



EMOTIONS

I can understand my
emotions and care about
others.

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My Emotions

HOW DO I FEEL RIGHT NOW?



Aggressive



Angry



Anxious



Ashamed



Bashful



Bored



Cautious



Confident



Confused



Curious



Depressed



Determined



Disappointed



Disbelieving



Disgusted



Ecstatic



Embarrassed



Enraged



Envious



Exasperated



Exhausted



Frightened



Frustrated



Grieved



Guilty



Happy



Hopeful



Hurt



Indifferent



Interested



Jealous



Joyful



Lonely



Loved



Loving



Miserable



Optimistic



Overwhelmed



Pained



Puzzled



Regretful



Relieved



Sad



Satisfied



Shocked



Shy



Smug



Sorry



Stubborn



Stupid



Surprised



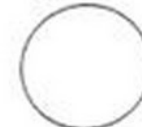
Suspicious

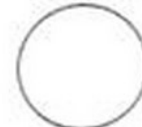


Thoughtful



Withdrawn





Cleansing The Temple



Carl Bloch (1834-1890), "The Cleansing of the Temple" (Public Domain)

Stop * Think * Act



Each Kindness

Now that you know what happens at the end of the story, what would you do differently if you were Chloe?

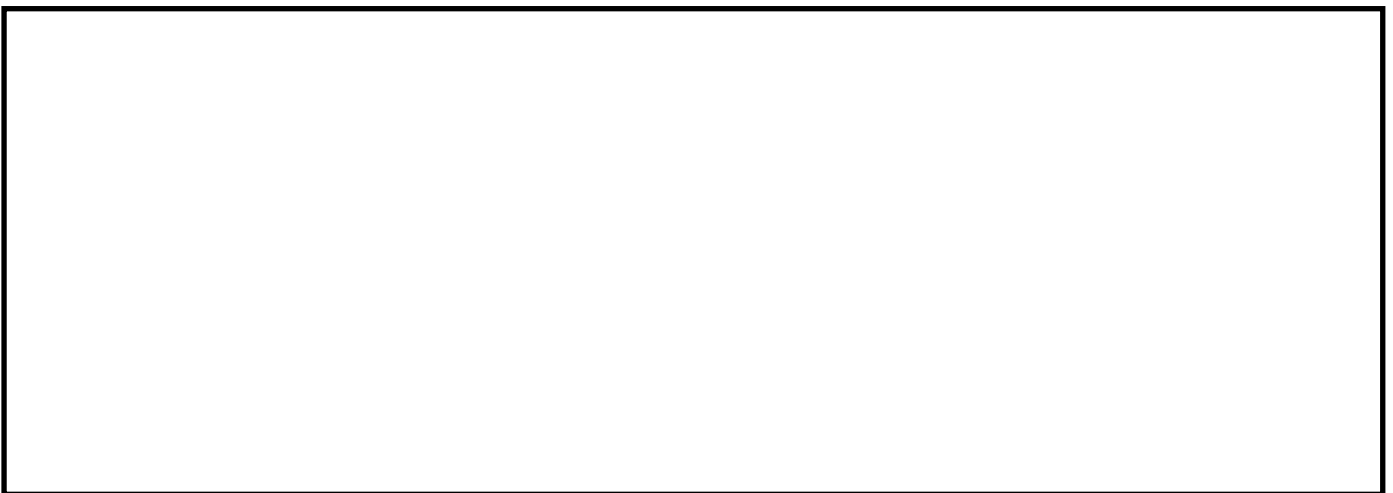
(Write or draw you answer here.)



"This is what kindness does, each little thing we do goes out, like a ripple, into the world."

What will you do to start the kindness ripple in your class, home, sports team, or church?

(Write or draw you answer here.)



“This is what kindness does, each little thing we do goes out, like a ripple, into the world.”

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for practice.

Visiting Emotions

WHERE IS THE EMOTION VISITING?

Is it inside your belly or close to your heart?

Is it heavy on your back or in your mind way up far?

HOW DOES THE EMOTION LOOK?

Is it small or is it big?

Short, medium, or tall?

Does it shine or is it cloudy and dark?

What colors fill it, if it has color at all?

HOW DOES THE EMOTION FEEL?

Is it heavy or light?

Soft, hard, or fuzzy?

Hot or is it cold?

Sharp, smooth, or bumpy?

Is it a faint feeling or does it take hold?

HOW DOES THE EMOTION SOUND?

Is it yelling loud or whispering?

Is it fierce, confident, or shy?

Does it speak to you clearly?

Or does its voice quietly fade by?

WHAT IS THE EMOTION SAYING?

Is it reminding you of something you know deep within?

Is it telling you something new?

What message is it delivering to brave and kind you?

--Author Unknown (inspired by the book: *Visiting Feelings*)

Emotions: I can understand my emotions
and care about others.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated five times.

Emotions: I can understand my emotions and care about others.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line for each row.

Emotions Quotes

If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.

-Daniel Goleman

No one cares how much you know, until they know how much you care.

-Theodore Roosevelt

Anyone can be angry--that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way--that is not easy.

-Aristotle

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia

Whatever is begun in anger, ends in shame.

-Benjamin Franklin

It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart over head--it is the unique intersection of both.

-David Caruso

When you listen with empathy to another person, you give that person psychological air.

-Stephen R. Covey

Scriptures for Emotions

1 Corinthians 10:13 - There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it].

Proverbs 16:32 - [He that is] slow to anger [is] better than the mighty; and he that ruleth his spirit than he that taketh a city.

Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

2 Peter 1:5-9 - And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make [you that ye shall] neither [be] barren nor unfruitful in the knowledge of our Lord Jesus Christ. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.

Philippians 4:13 - I can do all things through Christ which strengtheneth me.

Ephesians 4:26-27 - Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.

Proverbs 12:16 - A fool's wrath is presently known: but a prudent [man] covereth shame.

1 John 2:16 - For all that [is] in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

Romans 8:28 - And we know that all things work together for good to them that love God, to them who are the called according to [his] purpose.

Luke 6:45 - A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

Books for Emotions

Picture Books

- *Visiting Feelings*, by Lauren J. Rubenstien
- *The Way I Feel*, by Jana Cain
- *The Boy with Big, Big Feelings*, by Britney Winn Lee
- *In My Heart: A Book of Feelings*, by Jo Witek
- *Have You Filled a Bucket Today*, by Carol McCloud
- *Come With Me*, by Holly M. McGhee
- *The Rabbit Listened*, by Cori Doerrfeld
- *How to Be a Lion*, by Ed Vere
- *Hey, Little Ant*, by Phillip and Hannah Hoose
- *Adrian Simcox Does NOT Have a Horse*, by Marcy Campbell
- *The Smallest Girl in the Smallest Grade*, by Justin Roberts
- *Last Stop on Market Street*, by Matt de la Pena
- *Pease Is an Offering*, by Annette LeBox
- *Breathe Like a Bear*, by Kira Willey
- *Fred's Big Feelings*, by Laura

Chapter Books

- *Wonder*, by R.J. Palacio
- *The War That Saved My Life*, by Kimberly Bradley
- *Ms. Bixby's Last Day*, by John David Anderson
- *Joey Pigza Swallowed the Key*, by Jack Gantos
- *El Deafo*, by Cece Bell
- *Ugly*, by Robert Hoge
- *Paperboy*, by Vince Vawter
- *Counting by 7's*, by Holly Sloan
- *Lost in the Sun*, by Lisa Graff
- *Mockingbird*, by Kathryn Erskine
- *Rules*, by Cynthia Lord
- *Bluish*, by Virginia Hamilton
- *Stargirl*, by Jerry Spinelli
- *A Long Walk to Water*, by Linda Park

Emotions Hymn Study

Complete the following hymn study routine for “Come Thou Fount of Every Blessing”

(This hymn is public domain. Simply Google the title for music and words. A link to a pdf copy is on the blog under Habits of Friendship, links for Emotions.)

1. Copy the words to the hymn in your best handwriting. Write each verse on its own stanza.
2. Google the hymn title and read about the history of the hymn. Write/narrate a short summary of the history.
3. Sing all the verses of the hymn.
4. If you play an instrument, learn to play the hymn.
5. Talk about what this hymn teaches you about emotions and empathy.