



EMOTIONS CHART

Supplies:

- "TCK Emotions Chart" Worksheet
- Colored pencils or markers

Objective:

This lesson helps families develop common emotional vocabulary and helps parents determine what emotional words are already known and correctly described and empowers them to start building upon that emotional vocabulary.

PREP

Print out the "TCK Emotions Chart" worksheet for each of your elementary TCKs, the "TCK Teen Emotions Chart" for each of your teen TCKs, and give them the writing utensils of their choosing.

OUTLINE

1

Elementary: For each face, everyone (including the adults) colors in the face as they describe a time they felt that way.

Teen: Advise them to circle all the emotions they have felt, and then to draw the 12 emotions they feel the most often or the most strongly on the next page.

2

Use these discussion questions for each face.

- What emotion does this face show?
- When have you felt this before?
- What did it feel like in your body?
- Do you like feeling (emotion word)?

3

When all the faces have been discussed, ask your TCKs to circle the 5 they feel most regularly in any given week. Notice which face they circled first, because this can often be indicative of their current overall emotional state.

Check out our family curricula, workshops, debriefs, and other family services to learn more about how to intentionally support your TCKs!

www.tcktraining.com

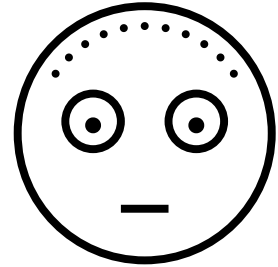
TCK Emotions Chart



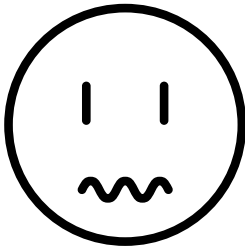
HAPPY



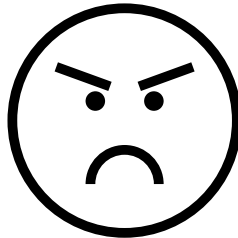
LOVED



EMBARRASSED



AFRAID



ANGRY



SAD



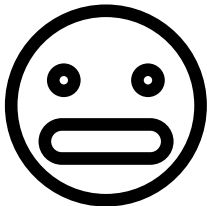
EXCITED



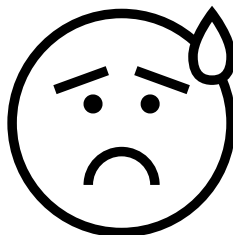
UPSET



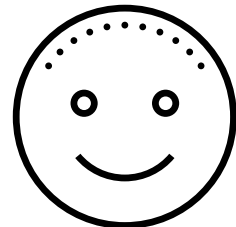
FRUSTRATED



NERVOUS



ANXIOUS



HOPEFUL

TCK Teen Emotions Chart

Lonely	Embarrassed	Elated
Concerned	Worried	Anticipating
Nervous	Anxious	Joyful
Frightened	Disturbed	Content
Irritated	Exasperated	Peaceful
Sad	Flustered	Pleased
Angsty	Dumbfounded	Grateful
Depressed	Confused	Optimistic
Disgusted	Concerned	Motivated
Rejected	Emboldened	Inspired
Burdened	Enlightened	Enthusiastic
Grieved	Weary	Brave
Devastated	Responsible	Encouraged
Let down	Expectant	Relaxed
Grumpy	Afraid	Excited
Gloomy	Terrified	Loved
Upset	Mad	Passionate
Frustrated	Troubled	Courageous
Angry	Apathetic	Confident
Annoyed	Scornful	Playful
Irate	Satisfied	Hesitant
Disappointed	Hateful	Numb
Hurt	Stressed	Mournful
Unfulfilled	Vengeful	Mystified
Unloved	Revived	Hopeful
Unwanted	Fearful	Tentative
Bored		Restored

TCK Teen Emotions Chart

