

# Emotional Detective



## What is Self-Awareness?

It means noticing how you feel and understanding why you feel that way.

Self-Awareness  
2nd-3rd grade

✓ Different feelings have different "families." Check the emotions you've felt this week:

Happy Family	Sad Family	Angry Family	Scared Family	Surprised Family	Calm Family
<input type="checkbox"/> Happy	<input type="checkbox"/> Sad	<input type="checkbox"/> Angry	<input type="checkbox"/> Scared	<input type="checkbox"/> Surprised	<input type="checkbox"/> Calm
<input type="checkbox"/> Excited	<input type="checkbox"/> Disappointed	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Nervouse	<input type="checkbox"/> Amazed	<input type="checkbox"/> Relaxed
<input type="checkbox"/> Proud	<input type="checkbox"/> Lonely	<input type="checkbox"/> Annoyed	<input type="checkbox"/> Worried	<input type="checkbox"/> Confused	<input type="checkbox"/> Peaceful
<input type="checkbox"/> Grateful	<input type="checkbox"/> Hurt	<input type="checkbox"/> Mad	<input type="checkbox"/> Shy	<input type="checkbox"/> Curious	<input type="checkbox"/> Content

Someone cuts in front of you in line.

○ Circle how strongly you feel these emotions most of the time:

- **HAPPY**

(Not at all)12345(Very strongly)
- **ANGRY**

(Not at all)12345(Very strongly)
- **SAD**

(Not at all)12345(Very strongly)
- **SCARED**

(Not at all)12345(Very strongly)

## Emotion Detective Skills



 What makes you feel these emotions? Write or draw:

## Things that make me feel happy:

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Things that make me feel sad:

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## Things that make me feel angry:

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Things that make me feel scared:

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# Feelings Detective Journal


 Circle one emotion you felt today and answer the questions:

Happy | Sad | Angry | Scared | Excited | Calm | Other: \_\_\_\_\_

What happened to make you feel this way?

How did your body feel?

What did you do when you had this feeling?

 Sometimes we can feel two emotions at the same time. Describe a time you had mixed feelings:

I felt both \_\_\_\_\_ and \_\_\_\_\_ when \_\_\_\_\_

# Emotion Detective Challenges

☐ Read each scenario and circle how the person might feel:

**Sam lost his favorite toy.** He might feel: Happy | Sad | Angry | Worried

**Maria's friend can't play today.** She might feel: Excited | Disappointed | Proud | Scared

**José got a new puppy.** He might feel: Bored | Scared | Excited | Frustrated

**Taylor has to give a speech in front of the class.** She might feel: Nervous | Angry | Calm | Sad

☐ What helps you figure out how you're feeling? Circle your best detective tools:

Talking to a grown-up      Taking deep breaths      Thinking quietly

Drawing my feelings      Writing in a journal      Looking at my face in a mirror

Using a feelings char      Moving my body

My favorite way to figure out my feelings is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_