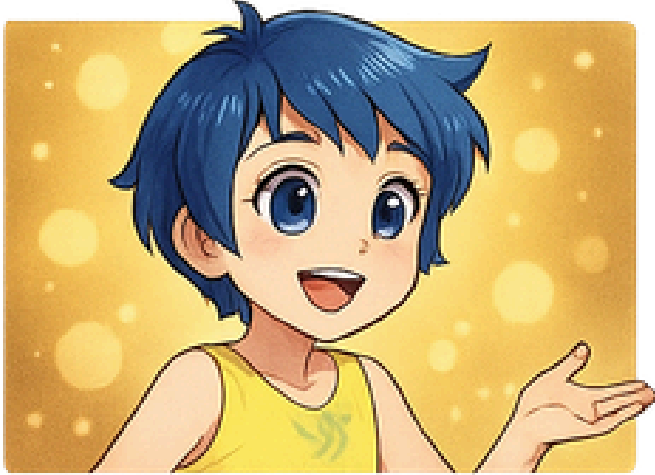


Emotions Worksheet

Name: _____

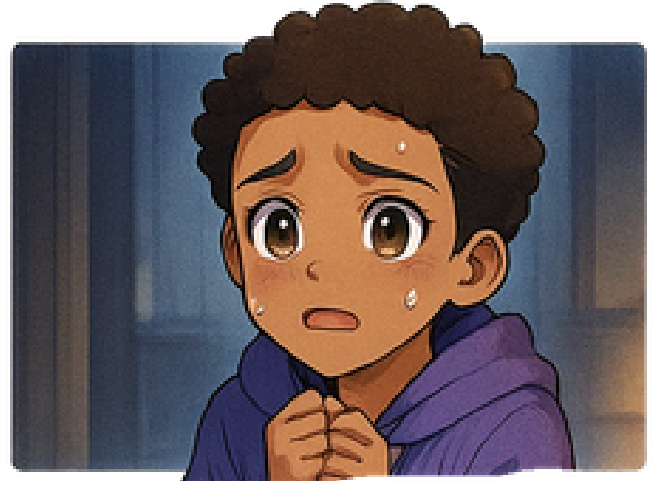
Class: _____

Take a moment to do this exercise about emotions, to help you think through what you feel and why.

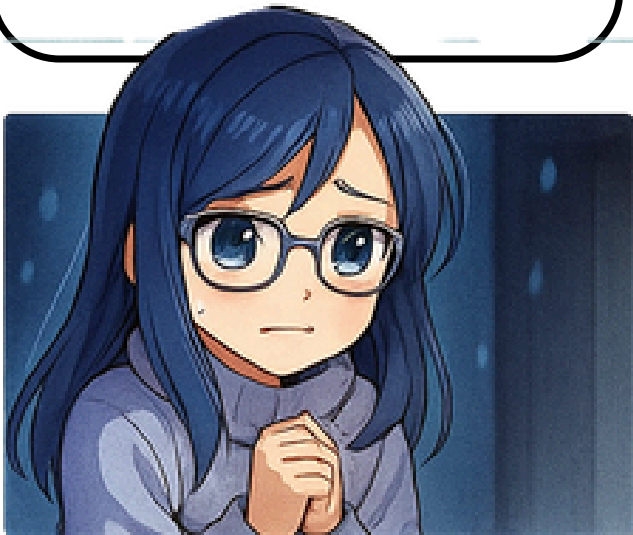


What makes you feel joy?

What makes you feel fear?



What makes you feel sadness?



What makes you feel anger?





Do you think it's ever healthy to hide your emotions? Why or why not?

Is it okay to show anger?



How do emotions affect the way you make decisions?



Do you think all emotions are useful? Why or why not?

