

**PROPÓSITO:**

To discover information about feeling and emotions through different ludic exercises.

**MOTIVACIÓN:**

Check this video an tell us what you understand (Mire el video y nos dice que entiende)

<https://www.youtube.com/watch?v=YpJKWcl6CL8>

**EXPLICACIÓN:**

# Feelings & Emotions



Happy



Afraid



Sad



Hot



Amused



Bored



Anxious



Confident



Cold



Suspicious



Surprised



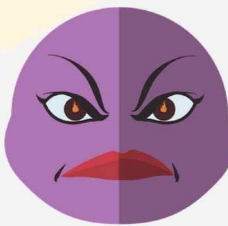
Loving



Curious



Envious



Jealous



Miserable



Confused



Stupid



Angry



Sick

**EJERCICIOS:**

ACTIVITY 1: Find the 21 emotions in the letters soup, circle them and write their meaning below.  
 (Encuentre las 21 emociones en la sopa de letras, enciérrelas en círculos y escriba el significado debajo)



- |           |            |           |
|-----------|------------|-----------|
| SURPRISED | ENRAGED    | PROUD     |
| NERVOUS   | HAPPY      | HOPEFUL   |
| AFRAID    | ANGRY      | CONFIDENT |
| CAUTIOUS  | FRUSTRATED | LONELY    |
| CONFUSED  | BORED      | SHOCKED   |
| ECSTATIC  | JEALOUS    | HOPELESS  |
| EXCITED   | WORRIED    | SAD       |

**ACTIVITY 2:** Write under the feelings if they are positive or negative and match them with the correct image. (Escriba debajo de los sentimientos si son positivos o negativos y únalos con la imagen correcta con una línea.)

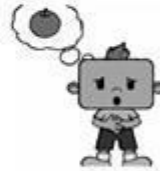
happy



sad



tired



hungry



cold



sick



bored

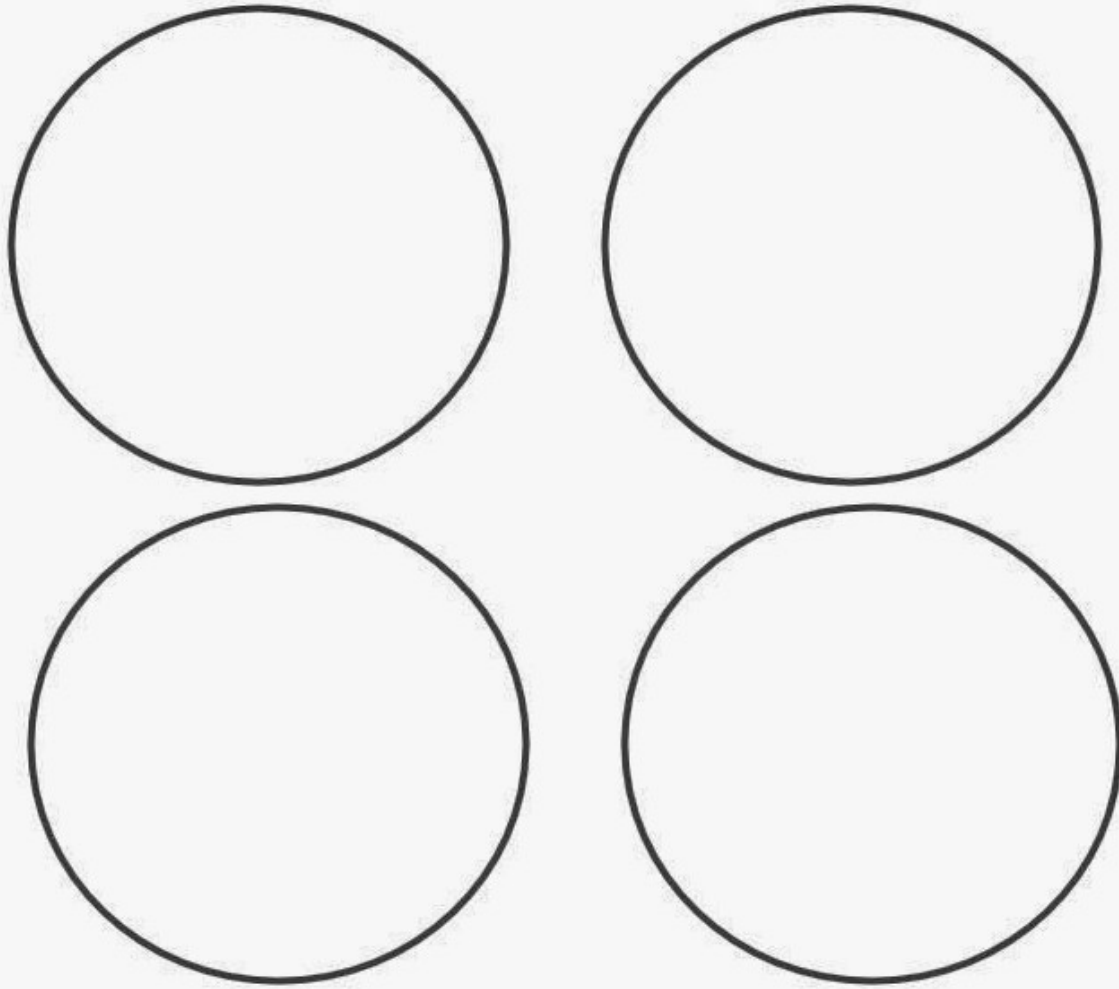


sleepy



**ACTIVITY 3:** Draw one activity that makes you feel happy, sad, excited, bored or angry and tell us when you do it (Dibuje una actividad que lo haga sentir feliz, triste, emocionado, aburrido o enojado y cuéntenos cuando lo hace)

**ACTIVITY 4:** In the circles below, draw pictures of different feelings and tell us what can we do when we feel that way. (En los círculos de abajo dibuje 4 imágenes de diferentes sentimientos y cuéntenos qué podemos hacer cuando nos sentimos de esa manera)



**It's what we do with our feelings that counts!**

Never use your feelings as an excuse to hurt others or yourself! Use coping skills like talking to a friend or an adult about BIG feelings that trouble you!

**EVALUACIÓN:**

**BIBLIOGRAFÍA:**

WEBSITES