



Name: _____ Date: _____

Emotion Squares

Everyone expresses feelings in different ways. It is important to know how you deal with feelings so that you can recognize them when you have them. Use the table below to write what happens to you when you experience each emotion.

Emotion	What I say and do	How my body looks and feels
Annoyed		
Happy		
Worried		
Excited		
Frightened		
Angry		
Bored		





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Make a Word Cloud

Let's find out how our class is feeling today. Using words from the word bank or your own, write down four words that describe how you are feeling. Then decide which word best describes your feelings right now and use it to complete the sentence. Your teacher will use your word to create a word cloud. A word cloud shows which words are used most frequently.

WORD BANK			
angry	annoyed	bored	calm
confident	confused	embarrassed	excited
frustrated	inspired	jealous	lonely
loved	neutral	proud	sad

1. _____

3. _____

2. _____

4. _____

Today, I am feeling _____ because _____





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Self-Assessment

1. One of the things I like about school is _____

2. One thing I don't like about school is _____

3. I am doing a really good job of _____

4. I need to do a better job of _____

5. I think I have really improved at _____

6. I think my friends are _____

7. Others would say I am _____

8. Something I'd like you to know about me is _____





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Make a Difference!

Think about ways that you might help bring about positive change. Use this page to make an action plan. If you are able to, put your plan into action.

1. Describe a problem in your school or community or beyond that you would like to help solve.

2. Put a check mark next to the category this problem falls into.

local or school state national global

3. Explain why you care about this problem.

4. Describe how you might help address the problem. Break your plan into small steps.

5. List some groups or people who could help you put your plan into action.

6. Tell who would benefit from your efforts and how they would benefit.

