



# Emotions



*Galatians 5:22,23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."*

<p><b>Task 1</b>  <i>Make a list of 30 emotions that you feel. Draw faces that show at least 10 of these with labels to identify them with the emotion you have drawn.</i></p>	<p><b>Task 2</b>  <b>Write about the 'What?' 'When?' 'Where?' 'Why?' of you being happy. (200 words)</b></p>	<p><b>Task 3</b>          Make a list of people that you think of when you see the words... 'Happy', 'Grumpy', 'Lonely', 'Angry', 'Satisfied', 'Thoughtful'. Now write why you think of them.</p>												
<p><b>Task 4</b>  <b>Write down a list of 10 ways to cheer up a sad friend.</b></p>	<p><b>Task 5</b>          Make up a game that teaches people about "Emotions".          ☺ ☺ ☹ ☹</p>	<p><b>Task 6</b>          Write a letter to a friend telling them about a big argument you had with your parents and how you sorted things out (200 wds).</p>												
<p><b>Task 7</b>          Make an appropriate card for <u>one</u> of the following:          Someone's Birthday          Someone's Death          Someone's wedding</p>	<p><b>Task 8</b>  <u>Describe</u> a place you love to go, and what are some special memories you have of that place. (200 wds)</p>	<p><b>Task 9</b>          Invent an annual celebration in which HUGS are the theme. What things would you include to make it a fun and memorable day?</p>												
<ul style="list-style-type: none"> <li>• Present ___ task on one page so that it is eye catching and tidy.</li> <li>• Design an appropriate cover page.</li> <li>• Use your time wisely.</li> </ul>	<p>You will be marked on (in order of priority):</p> <ul style="list-style-type: none"> <li>• The content in each task             <ul style="list-style-type: none"> <li>• Your creativity</li> <li>• Your presentation</li> <li>• Tasks completed</li> </ul> </li> </ul>	<table border="1" style="width: 100%; text-align: center;"> <tr> <th colspan="3">Checklist</th> </tr> <tr> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> </tr> </table>	Checklist			1	2	3	4	5	6	7	8	9
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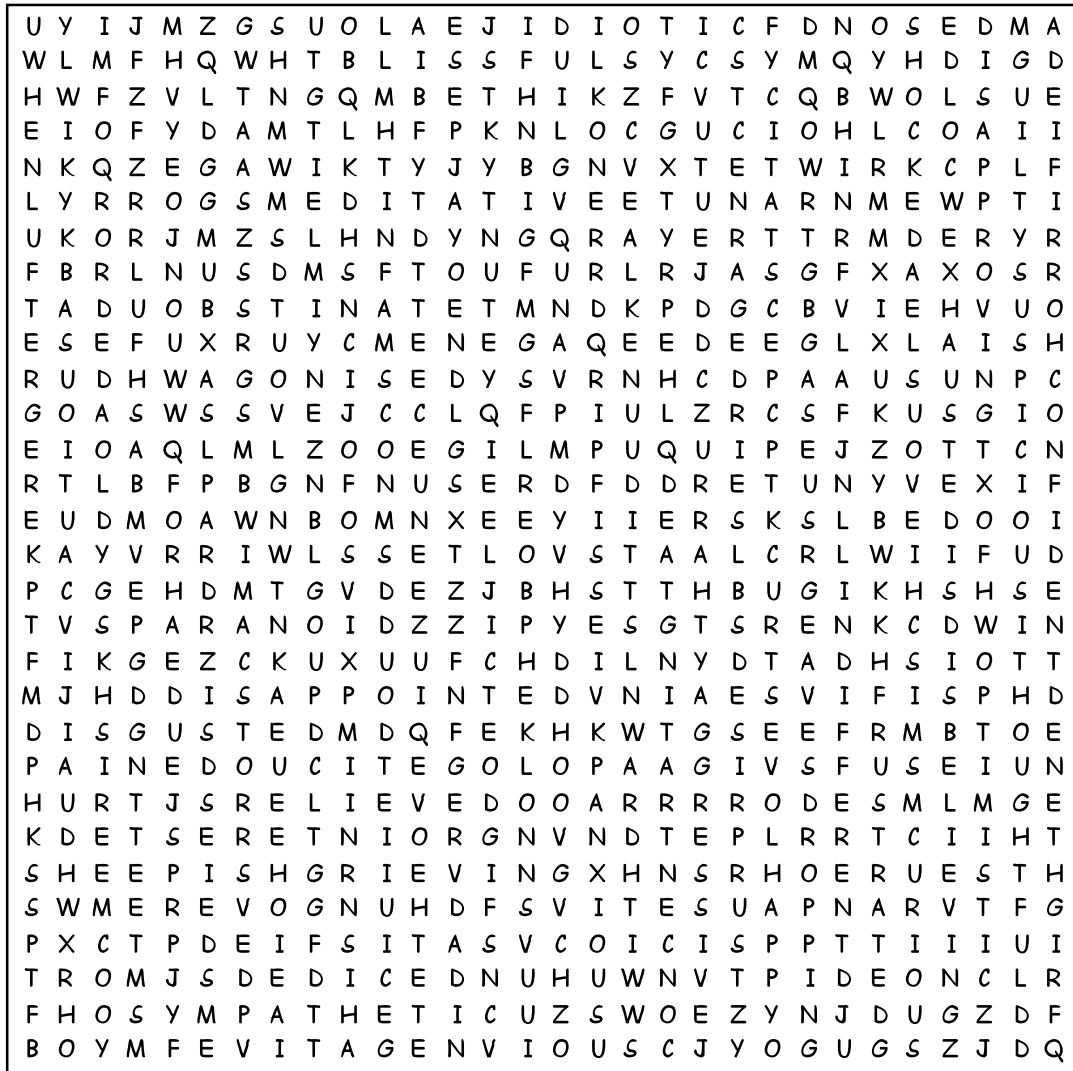
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*Galatians 5:22,23, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."*

