

# Emotional Detective



## What is Self-Awareness?

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

Self-Awareness  
4th-5th grade

✓ Check the emotions you've experienced in the past week. Circle the ones that are most common for you.

- ☐ Happy
- ☐ Sad
- ☐ Angry
- ☐ Scared
- ☐ Calm
- ☐ Joyful
- ☐ Disappointed
- ☐ Regretful
- ☐ Frustrated
- ☐ Nervous
- ☐ Relaxed
- ☐ Excited
- ☐ Lonely
- ☐ Irritated
- ☐ Anxious
- ☐ Insecure
- ☐ Peaceful
- ☐ Proud
- ☐ Embarrassed
- ☐ Annoyed
- ☐ Worried
- ☐ Content
- ☐ Grateful
- ☐ Confident
- ☐ Jealous
- ☐ Overwhelmed
- ☐ Hopeful
- ☐ Amused
- ☐ Guilty
- ☐ Impatient
- ☐ Shy
- ☐ Disgusted

Create your own personal emotion thermometer for one emotion you often experience: What does each level feel like to you?

Emotion:

Level 5

Level 4

Level 3

Level 2

Level 1

# Emotion Clues & Patterns



Our bodies give us clues about our emotions. Complete the chart for two emotions:

Emotion	Physical Sensations	Facial Expressions	Body Posture	Energy Level



Think about what typically triggers these emotions for you:

Joy/Happiness triggers:

Anger triggers:

Worry/Fear triggers:

Sadness triggers:



Like good detectives, we can look for patterns in our emotions. Write down patterns you notice for each section below:

Situations where I often feel stressed or upset:

People who typically help me feel positive emotions:

Activities that usually change my mood for the better:

# Mind-Emotion Connection



Our thoughts and emotions are connected. Fill in examples:

Situation	Thoughts	Resulting Emotion
Getting a low score on a test		
Being left out at recess		
Winning a game or contest		
Making a mistake in front of others		



Different thoughts about the same situation can lead to different emotions.  
Write down the emotions you might feel for each situation:

**Situation**

You have to give a class presentation tomorrow.

**Thought:** "I'm going to mess up and everyone will laugh at me."

**Emotion this might cause:**

\_\_\_\_\_

**Helpful Thought:** "I've prepared well and will do my best."

**Emotion this might cause:**

\_\_\_\_\_

**Create your own example:**

**Situation**

You have a big test you need to study for.

**Thought:** \_\_\_\_\_

**Emotion this might cause:**

\_\_\_\_\_

**Thought:** \_\_\_\_\_

**Emotion this might cause:**

\_\_\_\_\_

# Complex Emotions



Sometimes we feel more than one emotion at the same time. Describe a situation when you experienced mixed emotions:

Situation:

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First emotion:

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Second emotion:

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How I handled these mixed feelings:

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Sometimes our most obvious emotion might be hiding another feeling underneath:

When I show anger, sometimes I'm also feeling:

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When I act like I don't care, sometimes I'm actually feeling:

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When I laugh things off, sometimes I'm really feeling:

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# Emotional Intelligence Action Plan



Rate yourself on these emotion awareness skills (1-5):

1 = Developing

5= Strong

Emotional Awareness Skills	Rating
Recognizing my emotions as they happen	
Naming my emotions accurately	
Understanding what triggers my emotions	
Noticing how emotions feel in my body	
Recognizing how my emotions affect my behavior	
Understanding others' emotions	



Create a plan to strengthen your emotional awareness:

One way I'll check in with my emotions daily:

When I'm feeling a strong emotion, I'll:

One tool that helps me identify my emotions: