

NAME THAT FEELING

The feelings scale illustrates the different strength of our feelings and whether they are positive or negative. Neutral feelings, such as OK, are in the middle of the scale. The most intensely felt feelings are at each end of the scale. We notice our intense feelings a lot, especially if they are negative. In fact, when we have negative feelings, it's hard to think about anything else!

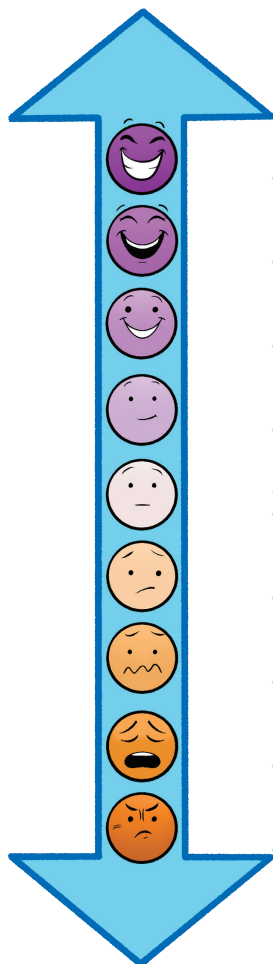
Keep in mind:

We feel without words.

When we want to use language to describe our feelings, we use **emotion words**.

People don't all use the same words to talk about the same type of feelings.

- Write as many emotion words as you can think of to describe each feeling on the feelings scale, for example: happy, frustrated, fine, pleased, angry, mad, proud, or embarrassed.
- Once you've completed your chart, work in a small group and compare the words you used with what others used for the same feelings.



OK