

Recognize Emotions and Triggers

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Name common emotions and identify the situations that trigger them

MINI LESSON

Every day you feel different things inside — and that is completely normal! Those feelings are called emotions, and the things that cause them are called triggers.

What is an emotion?

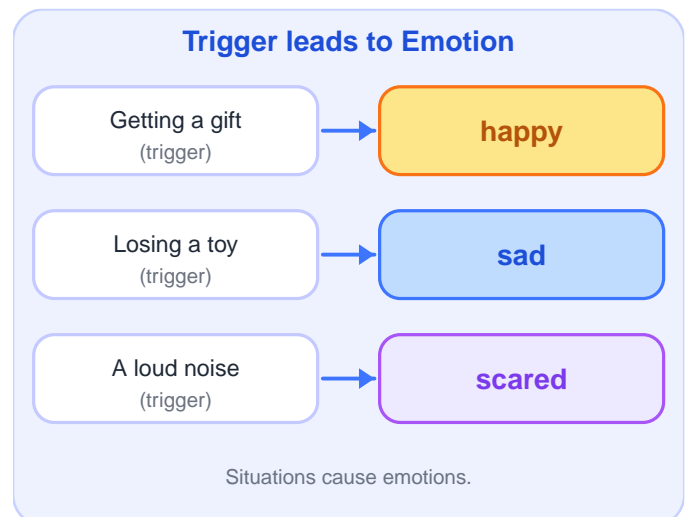
- An emotion is a feeling inside your body and mind.
- Example: happy, sad, angry, scared, proud, calm.
- Emotions are not right or wrong — they just are.

What is a trigger?

- A trigger is a situation or event that starts an emotion.
- Example: Losing your favorite toy can trigger the feeling of sadness.
- The same trigger can cause different emotions in different people.

How can I recognize my emotions?

- Notice what your body feels — a tight chest, a big smile, shaky hands.
- Ask yourself: What just happened? How does it make me feel?



! Ask yourself: "Can I name what I am feeling right now? What happened that made me feel this way?"

VOCABULARY

Emotion A feeling inside your body and mind, like happy or sad
e.g. Excited is the emotion I feel before a game.

Trigger A situation or event that starts an emotion
e.g. Losing my favorite toy was a trigger for sadness.

Recognize To notice and name something
e.g. I learned to recognize when I feel angry.

Body signal What your body tells you, like a tight chest or shaky hands
e.g. A tight stomach was a body signal that I was nervous.

Calm Peaceful and steady, not upset
e.g. After deep breaths I felt calm again.

TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE (PASS OVER)

happy

COPY 1

COPY 2

TRACE (PASS OVER)

sad

COPY 1

COPY 2

TRACE (PASS OVER)

angry

COPY 1

COPY 2

TRACE (PASS OVER)

scared

COPY 1

COPY 2

TRACE (PASS OVER)

proud

COPY 1

COPY 2

TRACE (PASS OVER)

calm

COPY 1

COPY 2

TRACE (PASS OVER)

excited

COPY 1

COPY 2

TRACE (PASS OVER)

worried

COPY 1

COPY 2

Tip: Say the feeling word out loud as you trace it.

EXERCISES — MATCH THE PAIRS

Draw a line from each emotion to the situation that causes it.

1. Happy

2. Sad

3. Angry

4. Scared

5. Calm

6. Proud

A. You hear a loud bang outside at night.

B. You sit quietly and breathe slowly.

C. You finish a hard puzzle all by yourself.

D. You get a surprise gift from a friend.

E. Your best friend moves to a new city.

F. Someone takes your toy without asking.

Write the matching letter next to each number (e.g. 1-B, 2-A, 3-C...).

1 — ____ 2 — ____ 3 — ____ 4 — ____ 5 — ____ 6 — ____

EXERCISES — MULTIPLE CHOICE

1. What is an emotion?

- A thing you can touch and hold.
- A feeling inside you, like happy or sad.
- A word for a color or a shape.

2. What is a trigger?

- A situation that causes an emotion.
- A type of sport you play outside.
- A word that means you are tired.

3. Maya wins first place in a race. Which emotion is she most likely to feel?

- Angry.
- Scared.
- Happy.

4. Sam loses his favorite book. Which emotion is most likely?

- Proud.
- Sad.
- Calm.

5. A dog barks loudly right next to Ella. She is most likely to feel —

- Scared.
- Happy.
- Proud.

6. Is it okay to feel angry sometimes?

- No, you should never feel angry.
- Only if you are very young.
- Yes, all emotions are normal and okay to feel.

7. What does it mean to recognize an emotion?

- To make the feeling go away as fast as possible.
- To notice the feeling and name it.
- To pretend you do not have any feelings.

8. Liam reads a whole book on his own for the first time. He most likely feels —

- Proud.
- Angry.
- Scared.

9. How can your body help you recognize an emotion?

- Your body changes color when you feel something.
- Your body always feels exactly the same no matter what.
- Your body gives clues, like a fast heartbeat or a big smile.

10. Two children see a spider. One feels scared; the other feels excited. Why can this happen?

- One of them is wrong about how they feel.
- The same situation can trigger different emotions in different people.
- Only one emotion is possible for every situation.

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Names at least four emotions (happy, sad, angry, scared, proud, calm) when shown a face or asked.
- Matches an emotion to a situation that causes it (e.g., "I felt sad when my friend moved away.").
- Describes at least one body clue for an emotion (e.g., "My tummy feels tight when I am scared.").
- States that all emotions are normal and okay to feel.