

UNDERSTANDING

EMOTIONS

Social and Emotional Learning





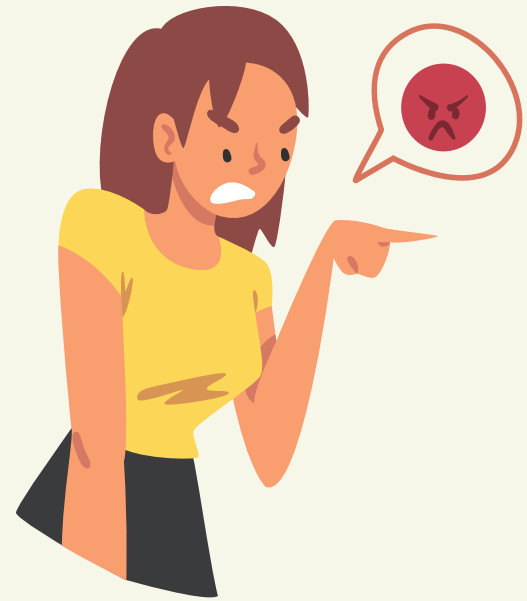
HOW DO YOU FEEL TODAY?

INTRODUCTION TO EMOTIONS

Emotions are a natural part of being human. They help us understand how we feel, why we feel that way, and how it influences our actions. By identifying and understanding our emotions, we can make better decisions, strengthen relationships, and improve our overall well-being.

- What are emotions?
- Why is it important to understand our emotions?
- How can we manage our emotions effectively?