<p><b>Task 1</b> Make a list of 30 emotions that you feel. Draw faces that show at least 15 of these with labels to identify them with the emotion you have drawn.</p>	<p><b>Task 2</b> Write about the 'What?' 'When?' 'Where?' 'Why?' of you being happy. (200 words)</p>	<p><b>Task 3</b> Use a digital camera and set up photo's to create a 6-frame black and white slideshow, using facial expressions to show the feelings: happy, sad, angry, confused, excited, and worried.</p>															
<p><b>Task 4</b> Write down a list of 10 ways to cheer up a sad friend.</p>	<p><b>Task 5</b> Make up a game that teaches people about "Emotions". ☺ ☺ ☹ ☹</p>	<p><b>Task 6</b> Write a letter to a friend telling them about a big argument you had with your parents and how you sorted things out.</p>															
<p><b>Task 7</b> Make an appropriate card for <u>each</u> of the following: Someone's Birthday Someone's Death Someone's wedding</p>	<p><b>Task 8</b> Recall and describe a place you love to go: the smells; tastes; sounds; feeling that the place reminds you of. What are some special memories you have of that place.</p>	<p><b>Task 9</b> Invent an annual celebration in which HUGS are the theme. What things would you include to make it a fun and memorable day?</p>															
<p><b>Task 10</b> What is mental health? Write a report on what it means to suffer from a mental illness. And, what are some 'myths' of mental illnesses?</p>	<p><b>Task 11</b> Make a list of 15 tips or advice for people suffering from depression, grief or anxiety.</p>	<p><b>Task 12</b> Draw a series of pictures that describe a person getting depressed and then how they got out of it in a healthy way.</p>															
<ul style="list-style-type: none"> <li>• Present at least ___ tasks, at least two tasks from each row.</li> <li>• Use just one page per task as much as possible and make it eye catching and tidy (eg. Make sure it has a title &amp; border).</li> <li>• Bold tasks are compulsory</li> <li>• Design an appropriate cover page.</li> <li>• Use your time wisely.</li> </ul>	<p>You will be marked on (in order of priority):</p> <ul style="list-style-type: none"> <li>• The content in each task</li> <li>• The accuracy and perfection of each task (eg. no spelling mistakes)             <ul style="list-style-type: none"> <li>• Your creativity</li> <li>• Your presentation</li> <li>• Tasks completed</li> </ul> </li> </ul>	<table border="1"> <thead> <tr> <th colspan="3">Checklist</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> </tr> </tbody> </table>	Checklist			1	2	3	4	5	6	7	8	9	10	11	12
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# Emotions Word Find



AGGRESSIVE

AGONISED

ANXIOUS

APOLOGETIC

ARROGANT

BASHFUL

BLISSFUL

BORED

CAUTIOUS

COLD

CONCENTRATING

CONFIDENT

CURIOUS

DEMURE

DETERMINED

DISAPPOINTED

DISAPPROVING

DISBELIEVING

DISGUSTED

DISTASTEFUL

EAVESDROPPING

ECSTATIC

ENRAGED

ENVIOUS

EXASPERATED

EXHAUSTED

FRIGHTENED

FRUSTRATED

GRIEVING

GUILTY

HAPPY

HORRIFIED

HOT

HUNGOVER

HURT

HYSTERICAL

IDIOTIC

INDIFFERENT

INNOCENT

INTERESTED

JEALOUS

JOYFUL

LOADED

LONELY

LOVESTRUCK

MEDITATIVE

MISCHIEVOUS

MISERABLE

NEGATIVE

OBSTINATE

OPTIMISTIC

PAINED

PARANOID

PERPLEXED

PRUDISH

PUZZLED

REGRETFUL

RELIEVED

SAD

SATISFIED

SHEEPISH

SHOCKED

SMUG

SURLY

SURPRISED

SUSPICIOUS

SYMPATHETIC

THOUGHTFUL

UNDECIDED

WITHDRAWN

