

Today I am Feeling Cards

Happy



Sad



Scared



Excited



Angry



Tired



Surprised



Confused



Worried



Today I am Feeling Cards

Disgusted



Embarrassed



Bored



Calm



Frustrated



Love



Relieved



Proud



Sick



Emotion and Behavior Scenarios

Instructions: Read each scenario to the student and ask him/her to use the Emotions Visual Aide to show you how the person in the scenario likely felt. Discuss how the emotions effected the behavior in each scenario. In some cases, several emotions might match the scenario so use your best judgment to determine if the student chose an appropriate emotion for the scenario.

1. This person is at home doing homework. There is a lot of homework and 2 big tests tomorrow. It is getting late and there is not much time left. This person has a headache and is not sure how all this work is going to get done. It's important to get the work done and to do well on the tests tomorrow.

How does he or she feel?

Answer: WORRIED

2. This person is getting lunch and the pizza is cold and flat and looks gross. This person says "yuck" and does not eat the pizza.

How does he or she feel?

ANSWER: DISGUSTED

3. This person dropped books all over the floor and it made a very loud sound in the middle of quiet reading in class. All of the other kids laughed.

How does he or she feel?

ANSWER: EMBARRASSED

4. This person is watching a funny movie with the family and everyone is laughing and talking and having a great time.

How does he or she feel?

ANSWER: HAPPY

5. This person stayed up late playing video games and had a hard time waking up for school. This person did not eat breakfast. At school, the teacher was reading something to the class and this person could not focus and kept closing his/her eyes.

How does he or she feel?

ANSWER: TIRED

6. This person's teacher gave an assignment and it is not clear what to do. This person has no idea what to do.

How does he or she feel?

ANSWER: CONFUSED

7. This person came home from school today and got a new puppy. This person loves dogs and did not expect to get a new puppy.

How does he or she feel?

ANSWER: SURPRISED

8. This person woke up with a fever and a headache and coughing and sneezing and watery eyes.

How does he or she feel?

ANSWER: SICK

9. This person was waiting at home for a ride to the movies to meet friends. Their Dad forgot and did not show up in time to take him or her to the movies.

How does he or she feel?

ANSWER: ANGRY

10. This person checked e-mail and found out that he or she was accepted into college. Their Mom and Dad were cheering.

How does he or she feel?

ANSWER: PROUD

11. This person wanted to go bowling with a kid from school over the weekend. When they asked him to go bowling, he said "no, I never want to go bowling with you."

How does he or she feel?

ANSWER: SAD

12. This person lost electronics for the night for yelling at their Mom. The house is quiet and there is not much to do. It is going to be a long night!

How does he or she feel?

ANSWER: BORED

13. This person got a card from their brother who is away at college. The card said that he was doing well, that he missed his family, and that he cared about his family. This person held the card close and smiled because they have the best brother in the world.

How does he or she feel?

ANSWER: LOVE

14. This person was walking home and a dog jumped up on a fence next to them and barked really loudly. This person jumped up with a fast beating heart and started to run home.

How does he or she feel?

ANSWER: SCARED

15. This person is going on a ski vacation and has never seen snow. They are marking down the days in the calendar and have already packed their bags even though it is still a week away.

How does he or she feel?

ANSWER: EXCITED

16. This person is laying down, listening to music, and thinking positive thoughts. There is no stress right now.

How does he or she feel?

ANSWER: CALM

17. This person's teacher keeps saying that the answer is not correct. They keep trying but cannot get the right answer.

How does he or she feel?

ANSWER: FRUSTRATED

18. This person forgot to study for the history test and is really worried about failing it. They get to history class and the teacher says the test is cancelled. Instead, there will be a guest speaker in class today.

How does he or she feel?

ANSWER: RELIEVED