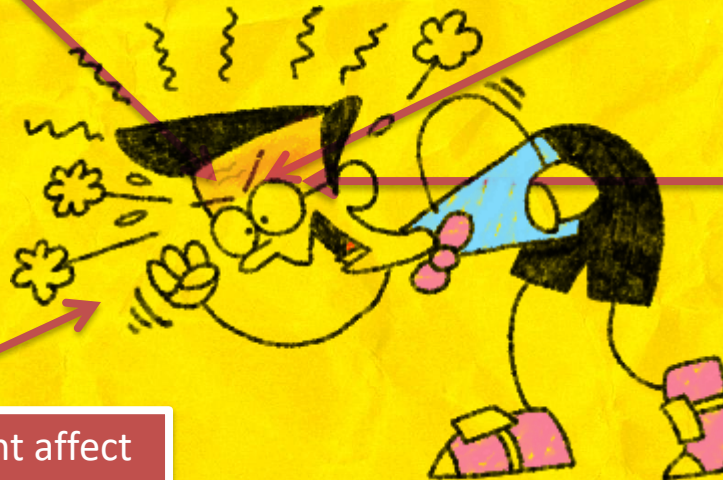
Try to look at the character's facial expressions as well as their body language.

Look at this example:

When we're **angry**, **furious** or full of rage, our faces might look a little red

Our eyebrows are pulled downwards

We might get lines on our foreheads



Our angry feelings might affect our behaviour and cause us to clench our fists and wave our arms about

WELL DONE!

