## 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."

Task 1 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.	Task 2 Write about the 'What?' 'When?' 'Where?' 'Why?' of you being happy. (200 words)	Task 3 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.			
Task 4 Write down a list of 10 ways to cheer up a sad friend.	Task 5 Make up a game that teaches people about "Emotions".  © © ⊗ ⊗	Task 6 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).			
Task 7 Make an appropriate card for one of the following: Someone's Birthday Someone's Death Someone's wedding	Task 8 <u>Describe</u> a place you love to go, and what are some special memories you have of that place. (200 wds)	Task 9 Invent an annual celebration in which HUGS are the theme. What things would you include to make it a fun and memorable day?			
<ul> <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>	You will be marked on (in order of priority): • The content in each task • Your creativity • Your presentation • Tasks completed	Checklist			
		1	2	3	
		4	5	6	
		7	8	9	

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Task 1 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.	Task 2 Write about the 'What?' 'When?' 'Where?' 'Why?' of you being happy. (200 words)	Task 3 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.						
Task 4 Write down a list of 10 ways to cheer up a sad friend.	Task 5 Make up a game that teaches people about "Emotions".  ⊕ ⊕ ⊕ ⊕	Task 6 Write a letter to a friend telling them about a big argument you had with your parents and how you sorted things out.						
Task 7 Make an appropriate card for each of the following: Someone's Birthday Someone's Death Someone's wedding	Task 8  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.	Task 9 Invent an annual celebration in which HUGS are the theme. What things would you include to make it a fun and memorable day?						
Task 10 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?	Task 11 Make a list of 15 tips or advice for people suffering from depression, grief or anxiety.	Task 12 Draw a series of pictures that describe a person getting depressed and then how they got out of it in a healthy way.						
Present at least tasks, at least two tasks from each row.  Use just one page per task as much as possible and make it eye catching and tidy (eg. Make sure it has a title & border).  Bold tasks are compulsory  Design an appropriate cover page.  Use your time wisely.	You will be marked on (in order of priority):  • The content in each task  • The accuracy and perfection of each task (eg. no spelling mistakes)  • Your creativity  • Your presentation  • Tasks completed	Checklist						
		1	2	3				
		4	5	6				
		7	8	9				
		10	11	12				

## **Emotions Word Find**

U Y I J M Z G S U O L A E J I D I O T I C F D N O S E D M A WLMFHQWHTBLISS FULSY CSY MQYHDIGD HWFZVLTNGQMBETHIKZFVTCQBWOLS EIOFYDAMTLHFPKNLOCGUCIOHLCO N K Q Z E G A W I K T Y J Y BGNVXTETWIRKC LYRROGSMEDITAT IVEETUNARNMEWP U K O R J M Z S L H N D Y N G Q R A Y E R T T R M D E R F B R L N U S D M S F T O U F U R L R J A S G F X A X O S R T A D U O B S T I N A T E T M N D K P D G C B V  $I \in H \lor$ E S E F U X R U Y C M E N E G A Q E E D E E G L X L A R U D H W A G O N I S E D Y S V R N H C D P A A GOASWSSVEJCCLQFPIULZRCSFKUS E I O A Q L M L Z O O E G I L M P U Q U I P E J Z O T T L B F P B G N F N U S E R D F D D R E T UNYVE U D M O A W N B O M N X E E Y I I E R S K S L B E K A Y V R R I W L S S E T L O V S T A A L C R L W I C G E H D M T G V D E Z J B H S T T H B U G I K H S H S E V S P A R A N O I D Z Z I P Y E S G T S R E N K C D W I N I K G E Z C K U X U U F C H D I L N Y D T A D H S MJHDDISAPPOINTEDVNIAESVIFIS D I S G U S T E D M D Q F E K H K W T G S E E INEDOUCITEGOLOPAAGIV ς F HURTJSRELIEVEDOOARRRRODE SMLMGEK D E T S E R E T N I O R G N V N D T E P L R R T C I SHEEPISHGR IEVINGXHNSRHOE RUESTH SWMEREVOGNUHDF SVITESUA PNARVT PX CTPDEIFS ITASV COICISPPTTII TROMJS DE DICE DNUHUWNVTPIDEONCLR F H O S Y M P A T H E T I C U Z S W O E Z Y N J D U G Z D F B O Y M F E V I T A G E N V I O U S C J Y O G U G S Z J D Q

**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

