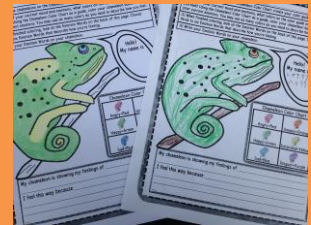
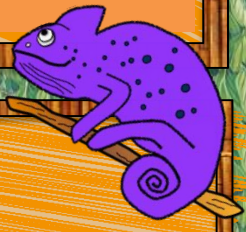


# Describing Emotions



The Uses Are ENDLESS:

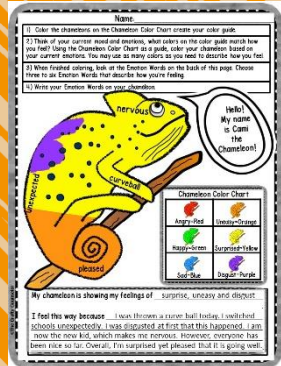
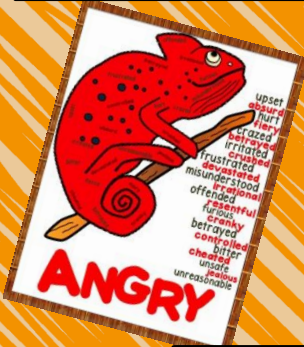
First Day of School Activity , Gauge Student's Emotions, Guidance Lessons, Ice Breaker, Starting Small Groups



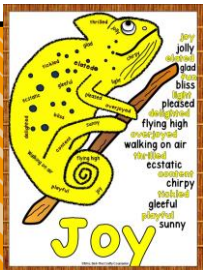
Mrs. Bell  
The Crafty Counselor

# Included:

Mrs. Bell  
The Crafty  
Counselor

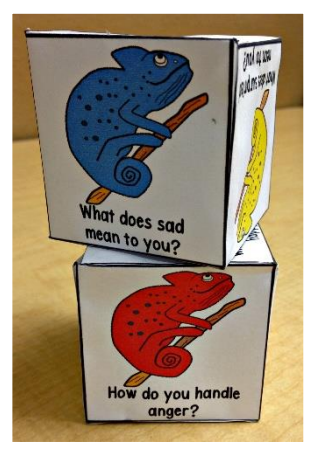
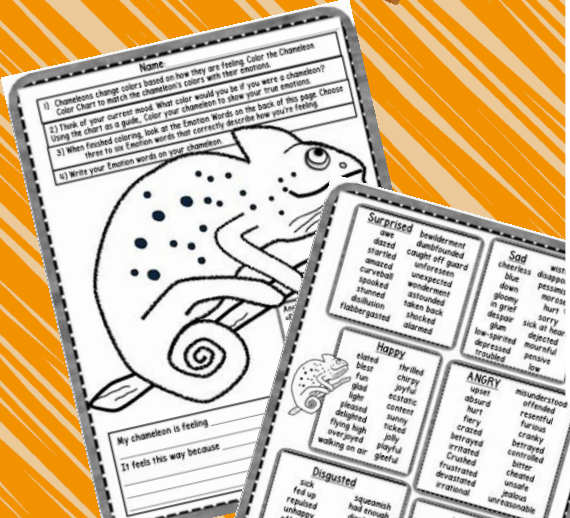


## Emotion Words 8x10 Posters



Cami the  
Chameleon  
(example)

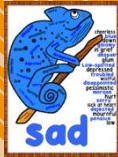
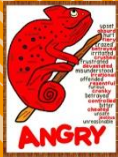
<p><b>Angry=Red</b></p>	<p><b>Disgusted=Green</b></p>
<p><b>Sad=Blue</b></p>	<p><b>Surprised=Orange</b></p>
<p><b>Joy=Yellow</b></p>	<p><b>Fear=Purple</b></p>



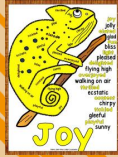
Chameleon  
Color Chart

Double Sided  
Worksheet

Roll  
and  
respond



# Emotion Words 8x10 Posters



Teach each emotion (sad, uneasy, surprised, angry, disgusted, and happy) one at a time to your class or small group. Explain that there are many emotion words and descriptors for each emotion. The emotion words may be difficult, your students probably have not encountered most of them. Challenge your students to use a dictionary to uncover the meanings of the emotion words. Once you've reviewed an emotion, display the poster on the wall or board for students to use as a reference.

## Double Sided Worksheet

1) Chameleons change colors based on how they are feeling. Color the Chameleon Color Chart to match the chameleon's color with their emotion.

2) Think of your current mood. What color would you be if you were a chameleon? Using the chart as a guide, color your chameleon to show your true emotions.

3) When finished coloring, look at the emotion words on the back of the page. Choose one to six emotion words that correctly describe how you're feeling.

4) Write your emotion words on your chameleon.

Chameleon Color Chart

Happy	Surprised
Angry	Disgusted
Sad	Fear
Unsure	Joy

My chameleon is feeling \_\_\_\_\_

It feels this way because \_\_\_\_\_

<b>Surprised</b> stunned amazed startled astounded curbawled shocked stunned dumbfounded flabbergasted	<b>Unsure</b> huddled dazed startled amazed curbawled shocked stunned dumbfounded flabbergasted	<b>Sad</b> dejected downcast melancholy down gloomy in grief despair gloom dejected depressed troubled	<b>Worried</b> apprehensive anxious dreadful nervous worried fretful fretting fretting fretting fretting fretting fretting
<b>Happy</b> elated ecstatic thrilled glad pleased delighted pleased pleased pleased pleased pleased pleased	<b>ANGRY</b> furious enraged indignant irate fuming fuming fuming fuming fuming fuming fuming	<b>Disgusted</b> repulsed nauseated appalled sick fed up repulsed disgusted appalled sick fed up repulsed	<b>Uneasy</b> worried apprehensive anxious dreadful nervous worried fretful fretting fretting fretting fretting fretting

Complete worksheet with group. Keep the focus on students expressing their emotions. They can hide behind the shield of the chameleon on their paper, however they need to be working with their personal emotions.

