

Recognize Emotions in Depth

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

LEARNING OBJECTIVES

- 1 Name emotions in depth
- 2 Match each emotion to the situation or body feeling that triggers it

MINI LESSON

Everyone feels emotions every single day — joy, anger, fear, sadness, and many more. At Grade 3, you are ready to go deeper: instead of just naming a feeling, you will learn what causes it and how your body signals it.

What is an emotion trigger?

- A trigger is the event or situation that starts a feeling.
- Example: Getting a surprise gift leads to joy (heart lifts, smile appears).
- Example: Someone takes your things without asking leads to anger (face feels hot, fists may tighten).

Body clues help you identify emotions

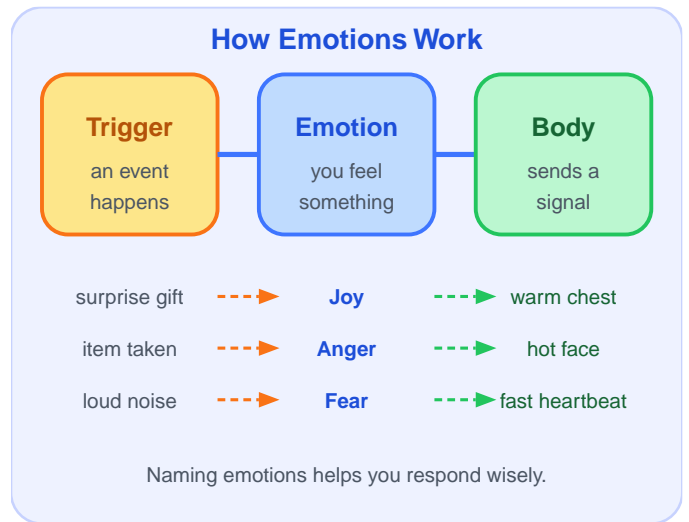
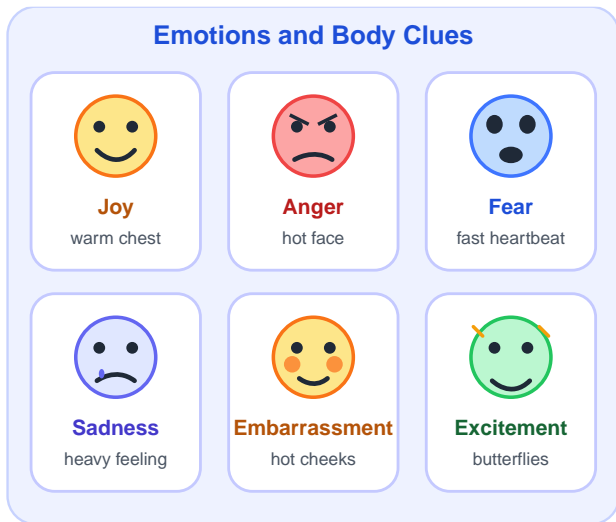
- Joy — warm chest, wide eyes, energy to move or smile.
- Fear — fast heartbeat, goosebumps, wanting to freeze or run.
- Sadness — heavy feeling, eyes sting, low energy.
- Embarrassment — hot cheeks, looking away, wanting to hide.

Why does it matter?

- Knowing your triggers helps you predict how you might feel.
- Noticing body clues helps you name the emotion before it takes over.
- When you can name an emotion, you can choose how to respond wisely.

VOCABULARY

Emotion	A feeling such as joy, anger, fear, or sadness <i>e.g. Joy is the emotion I felt at my party.</i>
Trigger	The event or situation that starts a feeling <i>e.g. A surprise gift was the trigger for my joy.</i>
Body clue	A signal from your body that tells you what emotion you feel <i>e.g. A fast heartbeat is a body clue for fear.</i>
Embarrassment	The hot, hiding feeling when something awkward happens <i>e.g. Embarrassment made my cheeks turn red.</i>
Excitement	A bouncy, happy feeling about something fun coming up <i>e.g. Excitement gave me butterflies before the trip.</i>



! Self-check: Can you think of one trigger for the emotion "excitement"?

TRACING PRACTICE

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

MODEL — READ IT

joy

COPY 1

COPY 2

MODEL — READ IT

anger

COPY 1

COPY 2

MODEL — READ IT

fear

COPY 1

COPY 2

MODEL — READ IT

sadness

COPY 1

COPY 2

MODEL — READ IT

embarrassment

COPY 1

COPY 2

MODEL — READ IT

excitement

COPY 1

COPY 2

MODEL — READ IT

trigger

COPY 1

COPY 2

MODEL — READ IT

emotion

COPY 1

COPY 2

Tip: As you trace each emotion word, think of one time you felt that feeling.

TYPE OR WRITE

Write 3 different words from the list above.

1.
2.
3.

EXERCISES — MATCH THE PAIRS

Draw a line from each emotion to its matching trigger or body feeling.

1. Joy

2. Anger

3. Fear

A. A pet or close friend moves far away

B. Tripping in front of the whole class

C. The evening before your birthday party

4. Sadness

5. Embarrassment

6. Excitement

D. Getting a surprise gift from a friend

E. Someone takes your things without asking

F. Hearing a sudden, loud unexpected noise

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

1 — _____ 2 — _____ 3 — _____ 4 — _____ 5 — _____ 6 — _____

“Flip the page upside down to see the answer key “

1-D 2-E 3-F 4-A 5-B 6-C

EXERCISES — MULTIPLE CHOICE

1. What is an emotion trigger?

- The name of the emotion you feel.
- An event or situation that causes a feeling to start.
- A way of calming yourself down.

3. Which situation would most likely trigger anger?

- Winning a prize at a school fair.
- Hearing your favorite song on the radio.
- Someone taking your pencil without asking.

5. A close friend moves to another city. What emotion does this most likely trigger?

- Sadness.
- Excitement.
- Anger.

7. Why is it helpful to name an emotion when you feel it?

- It makes the emotion disappear immediately.
- It helps you understand the feeling and choose how to respond wisely.
- It stops you from having any emotions.

9. What are the three parts of how an emotion works?

- Thinking, speaking, and acting.
- Breathing, moving, and resting.
- Trigger, feeling, and body response.

2. Which body clue most often matches the emotion "joy"?

- Warm chest, wide eyes, and extra energy.
- Fast heartbeat and wanting to freeze.
- Heavy feeling and stinging eyes.

4. How does fear usually feel in your body?

- Warm chest and a big smile.
- Fast heartbeat and goosebumps.
- Hot cheeks and looking away.

6. Which body clue best matches embarrassment?

- Butterflies in the stomach.
- Heavy feeling and low energy.
- Hot cheeks and wanting to look away.

8. What body feeling often goes with excitement?

- Butterflies in the stomach and a feeling of being ready and eager.
- Wanting to freeze and goosebumps.
- Eyes that sting and low energy.

10. How does knowing your emotion triggers help you?

- It lets you avoid all strong feelings forever.
- It helps you predict feelings ahead of time and prepare a calm response.
- It teaches you to ignore body clues.

“Flip the page upside down to see the answer key “

1.b 2.a 3.c 4.b 5.a 6.c 7.b 8.a 9.c 10.b

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Names at least five emotions (e.g., joy, anger, fear, sadness, embarrassment, excitement) when shown an emotion face or described a scenario.
- Matches each emotion to a real-life situation or trigger without prompting (e.g., says "I would feel angry if someone took my things").
- Describes at least two body clues for different emotions (e.g., "My chest feels warm when I am happy" or "My heart beats fast when I am scared").
- Explains in their own words why naming an emotion is useful (e.g., "It helps me decide what to do instead of just reacting").