**Feelings and Emotions Activity**

Everyone experiences feelings and emotions. You might start out the day feeling sad. Then, a friend tells you how much they appreciate you. You suddenly feel happy! Feelings and emotions can be influenced by your senses and thoughts. To understand your emotions, you must know why you feel the way you do.

# Materials

* **PebbleGo Next** article “Feelings and Emotions.”
* Feelings and Emotions Worksheet
* writing utensil

# Directions

1. Read and review the **PebbleGo Next** article “Feelings and Emotions.”
2. Complete the Feelings and Emotions Worksheet. Begin filling out the chart when you first wake up in the morning. Continue filling it out throughout the day. Use as many sheets as you need. Finish when you brush your teeth that evening. For example, you might write, “I smelled pancakes for breakfast” in the first column. Then, you might write, “I felt excited” in the second column. In this example, you were influenced by your sense of smell. You would write, “My sense of smell” in the third column. In the fourth column, you write, “Went to eat pancakes with my brother and sister.” If you handled your emotion well, write “No” in the final column. If you didn’t, write, “Yes.” Add an example of how you could have expressed your emotion in a healthier way.
3. Review your chart the following day. Do you see any patterns?

# Critical Thinking

1. Describe any patterns you see with your emotions. Is there one emotion you felt the most during your day? What things sparked changes in your feelings and emotions?
2. What surprised you most about recording your feelings and emotions for the day?
3. How might understanding the things that spark your emotions help you to regulate your emotions in a healthier way?

**Feelings and Emotions Worksheet**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **What happened?** | **How did you feel?** | **Were you influenced by senses or thoughts?** | **How did you handle your emotion?** | **Could you have expressed your feelings in a healthier way?** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |