

What's Your Take?

Name: _____ Date: _____

Read through the scenarios below. As you read each one, think about how you might respond. How might someone else feel in the same situation? Write down a possible emotion on each line.

Helpful Hints:

1. Someone else might feel the emotion more or less intensely than you do (Satisfied --> Happy --> Overjoyed).
2. In other cases, they might feel a completely different type of emotion (Afraid versus Enraged).
3. People can feel more than one emotion at the same time!

I did not know that my brother was coming to my recital! I feel...

Three empty rectangular boxes for writing emotions, each with an arrow pointing to it from the scenario above.


I do not understand this job assignment at all. I feel...

Three empty rectangular boxes for writing emotions, each with an arrow pointing to it from the scenario above.


My friend has not called me back all day. He should have arrived home by now. I feel...

Three empty rectangular boxes for writing emotions, each with an arrow pointing to it from the scenario above.

I have to give a presentation in front of the entire class. I feel



The fire alarm just went off and I was not expecting it. I feel ...



I am not looking forward to going to the dentist tomorrow. I feel ...



I don't know when my mom will be home, and she is supposed to take me to the bookstore. I have been waiting all afternoon. I feel ...



Leslie and I were supposed to go to the mall together, but she went with Susan instead. I feel

