

## Worksheet – Activity 2 – Recognising & naming emotions

Step 1: Understanding the role of emotions (Option 2)



### Instructions:

#### Group activity – Draw, Talk, Write, Share

Reflect on and discuss the following question:

**“Imagine what the world be like if humans didn’t have emotions. What would this world look like?”**

#### Imagine...

- What would sports games and competitions look like in this world?
- What would our reaction to music be? What would our reaction to art be?
- What would relationships with others be like?

*Working in your group, write/draw or doodle below what you think the world would be like if humans didn't have emotions. **Be as creative as you like!***

Name: \_\_\_\_\_ Date: \_\_\_\_\_



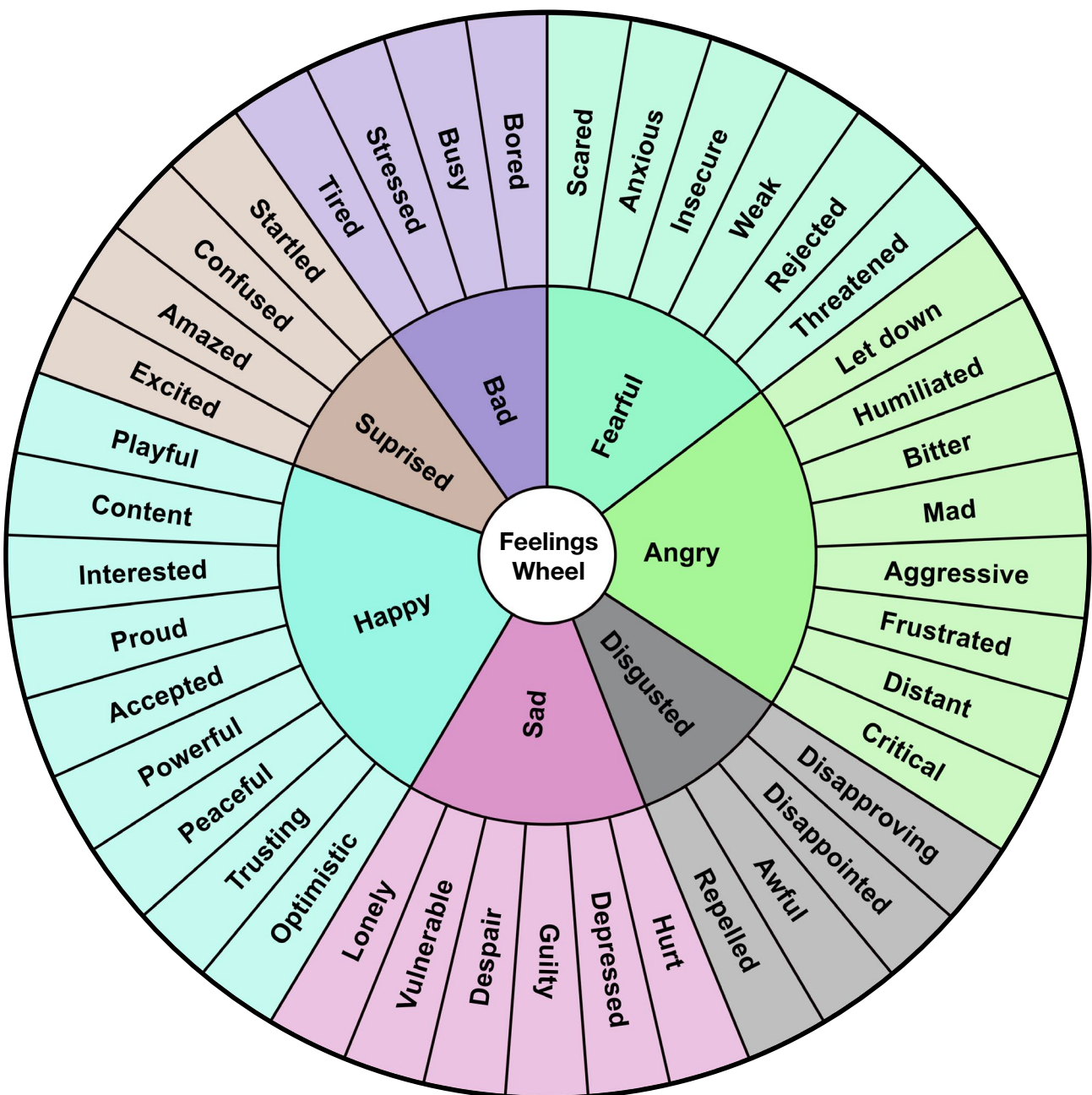
## Worksheet – Activity 2 – Recognising & naming emotions

Step 2: Expanding emotional vocabulary

Name: \_\_\_\_\_ Date: \_\_\_\_\_

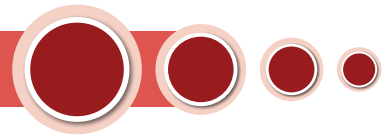
### Instructions:

Your teacher will play a video for you to watch. While the video is playing, circle/highlight the emotions that you identify in the clip, using the **Feelings Wheel**\* below.



The **Feelings Wheel** is adapted from an idea by Dr Gloria Wilcox (1982)\*





## Worksheet – Activity 2 – Recognising & naming emotions

### Step 3: Noticing pleasant emotions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### **Instructions:**

Think of a day where everything is going really well for you. Vividly think about the emotions that you associate with this day.

#### **Write or Draw below:**

1. What is so pleasant about this day?

2. Who are you with, what are you doing during these moments?

3. Describe the emotions you are feeling during this day. Where are you feeling these emotions in your body?

4. How strong are these emotions?

