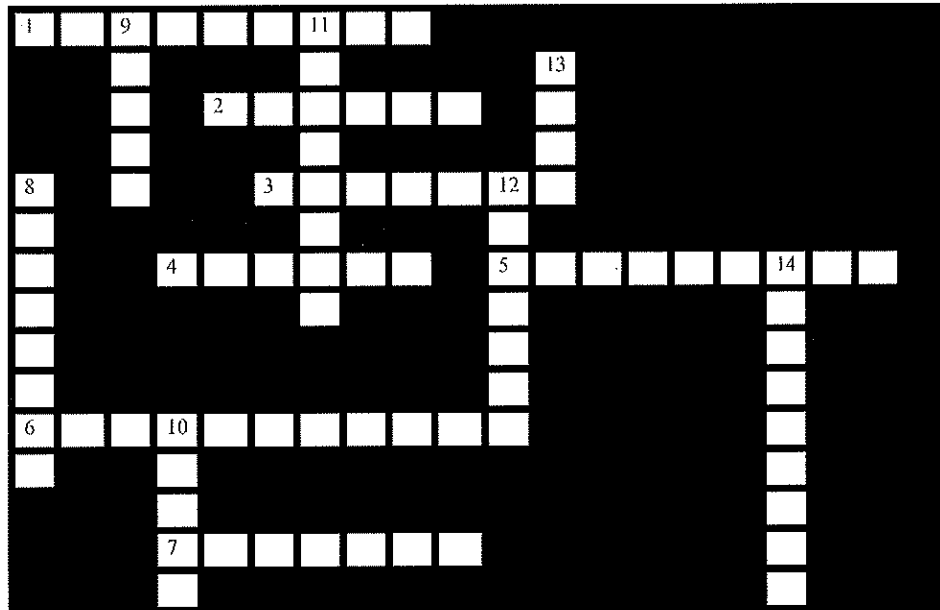


Name: _____ Date: _____ Activity: E-5

Emotions Crossword Puzzle**Directions:** *Identify correct feeling and write in spaces below.***Across**

1. Feeling sad, blue, discouraged, and unhappy
2. Feeling fear and worry
3. Feeling bad after doing wrong
4. Feeling alone and that nobody cares
5. Feeling able to do something
6. Feeling worried about what others think
7. Feeling ease and without worries, calm.

Down

8. Feeling unable to think clear
9. Feeling pleasure for doing well
10. Feeling mad with a person, act, or idea
11. Feeling tense, tired, uneasy, and overwhelmed.
12. Feeling happy and aroused
13. Feeling joy and pleasure
14. Feeling full of energy

Afraid	Angry	Ashamed	Confident	Confused	Depressed	Embarrassed
Energetic	Excited	Glad	Lonely	Proud	Relaxed	Stressed

Activity E-5: Emotions Crossword Puzzle

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase awareness of emotions</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase understanding of emotional vocabulary with use of crossword puzzle.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to complete crossword puzzle independently. Answer questions aloud as part of group at end of session</p>	<ol style="list-style-type: none"> 1. What was purpose of activity? 2. What did you learn from activity? 3. Answer questions from crossword puzzle allowed as a group. 4. Require participants to explain times when they felt different emotions from list at bottom of page.

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Copy activity on transparent page. Complete activity on overhead projector with group. • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide younger participants with children's dictionary. • Explain words as needed. 	<p style="text-align: center;">Across</p> <ol style="list-style-type: none"> 1. <i>Depressed</i> 2. <i>Afraid</i> 3. <i>Ashamed</i> 4. <i>Lonely</i> 5. <i>Confident</i> 6. <i>Embarrassed</i> 7. <i>Relaxed</i> <p style="text-align: center;">Down</p> <ol style="list-style-type: none"> 8. <i>Confused</i> 9. <i>Proud</i> 10. <i>Angry</i> 11. <i>Stressed</i> 12. <i>Excited</i> 13. <i>Glad</i> 14. <i>Energetic</i>

Name: _____ Date: _____ Activity: E-4

Emotions Word Search Puzzle**Directions:** Find all hidden words listed below in word search puzzle below. Words can go forward, backwards or diagonal.