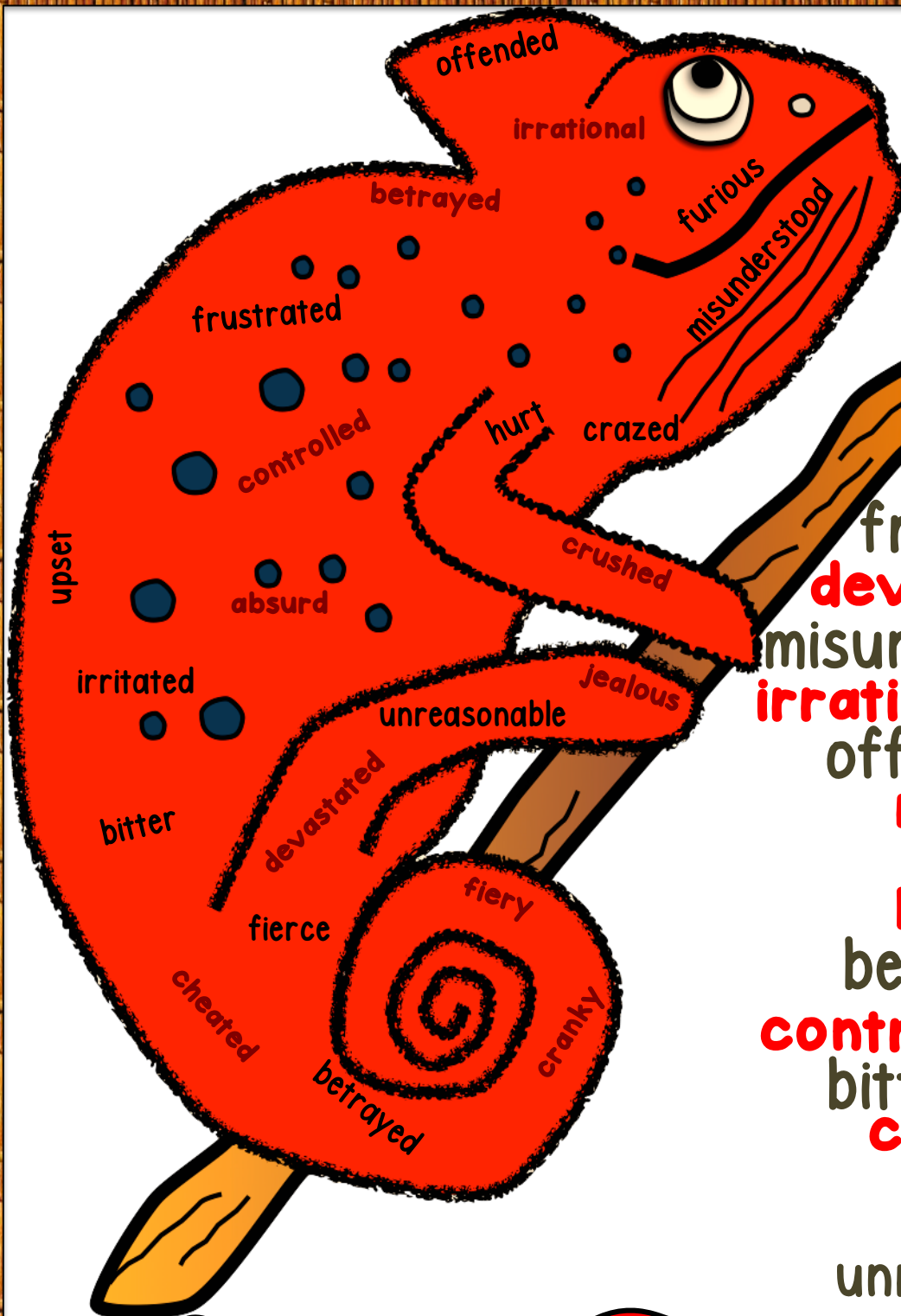
## Chameleon Color Chart

<b>Angry=Red</b> 	<b>Disgusted=Green</b> 
<b>Sad=Blue</b> 	<b>Surprised=Orange</b> 
<b>Joy=Yellow</b> 	<b>Fear=Purple</b> 

Use this as a quick guide/reference chart to review each emotion. This should be utilized when explaining directions for the worksheet.

## Cami the Chameleon

Use Cami as an example. She's colored yellow, orange, and green because she is surprised, uneasy, yet happy (colors match the described emotions). She has the emotion words written on her that more accurately describe how she feels.



upset  
**absurd**  
hurt  
**fiery**  
crazed  
**cranky**  
unsafe  
**crushed**  
frustrated  
**devastated**  
misunderstood  
**irrational**  
offended  
**resentful**  
furious  
**betrayed**  
betrayed  
**controlled**  
bitter  
**cheated**  
irritated  
**jealous**  
unreasonable

# ANGRY