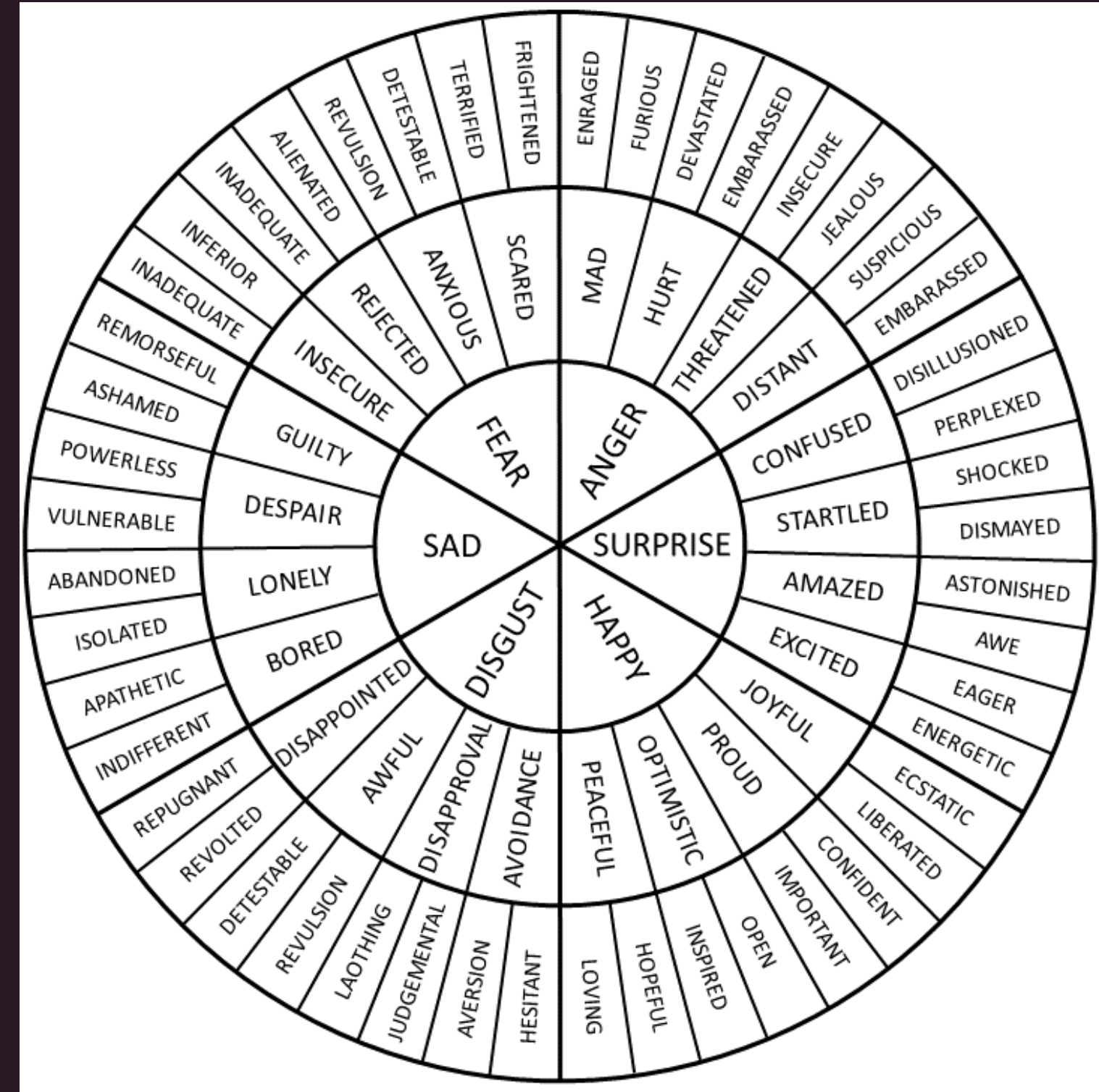


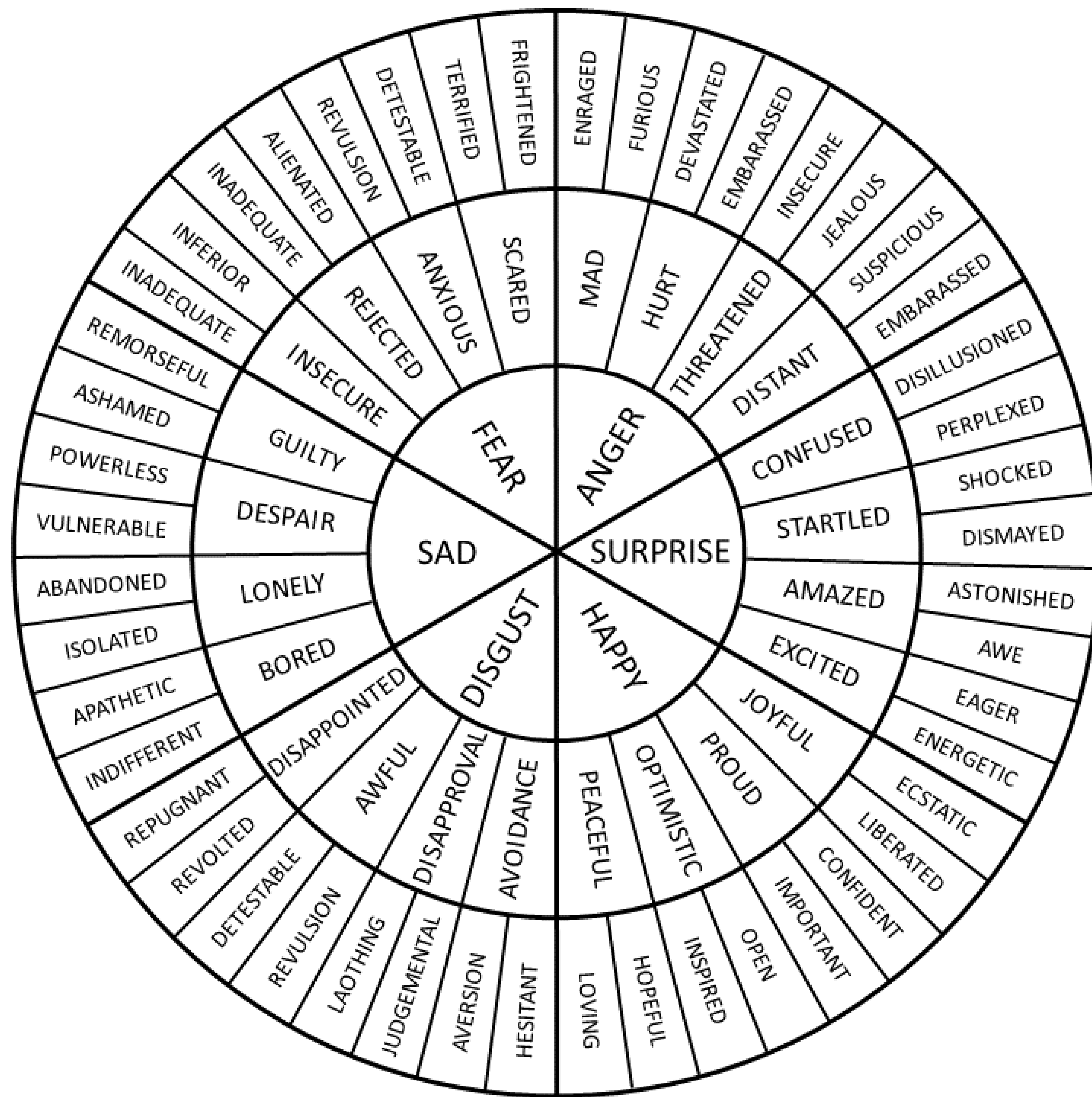
THERE ARE SO MANY WAYS TO FEEL



INTRODUCING THE EMOTION WHEEL

- The Emotion Wheel is a tool to help us identify and understand the different emotions we experience.
- It can help us recognize how we feel in various situations, which is the first step in managing these emotions.





COLORING YOUR EMOTION WHEEL

- Now, it's your turn to use the Emotion Wheel. Draw your own emotion wheel, it does not have to be perfect.
- Think about an emotion you have felt recently, and choose a section of the wheel to color in.
- Use colors that match the intensity or feeling of that emotion. Color the corresponding section of the Emotion Wheel.

REFLECTION TIME

Once you have completed your wheel, take a moment to reflect on the following questions:

1. What was the last situation where you felt the emotion you chose?
2. How can you manage this emotion in a healthy way?
3. What are some strategies you can use to change this emotion or handle it better in the future?



LET'S FEEL TODAY! WOULD YOU
TO SHARE YOUR EMOTION WHEEL OR
REFLECTIONS?