

Activity 2: Evaluating Feelings

Topic: When do I feel certain emotions?

Instructions: Express and evaluate your feelings by writing about the what was happening when you felt the emotions listed on the first column. Ask assistance from your teacher if you want to clarify the meaning of any given emotion.

1. Complete the chart below.

Emotion	What was happening when you felt this emotion?
Afraid	
Angry	
Ashamed	
Confident	
Confused	
Depressed	
Embarrassed	
Energetic	
Excited	
Glad	
Jealous	
Lonely	
Proud	
Relaxed	
Stressed	

2. Among the emotions listed, which are the top three that you do not like the most, and why?

Guide Questions

- How did you feel while you are completing your activity sheet?
- Do you think that it is okay to feel all the listed emotions? Why?
- Do you think that it is okay to express negative emotions by hurting others? Why?
- What did you realize from this activity?
- How can your realization help you in your daily life?

Reference

Commonwealth of Australia. (2004). Positive Self Talk [PDF]. Retrieved from https://docs.education.gov.au/system/files/doc/other/area_a_personal_management_-_positive_self_talk_0.pdf