Active	Bright	Embarrassed	Joyful	Relaxed
Afraid	Cautious	Excited	Lonely	Sad
Alert	Confident	Glad	Peaceful	Silly
Angry	Confused	Happy	Playful	Stressed
Ashamed	Depressed	Hurt	Proud	Weak

A	L	M	N	O	P	Y	U	K	G	O	I	H	R	E	T	Y	U	C
S	P	O	M	N	Y	U	Y	T	A	S	E	W	C	D	D	S	A	N
D	U	I	O	T	V	P	X	W	D	E	M	A	H	S	A	V	C	G
F	M	D	H	J	K	L	P	O	P	L	W	N	U	B	G	L	D	D
G	Q	E	E	D	S	C	V	A	N	M	O	O	P	Q	R	S	G	T
Q	U	S	D	S	H	A	P	T	H	G	I	R	B	L	E	R	A	T
W	V	A	D	N	S	E	P	H	O	T	H	U	R	T	A	W	E	A
R	W	R	R	B	A	E	Q	S	U	O	F	D	N	A	T	S	O	L
T	X	Y	Z	A	A	F	R	A	I	D	O	G	D	C	A	H	Y	D
Y	Y	D	E	C	B	A	C	P	Z	A	V	B	F	G	H	I	P	D
U	A	F	H	J	K	T	O	X	E	G	T	R	R	G	T	Y	U	E
I	T	N	E	D	I	F	N	O	C	D	D	E	S	S	E	R	T	S
O	O	P	G	V	L	U	F	E	C	A	E	P	I	T	Y	U	I	S
P	A	L	E	R	T	L	U	O	I	S	J	L	G	F	S	A	M	A
L	M	N	F	X	Y	X	S	X	Y	Z	L	A	F	F	D	V	N	R
J	D	F	G	G	C	X	E	A	X	Y	Z	Y	I	H	F	B	G	R
M	A	X	F	G	F	I	D	A	B	C	D	F	G	F	G	N	T	A
N	V	Z	F	Q	F	U	T	H	G	F	E	U	H	D	H	M	U	B
B	G	A	D	R	H	U	F	E	F	F	H	L	J	E	J	K	I	M
V	H	Q	A	S	G	R	P	O	D	N	U	S	K	X	J	L	O	E
C	Y	E	I	T	S	S	R	U	E	F	J	M	H	A	K	O	O	Y
X	U	R	M	U	A	A	O	I	Y	A	N	N	K	L	L	P	Y	T
A	I	T	M	V	X	R	R	O	R	T	T	Y	L	E	N	O	L	U
S	O	Y	Y	W	P	C	J	D	Y	A	E	P	K	R	F	D	S	I
D	S	R	F	G	R	S	F	N	F	T	R	Q	E	T	Y	D	F	I

IT IS OKAY TO FEEL ALL EMOTIONS.

- Which emotions have you tried to bottle up and avoid feeling? Explain why.

Activity E-4: Emotions Word Search Puzzle

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase familiarization of emotions</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: independent completion, pairs of two or instructor could assist participant in a one-on-one setting.</p> <p>Introduction: Purpose of activity is to increase awareness of different emotions.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to find words on word search puzzle. Answer question at bottom of page.</p>	<ol style="list-style-type: none"> 1. What was the word search puzzle about? 2. Require participants to share times when they have felt different emotions. 3. Is it okay to feel all emotions? <i>Yes.</i> Explain why. 4. What emotions have you tried to bottle up and not feel? 5. What did you learn from this activity? 6. Why do you think it is important to share your emotions?

SPECIAL CONSIDERATIONS

- Assign partners in groups of two. See which group completes the puzzle first.
- Reward person or persons who finished first with applause.
- Make copies on bright colored sheets to enhance creativity.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Provide younger participants with children's dictionary.
- Explain words as needed.