

# Processing Your Emotions

Can you think of two different times when you have experienced two different emotions?

Can you think of one **positive** and one **negative** emotional situation? These may include situations where you felt anger, worry, happiness, excitement, pride, jealousy, envy and/or empathy.

Answer the following questions about each of these emotional situations. You could write down your answers or discuss them with the adult you are with.



Once you have completed the questions for both emotional situations (positive and negative), then try to talk about any similarities or differences that you notice.

1

## Describe what happened.

- What caused the situation?
- Who was there?
- What did people say?
- What did people do?

2

## How did you feel when the situation was happening?

- What feelings did you experience?
- What do you think your body language told other people?

3

## On a scale of 1-10, with 1 being the weakest and 10 being the strongest, how strong do you think the emotion was that you were feeling?

- How do you know it was that score?

**4**

**What do you think your effect was on the other people involved?**

- How do you think other people felt?
- How do you know they felt like that?
- What did their body language show you?

**5**

**What was the effect on you after the event had finished?**

- How did your body feel physically?
- How did you feel emotionally?

**6**

**What would you change about the event or situation to make it more positive?**